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Trusted Speaker and Bible Teacher Erin Davis Explores the Sacred Connection Between Food and Faith in New Book

***Fasting & Feasting* Offers a Grace-Filled Guide to Food and Invites Readers to Embrace God’s Daily Gifts with Fresh Freedom**

“Fasting and Feasting illuminates how God’s design for food draws us into closer fellowship with him. Erin Davis writes with gospel-centered wisdom, clarity, and a contagious love for Christ. This devotional will offer women hope and healing as they look to Jesus for their true satisfaction.”

- Gretchen Saffles, Founder of Well-Watered Women,
bestselling author of [The Well-Watered Woman](#)

NASHVILLE, Tenn, (July 14, 2022)—We read food labels, count calories, and keep lists of favorite recipes, but have you ever stopped to ponder: what does God’s Word say about food? The answer might surprise you.



Trusted speaker and Bible teacher Erin Davis explores the sacred relationship between food and faith in her new book, [***Fasting & Feasting: 40 Devotions to Satisfy the Hungry Heart***](#) (B&H Publishing, September 6, 2022). From unpacking Biblical examples of food being used to teach spiritual principles, to addressing the misconceptions people often have about fasting and feasting, Davis offers hope to anyone who has experienced a complicated relationship with food.

“The Bible celebrates food as a gift while simultaneously inviting us to surrender every area of our lives to Christ’s authority—including what we put on our plates,” writes Davis. “Rather than the yo-yo of loving food and then hating it, Scripture invites us into a different rhythm—the rhythm of fasting and feasting.”

In *Fasting & Feasting*, Davis combines theological depth with heartfelt personal stories as she guides readers on a journey through the Bible and into the abundant satisfaction offered to us in Christ. This book holds the truths that finally and forever transformed her own relationship to food, and Davis is eager to offer this same freedom to others.

Erin is available for interviews and can speak to:

- Finding freedom from an unhealthy relationship with food
- How God uses food to teach us about sin, relationships, and His character
- 3 practical ways to invite God to your table

- Bored with the Bible? Embrace a theology that transforms the mundane
- Why fasting is a gift most of us are leaving unopened
- Common misconceptions about fasting (and feasting!)



Erin Davis is a writer and teacher passionately committed to getting women of all ages to the deep well of God's Word. She is the author of more than a dozen books and Bible studies, including *Connected*, *7 Feasts*, and *Beyond Bath Time*. Erin serves as the content director for *Revive Our Hearts* and hosts the *Women of the Bible* podcast and *Grounded* videocast. Hear her teach on *The Deep Well with Erin Davis* podcast. When she's not writing, you can find Erin chasing chickens and children on her small farm in the Midwest. *Fasting & Feasting* will release nationwide on September 6, 2022.

B&H Publishing Group, an imprint of Lifeway Christian Resources, is a team that believes Every Word Matters®. We seek to provide intentional, biblical content that positively impacts the hearts and minds of people, cultivating lifelong relationships with Jesus Christ. We publish (print and digital) in the trade, church, and academic markets, as well as the CSB translation.

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Suggested Interview Questions *Fasting & Feasting* by Erin Davis

1. What inspired you to write *Fasting & Feasting*?
2. What advice would you give someone struggling to find a connection between their relationship with God and their relationship with food?
3. You share a glimpse into your own complicated relationship with food. What was your first step towards freedom in this area of your life?
4. People have so many different ideas when it comes to fasting and feasting. What do these words mean to you?
5. How does embracing theology transform the mundane into the miraculous?
6. This book offers a prayer guide at the end of each devotional. Why is prayer so important when it comes to fasting, feasting, and finding freedom?

7. How has going on this journey changed the way your family relates to food?
8. Can you share some Biblical examples of scripture using food to help illustrate spiritual principles?
9. What do you hope most for the people who read this book?
10. Where can people connect with you online, and where can they pick up a copy of your book?