



Guarded by Christ: Knowing the God Who Rescues and Keeps Us

Heather Holleman

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Heather Holleman once lived a fragile life, a prisoner to fear, anxiety, and despair. Like many younger women, she knew Jesus, but she wasn't *strong* in Him. Instead, she lived a high-maintenance, easily unsettled life, seeking comfort but never finding it. One day, while reading a simple statement in Scripture, "God guards the lives of his faithful ones" (Psalm 97:10), Heather began to examine this word *guards*. And it changed her life. In *Guarded by Christ: Knowing the God Who Rescues and Keeps Us*, Heather guides women through a series of practical mental shifts that will allow them to live strong in the Lord. Learn how in Jesus, you are:

- Guarded by righteousness instead of condemnation
- Guarded by peace instead of anxiety
- Guarded by hope instead of despair
- Guarded by the Holy Spirit's power instead of self-effort
- Guarded by a crucified life instead of a self-important one

By examining the beautiful and overlooked verb *guards*, Heather mentors women toward the kind of maturity in Christ that prepares them not just to endure anything, but to thrive, living from the strength and peace of Jesus in every season. Most importantly, readers will reconnect with the Savior who rescues and keeps them tightly in His loving grip.

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