



Q & A



Awaken Delight *Satisfying Your Soul's Longing for God*

July 28, 2026 | \$19.99, 192 pages, paperback | 978-1-5140-1358-8

Stephanie Roussele is a Bible teacher, speaker, host of the Gospel Spice podcast, and founder of Gospel Spice Ministries. Born and raised in France, Stephanie is a former atheist whose life motto is now "God's glory, our delight!" Having resided in four different countries during her lifetime, she now lives with her family in Pennsylvania.

Delight in God Is Essential for a Vibrant Faith

What inspired you to write *Awaken Delight*?

Stephanie Roussele: As a former atheist and a French hedonist, I am saddened when I meet Christians who seem to have lost their delight in God, or, worse, who never knew it can be one of the primary flavors of their spiritual lives! I am deeply passionate about Jesus, a gift from his Spirit that I do not take for granted; I also often struggle to delight in God, so I want to encourage anyone who seeks to identify their longing for (more of) God and make it a priority! It is truly life-changing.

What is the main idea of your book and what is distinctive about this idea or your approach?

Stephanie: In French, the word "delight" is both delightfulness and deliciousness. It means that God is both! How can we live a life that is the practical outcome of a theology grounded in delight? We know we're supposed to delight in God, but few of us have taken the time to dissect what it means, theologically speaking, and also to cultivate habits that make our delight in God a daily reality. *Awaken Delight* hopes to address both the theology of delight, and the actual daily practice of it. It aims to inspire our generation to awaken delight in God for a truly life-changing faith experience.

What are five main things you want readers to take away from your book?

Stephanie:

- Delight in God is not a luxury—it's absolutely essential for a vibrant faith!
- Delight in God is rooted in who God is, and who we are in his eyes.
- Delight in God is possible through our seasons of pain and suffering, and it actually redefines them.
- Delight in God can be awakened and cultivated when we learn to see God, ourselves, those around us, and our own circumstances the way God sees them. I call this the perspective of Heaven.
- Delight in God is accessible through simple spiritual habits (disciplines).



Anna Tjernstrom, print and online publicity
atjernstrom@ivpress.com

Krista Clayton, author interviews
kclayton@ivpress.com



ivpress.com/media



BIO



Awaken Delight
Satisfying Your Soul's Longing for God

July 28, 2026 | \$19.99, 192 pages, paperback | 978-1-5140-1358-8

In Awaken Delight, Stephanie Rousselle connects scriptural and theological truth to your everyday life so you can experience what delighting in God really means. It's not about checking boxes on a spiritual to-do list or mustering a constant state of positive feelings. Rather, delight is about satisfying your soul's deepest longing through a vibrant relationship with the living God.

"God's Glory, our delight!" —Stephanie Rousselle

A Transformed Life

Raised as an atheist in France, Stephanie Rousselle first came to the US as a foreign exchange student. Living with a Christian family challenged her beliefs and turned her life around. Stephanie returned to France as a changed person.

Now, more than two decades later, she is a Bible teacher, speaker, founder of Gospel Spice Ministries, and host of the *Gospel Spice* podcast. She inspires her listeners to dig deeper into the Bible and to draw closer to God.

Stephanie has lived on three continents and in four countries and five cities. Her diverse immigrant experience has shaped her faith in God, and her story reminds us of God's incredible power to transform lives. She now lives with her family in Pennsylvania.

Learn more about Stephanie and her ministries at gospelspice.com



Anna Tjernstrom, print and online publicity
atjernstrom@ivpress.com

Krista Clayton, author interviews
kclayton@ivpress.com



ivpress.com/media