



DETAILS



The Highly Sensitive Christian

Spiritual Resilience for the Anxious and Tenderhearted

September 29, 2026 | \$20.99, 192 pages, paperback | 978-1-5140-1366-3

Jason Cusick (DMin, Talbot) is the lead pastor of Journey of Faith, a multicampus church in Southern California, and the author of *The Anxiety Field Guide*. Jason has also served as a hospital chaplain, bioethics consultant, recovery leader, discipleship pastor, and mental health advocate.

Do You Have a Sensitivity Superpower?

Have you always felt a little different? Do you find the world overstimulating and your own thoughts and feelings overwhelming? Maybe your relationship with God feels like a heavy list of obligations, and caring for others leaves you tired and empty.

For the highly sensitive person (HSP), this inner experience can be both a gift and a challenge. While the bullet points below are not an exhaustive list or official labeling, you might identify as a HSP if you resonate with these questions:

- Do your deep thoughts and feelings overwhelm you?
- Are you easily overstimulated by the world around you, such as noise, light, or things moving too quickly?
- Do you have a complex inner world?
- Do the moods of other people affect you?
- Is doing the “right thing” very important to you?
- Do you have strong emotions but have a hard time naming them?
- Does your tender heart for people sometimes leave you tired, empty, and unsatisfied?
- Do you often feel responsible for things outside of your control?
- Are you drawn to people in crisis?
- Do you get easily exhausted in settings with a lot of people?
- Do you have a heightened awareness of the natural world?
- Is reviewing conversations in your mind a normal part of your day?

Being highly sensitive isn't a problem to be fixed; it's a strength to be understood. You don't have to get “thicker skin” or “stop being so sensitive.” Your sensory awareness, deep thinking, strong feelings, openness to God, and big heart for people are your superpowers. These same qualities fueled Jesus and his followers to “turn the world upside down” with God's love and power (Acts 17:6 ESV).



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Good News for the Tenderhearted

What was your first reaction when you realized you were a highly sensitive person (HSP)?

Jason Cusick: It was like a gust of fresh air! I took a deep breath and realized that not only was I exactly the way God designed me, but I could discover a path for spiritual growth that was unique to my sensitive soul.

How has being aware of your “sensitivity superpower” impacted your walk as a follower of Christ?

Jason: I think I’m more “on mission” for Jesus than ever. I hadn’t realized how much I had been comparing myself to nonsensitives. I was always thinking, “If only I were more like that person, tougher like him, more certain like her.” Now, I’m looking more to Jesus to guide me as he has made me.

If someone isn’t sure if they’re highly sensitive, what’s the best way to find out?

Jason: Read this book! Haha. But seriously, most highly sensitive people already sense that about themselves; they just don’t always realize it’s a real, recognized trait. When they hear there’s a kind of person wired with this level of sensitivity, something inside clicks: “I’m not exactly sure what that is, but that’s me.” The real shift happens when they begin to see that sensitivity isn’t a weakness, it’s a strength.

What do we miss out on when we tell the tenderhearted to “toughen up”?

Jason: We don’t just miss the chance to see them flourish in the gifts God has given them; we may also be saying the exact opposite of what the Holy Spirit is gently speaking to their soul.

What inspired you to write *The Highly Sensitive Christian*?

Jason: There’s a growing conversation in the Christian community about sensitivity and empathy—some of it thoughtful, some of it reactive or even critical. While valid concerns are being raised, much of the tone comes across as provocative or dismissive. I wanted to offer a more grounded, biblical perspective that reframes sensitivity not as a weakness to overcome, but as a gift to understand and steward well.



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Q & A



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If you could say one thing to a HSP, what would it be?

Jason: God has created you with purpose and power. You might feel timid, overwhelmed, and at times misunderstood. Now is your season to understand who God made you to be—embrace your strengths and work on your growth areas. This hard-hearted world needs tenderhearted people like you!



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