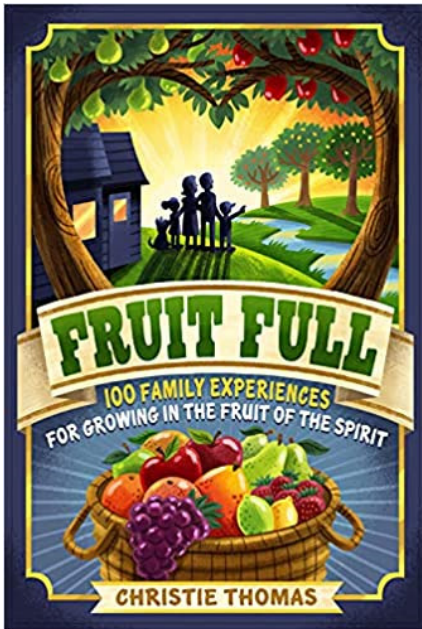




## Parents Ready to Start an Amazing Devotional Experience? New Book *Fruit Full* Highlights 100 Family Experiences From Author and Mom Christie Thomas

"*Fruit Full* is the most comprehensive, well-written family devotional on the Fruits of the Spirit that I have ever read. Using stories from scripture and her own examples from everyday life, Christie Thomas not only explains the nine Fruits of the Spirit in ways that are meaningful and accessible to children, but also includes 100 practical ideas for families to participate in together. A thoroughly easy-to-read, delightful devotional."

—Glenys Nellist, author of the *Love Letters from God*, *Snuggle Time*, and *Good News* series



**GRAND RAPIDS, MI.**— What better way to begin the new year than kicking off a scriptural adventure with your family. In her new book *Fruit Full*, author, children's minister, and mom Christie Thomas provides 100 family experiences for growing in the fruit of the Spirit. Thomas begins *Fruit Full* with a letter to parents, giving them needed encouragement to get started. Each of the devotions are written to help parents connect their children with Jesus through a Scripture passage, thought-provoking questions, verse application, and a prayer. As families work through each of the fruits of the Spirit, they will love the variety of hands-on activities included in the book. Thomas includes life examples and stories from the very first day, all of which make *Fruit Full* more accessible to families who want to do a devotional with their kids, but often don't know where to start.

"The fruit of the Spirit is a tricky concept to teach kids, because in our effort to make an abstract concept understandable to kids, we often miss the point. We hope if they memorize enough verses about patience, they'll be patient, and if we do enough activities that teach about self-control, our kids will spontaneously stop having temper tantrums and our job will be complete. Sure, teaching verses and doing activities gives our kids language for their actions and feelings, but the real, deep work of heart change is done by God. The fruits aren't character traits

to strive for: they're products of a life spent with Jesus. I wanted to take the abstract concept of the "fruit of the Spirit" and make it real and concrete through the living, breathing person of Jesus Christ. Instead of merely talking about abiding, we're going to do it, together, by seeing Jesus in action day after day. And as we abide in Christ, the Holy Spirit makes us more like him," says Thomas.

In *Fruit Full*, Thomas creatively provides a comprehensive, yet relatable guide to parents who want their kids to know more about the fruits of the Spirit, and why they are so important. Thomas has included a discussion question and prayer at the end of every day to help families invite God into the growth process. Parents who want to do a special focus for Easter will love the 30 *Fruit Full* Easter-focused devotions that can be used throughout the Lent season.

**Christie Thomas** is a homeschooling mom and author in Alberta, Canada. She has been the Director of Children's Ministries at Bethel Community Church in her hometown and is the author of *Quinn's Promise Rock* and *The Mother and Son Prayer Journal*. Find Christie on the web at [littleshootsdeeproots.com](http://littleshootsdeeproots.com).

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