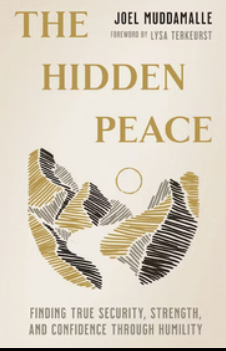


THE HIDDEN PEACE



The Hidden Peace: Finding True Security, Strength, and Confidence Through Humility

978-1400335329
272 pages
Paperback
March 5, 2024

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Humility is the Key to Finding Security, Strength, and Confidence

Proverbs 31 Bible Teacher Joel Muddamalle Reveals How Humility is the Bedrock of a Confident, Strong Life in his 2024 book, *The Hidden Peace*

Nashville, TN, (December 2023) - We live in a stressed-out world. Despite more self-help content geared to help us achieve inner tranquility than ever before, popular messages on peace that emphasize self-reliance and achieving victory at all costs have left people wanting more. According to a report by The Global Peace Index, individual peace has continuously declined since 2008.¹

Dr. Joel Muddamalle writes about where he has found unexpected peace in his new book, *The Hidden Peace: Finding True Security, Strength, and Confidence Through Humility* (Thomas Nelson, March 2024). Muddamalle believes the best way to decrease anxiety, fear, hurt, and even weakness is through humility, which delivers three distinct benefits:

- **Protection** - Humility protects us from thinking too low of ourselves. It retains the image of God that we inherently have.
- **Prevention** - Humility prevents us from thinking too highly of ourselves. Pride seductively leads us to the top of a mountain to see the beauty and pushes us off the cliff. Pride promises the beauty of the heights and delivers the devastation of the fall.
- **Preservation** - Humility keeps us rooted in the soil of Christ so that we can live the life that He wants us to live.

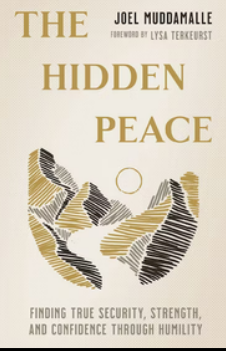
Muddamalle serves as Director of Theology and Research at Proverbs 31 Ministries, co-host of the popular podcast *Therapy and Theology* alongside Lysa TerKeurst and Jim Cress, and theologian in residence for Haven Place Ministries. His work studying theology and its practical application has led him to conclude that living a humble life is not a sign of defeat but a mark of Jesus's victory in our lives.

"The Lord, the God of heaven and earth, is taking care of the entire universe because he is the only one truly in control. When we confront the reality of our lack of control, it's an opportunity," writes Muddamalle in *The Hidden Peace*. "We can exchange our desire for control for the gift of humble faith. The power of humility is the clarity it brings us."

A first-generation immigrant from India, Muddamalle recounts some of his most painful personal experiences in the book, including being bullied by his peers for his

¹ Gallup Blog, In Our Chaotic World, Can People Find Peace Within, accessed October 18, 2023, <https://news.gallup.com/opinion/gallup/510797/chaotic-world-people-find-peace-within.aspx>

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skin color, his son’s frightening medical complications, and his grandfather’s brush with death at the hands of political radicals. With scriptural integrity, he reveals how life’s challenges led him to pursue peace in God and discover that humility is the foundation upon which faith and virtue are built.

The Hidden Peace provides practical tools including insightful questions for self-reflection, instructional guides, and prayers that will help readers:

- **Overcome** the fear of being "found out" or looking like a fraud
- **Walk** through hurtful situations in a godly way
- **Experience** freedom from anxiety and depression
- **Navigate** when “bad things happen to good people”
- **Know** how to truly live the good life God has for us
- **Find** safety and security by learning biblical self-awareness

“There are multiple payoffs of practicing humility—the confidence to face our fears; the strength to endure our struggles; and a soul-settling peace,” writes **Pastor Muddamalle**. “But do you know what the ultimate payoff is? Regaining our true humanity, which God has always wanted for us.”

Thomas Nelson will launch *The Hidden Peace* with a national publicity campaign and digital marketing efforts. Proverbs 31 will be supporting this book via its popular podcasts and newsletters. **Muddamalle** will be speaking alongside *New York Times* bestselling author Lysa TerKeurst on the “You’re Going to Make It” multi-city tour (March 13 - 23, 2024). Interviews with **Joel Muddamalle** are available upon request.

Joel Muddamalle is the Director of Theology and Research at Proverbs 31 Ministries and the theologian in residence for Haven Place Ministries, a ministry that provides personalized theology and therapy retreats and smaller gatherings. He co-hosts the popular podcast *Therapy and Theology* with Lysa TerKeurst and licensed counselor Jim Cress. **Joel** also serves on the preaching team at Transformation Church with Pastor Derwin Gray. He has an earned PhD from Midwestern Baptist Theological Seminary. He resides in Charlotte, NC, with his wife, four children and two dogs. Learn more at muddamalle.com.

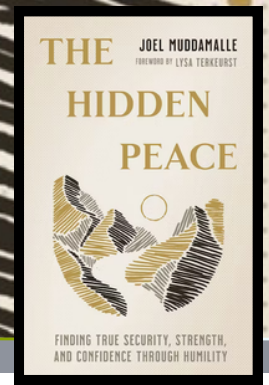
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INTERVIEW QUESTIONS

- How does humility act as a guardrail against pride?
- What are some ways for someone to pinpoint if they are living without peace and how can they gain peace in their lives?
- From where does lack of humility stem?
- How do shame and anxiety relate to pride and humility?
- How does humility influence how we see ourselves, others, and God?
- Tell me about a time in your life when losing control led you to surrender to God.
- You write that we should redirect our hurtful experiences to God for healing. What hurt did you give to God, and what was that like?
- Why is it so crucial to embrace our weaknesses?
- You wrote about how excessive curiosity can lead to pride. Can you provide an example of how curiosity goes too far and offer tips on how to control it?
- What are the three fundamental steps to adopting a mindset of humility?
- Aside from Jesus, which other biblical figures exemplify humility?
- When someone is suffering, "humility" is often the very last thing they are thinking about, but you suggest it should be front and center. Why?
- What surprised you about humility as you studied it in the Bible?
- In a culture obsessed with winning and self-reliance, what benefit could humility give us?
- You talk about prolonged stress, anxiety, and fear and how this can harm the body. How does humility prevent this?

JOEL MUDDAMALLE

Dr. Joel Muddamalle is a Bible teacher, theologian, author, podcaster, book coach, husband and father of four. **Muddamalle** was born in Chicago but lived in India from ages 2-5 years with his grandparents. Fully immersed in Indian culture, he moved back to Chicago to live with his mother and father, starting school at 5 years old.

He describes his reentry into the United States as the “beginning of a thorough destabilization” suffering from shame, fear, and discrimination. This hardship made him vow to never be bullied again, taking the route of perfectionism and control.

Muddamalle earned a ThM and PhD in Theology from Midwestern Baptist Theological Seminary. He also earned an MS in Psychology from the University of Phoenix while he was church planting. Yet **Muddamalle** realized that despite his tremendous success, the real route to inner peace was through humility— a dichotomy he unpacks in his latest book, *The Hidden Peace: Finding True Security, Strength, and Confidence Through Humility* (W Publishing, March 2024).

Today, **Muddamalle** is the Director of Theology and Research at Proverbs 31 Ministries and is the theologian in residence at Haven Place Ministries, a non-profit that provides personalized theology, therapy retreats and smaller gatherings. He is a theological consultant for the COMPEL Training for authors and speakers. He also founded the online platform Humble Theology, where he shares original Bible-based content, including courses and free teachings to help Christians understand Scripture.

Muddamalle is a highly-requested speaker and serves on the preaching team at Transformation Church in Indian Land, SC. He co-hosts the *Therapy and Theology* podcast with Lysa TerKeurst and licensed counselor Jim Cress. Muddamalle resides in Charlotte, NC, with his wife, four children, and two dogs. Learn more at muddamalle.com.



Excerpt from *The Hidden Peace*

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Friends, this is my public admission. In the words of Taylor Swift, “It’s me, hi.” I confess, I have a problem with humility because it terrifies me. I’ve run away from humility because I don’t want to lose (human) control, strength, or power in my life. But the thing is, I’ve tried really hard to gain and keep all those things, and all it has done for me is make me more afraid of failure.

I spent many years in school and in theological training so I could add a few letters after my name. *If I can achieve a high level of education, I will be able to put my vocation in my own hands and guide it myself*, I thought. *I will earn a position of control, strength, and power.*

It turned out, though, that the more I studied and learned and “achieved,” the more I realized what I didn’t know. The more aware I was of my weaknesses. Those little letters I had longed to place after my name for so long transformed from symbols of victory into symbols of my secret internal insecurity.

Maybe for you it was a dream job you thought would put you on the path to success. But along the way you realized that the dream job was actually just a job and the dream was actually a nightmare.

Or maybe it was something as simple as having the security of a savings fund for a rainy day. Then the rain came and turned into a tornado that wiped out your savings and then some. The hope and confidence you once had was replaced with anxiety and uncertainty.

One way or another, you and I have tried to take things into our own hands and, in so doing, we’ve viewed humility as unwanted and unnecessary.

Yet amid all our angst and fear and opposition to humility, it is actually humility that will move us forward, into the life we’re longing for.

Okay, but for Real . . . Humility?

Now, you may be shaking your head, thinking humility is a threat that will squash down your strengths and potential. I want to show you that it’s actually a gift that helps the best of who we are flourish. You may think it will leave you unstable and weak. I want to show you it will actually make you steady and strong.

If you need more convincing, I totally understand. I did too. This is why I spent over a thousand hours studying humility in the Bible. At the end of my research, this is what I wrote in my journal.

What I’ve learned about humility and why it’s actually worth pursuing:

Humility refuses to allow us to think too highly of ourselves.

Humility rejects a low and degrading view of ourselves.

Humility reorients our view so we see ourselves as God does.

Humility looks at the success of our brothers and sisters and encourages us to celebrate them and not be threatened by them.

Humility helps us see the value of our work but won’t let us define our worth by what we do.

Humility gives us the courage to face our failures and learn and grow from them.

Humility guards our hearts from the seduction of personal success so we aren’t crushed by the praise of humanity.

Humility continually reminds us that we were created to reflect God’s glory, not to try to absorb glory for ourselves.

I need humility because, honestly, I’ve tried everything else, and none of it has worked. I’ve still felt anxiety about the reality of my weakness. I still fear being walked on and over. If you’re in the same spot or something like it, welcome. Hi, it’s me. It’s nice to meet you.