



Enjoy: Finding the Freedom to Delight Daily in God's Good Gifts

Trillia Newbell

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Enjoy: Finding the Freedom to Delight Daily in God's Good Gifts Trillia Newbell Is It Okay to Enjoy This Life?

Watching a gorgeous sunset. Sharing a laugh with a friend. Tasting a sun-ripened strawberry. Each day is full of opportunities for you to savor the countless gifts the Creator has given.

But do you feel free to delight in God's abundant gifts, or is your joy sometimes distorted by guilt, fear of idolatry, or simply an overwhelming awareness of sin's effects on this world?

Trillia Newbell explains how we often miss opportunities to participate in God's divine delight because we're discouraged, fixated on selfish fulfillment, or paralyzed by guilt. *Enjoy* serves as an encouraging reminder of God's gracious gifts and also challenges women to view all of these gifts—from relationships and careers to food and sex—as reasons to rejoice in the Lord and grow in our understanding and appreciation of who He is.

This thought-provoking book invites you to explore the truth of God's Word and discover how to nurture daily a spirit of gratitude and deep satisfaction.

Enjoy will open your eyes and your heart to the freedom of fully enjoying all God has given us!

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