

DETAILS

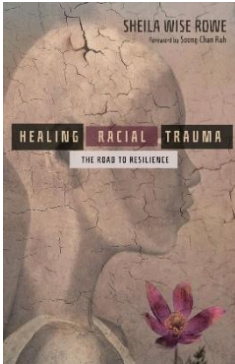


Seeds of Racial Healing *52 Devotions for Navigating Through Trauma*

April 7, 2026 | \$21.99, 176 pages, casebound | 978-1-5140-0617-7

Anchored in daily Scriptures, this 52-day devotional helps you become more aware of God every day, even as you confront interpersonal racism and systemic oppression. Through her personal stories, encouragements, reflection questions, and prayers, Wise Rowe inspires BIPOC readers to share your stories and reminds the weary soul that you are fearfully and wonderfully made.

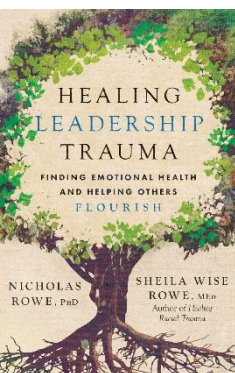
More From Sheila Wise Rowe



Healing Racial Trauma: The Road to Resilience \$19.99 | 192 pages, paperback | 978-0-8308-4588-0

“People of color have endured traumatic histories and almost daily assaults on our dignity. We have prayed about racism, been in denial, or acted out in anger, but we have not known how to individually or collectively pursue healing from the racial trauma.”

Healing Racial Trauma exposes the symptoms of racial trauma to lead readers to a place of freedom from the past and new life for the future. In each chapter, she includes an interview with a person of color to explore how we experience and resolve racial trauma. With Rowe as a reliable guide who has both been on the journey and shown others the way forward, you will find a safe pathway to resilience.



Healing Leadership Trauma: Finding Emotional Health and Helping Others Flourish \$19.99 | 200 pages, paperback | 978-1-5140-0675-7

In *Healing Leadership Trauma*, Leadership professor Nicholas Rowe and counselor Sheila Wise Rowe offer their expertise in helping leaders process painful and traumatic experiences. Trauma contributes to how we lead others in either empowering or dysfunctional ways. Understanding how these experiences formed us is the beginning of the path to healing.

Woven throughout each chapter are five themes—invitation, attachment, remembrance, healing, and reconnection. *Healing Leadership Trauma* lays out the emotional challenges of leadership and offers encouragement, prayer, and therapeutic tools to help leaders face their pain and begin to heal.

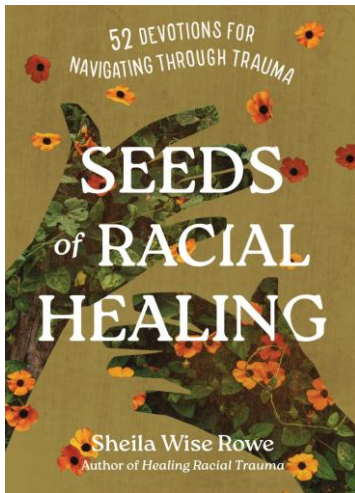


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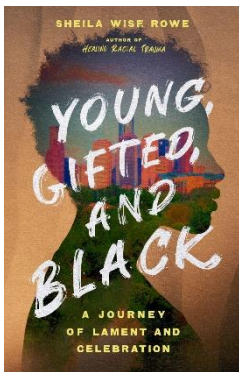
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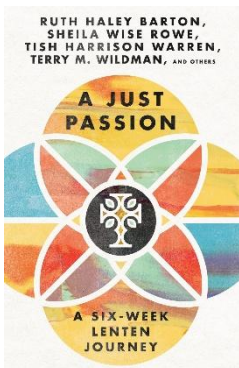
Anchored in daily Scriptures, this 52-day devotional helps you become more aware of God every day, even as you confront interpersonal racism and systemic oppression. Through her personal stories, encouragements, reflection questions, and prayers, Wise Rowe inspires BIPOC readers to share your stories and reminds the weary soul that you are fearfully and wonderfully made.



Young, Gifted, and Black: A Journey of Lament and Celebration \$18.99 | 192 pages, paperback | 978-1-5140-0355-8

Young, Gifted, and Black gives voice to the real-life stories of Black millennials and younger adults. If life is a race, it's assumed that every runner has a fair shot at winning. However, it's not always the case for young, gifted, and Black folks. Sheila Wise Rowe goes beyond the common narrative that focuses solely on their success or struggle. Her stories of celebration and lament point toward hope, joy, and healing.

Drawing from her years of experience in counseling trauma and abuse survivors, she provides stories, reflections, and tools for Black readers of all ages and their allies. These stories offer an opportunity to explore, reflect, and journey toward healing from the barriers that affect their lives, the lives of their children, and their communities.



A Just Passion: A Six-Week Lenten Journey \$14.99 | 80 pages, paperback | 978-1-5140-0675-7

Injustice is rampant around us. It is also present within us. To better confront oppression in the world, we must own that reality and look to Christ our liberator. Lent is the opportune time for this as we contemplate his suffering together.

With selections from a diverse range of IVP books, *A Just Passion* has been curated to hold in tension the immense weight and hope of the Lenten season. This collection of short readings, breath prayers, and Scripture passages from the *First Nations Version* guides readers through a six-week journey of repentance, lament, worship, and healing.

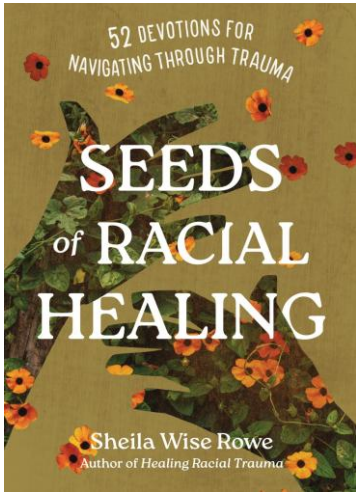


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The Sower: Devotional Day One

Theme #1 The Sower & the Seeds
Days 1-8

In Mark or Matthew 13:3-9 Jesus tells a parable, “Listen! A Sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.” And he said, “Let anyone with ears to hear listen!”

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Day 1
The Sower

The Psalms say, “The LORD is merciful and compassionate, slow to get angry and filled with unfailing love. The LORD is good to everyone. He showers compassion on all his creation.” (Psalm 145:8-9 NLT)

The sower in the parable seems to haphazardly scatter the seed. It is a mystery why he doesn’t seem concerned about how, when, and where he sows. God, the creator, is the Sower of seed and the Giver of life. The one who reawakens your hopes and dreams. The Lord journeys with you as you look at how racial trauma has deeply affected you, its roots and your current triggers.

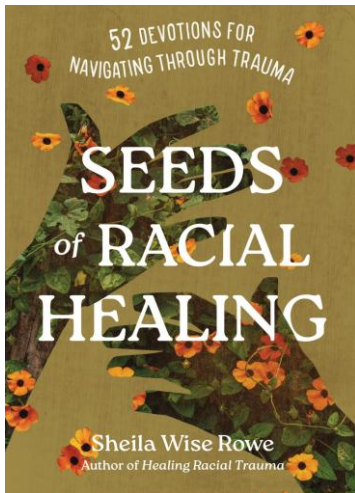
I spoke with friends who are processing their racial trauma and are engaged in justice work. We’ve all felt the frustration of sowing seed only to move two steps forward then one step back. We’ve seen incremental change but also backlash. Many of us have labored long and hard, but the pain of past and present racism is real. It’s affected our nervous systems, hormones, minds, and bodies. We can’t fully relax, then another racist incident creates this endless racial trauma loop. We bear unhealed wounds, traumatic racial histories, and must deal with microaggression, and almost daily assaults on our dignity and character. The enormity of the pain and trauma in and around us feels like a gray cloud hovering over. Are you also fixating on the clouds?

Ecclesiastes 11:4-5 cautions us, “He (or she) who watches the wind will not plant his seeds. And he who looks at the clouds will not gather the food. Just as you do not know the path of the wind or how the bones are made of a child yet to be born, so you do not know the work of God who makes all things.” You may be reluctant to sow for you believe the wind will wildly scatter the seed on rock, thorns, or onto infertile soil. But this verse reminds us we have no control over if the seed will germinate or how it will keep growing. Honestly, it’s challenging to continue to stand against injustice and to sow without the guarantee of success. But we do have one, God is in control and working in ways that we can’t see.



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EXCERPT



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Throughout all eternity God has existed as Father, Son, and Holy Spirit, interacting with one another in love. Psalm 69:32-33 serves as a reminder; “Let the oppressed see it and be glad; you who seek God, let your hearts revive. For the LORD hears the needy and does not despise his own that are in bonds.” God the Father poured out his compassion and so loved the world that he gave his Son to save your soul. As you trust in Christ and believe there is a loving plan for your life, the Holy Spirit brings light and leads you into all truth. The voice of the Holy Spirit can be still and small, almost imperceptible. That voice is also loud and clear and opens doors in surprising ways and when you least expect it. Before you continue to sow seed, the Sower encourages you to rest and recover. Then you’ll have the strength to plant good seeds in your life, family, community, church, and beyond. However, you must entrust the results to the Lord, while the Holy Spirit will give you insight and an undergirding of peace that confirms there is more to your story. Right now, new life is taking root and will bloom in and through you.

Encouragement: Jesus says, “I give you the waters of refreshment for the dry and weary places in your heart and mind. Even triggers and trauma will not stop you from persevering in love and celebrating life more fully.”

Reflect: How can you face your triggers with Jesus? Are there people who will listen to your whole story?

Breath Prayer: Pay attention to your breathing and regulate it by inhaling to a count of 4, hold to a count of 4, and exhale to a count of 4: The Lord is – Merciful and compassionate.



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BIO



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Sheila Wise Rowe: Therapist, Spiritual Director, and Trauma-Informed Teacher

Sheila Wise Rowe (Tufts University, Cambridge College, M.Ed.) is a truth-teller who writes about faith and emotional healing. She advocates for the dignity, rights, and healing of abuse and racial trauma survivors and offers training and support to them and also to emerging and established leaders.

Sheila has lived in the USA; Paris, France; and Johannesburg, South Africa. For over twenty-five years she's been a counselor, educator, writer, spiritual director, and speaker. She's a member of the Community Ethics Committee of Harvard Medical School, a resource for its teaching hospitals. Sheila is a member of Entrusted Women, Spiritual Directors of Color, and Redbud Writers Guild.

Her book *Healing Racial Trauma* was awarded a 2020 *Foreword* INDIES Book of the Year Award, *Christianity Today* Book Award, and a *Publishers Weekly* starred review. Her other books include *Young, Gifted, and Black*; *Healing Leadership Trauma* (co-authored with her husband, Nicholas Rowe); and *Seeds of Racial Healing*.

Sheila lives in Massachusetts with Nicholas, her husband of thirty-one years, and near their adult children: a daughter, a son and daughter-in-law, and a grandchild.

Visit her website at sheilawiserowe.com.



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