

**Interview Questions for Sheila Walsh –
Author of *Five Minutes with Jesus: Quiet Time for Your Soul***

*Is it any wonder we are anxious and deeply weary?
We simply were not made to live like this—running full-tilt,
dashing through one adrenaline-fueled day after another.
Isn't it time we hit the emergency stop button even for just a few minutes?
—Sheila Walsh*

- Most Christians long to hear from God. How does a daily quiet time help them stay in tune with God's voice?
- Yet many Christians have a hard time making this happen daily. Why is spending daily time with Jesus a challenge for so many women – including yourself?
- You created the **5 Minutes with Jesus** devotional series to help women carve out time daily to be with Jesus. Is five minutes really enough?
- The small size of the devotional (it easily slides into a purse or diaper bag) is designed to help women on the go. How are women making use of this “devotions on the go” option?
- The latest **5 Minutes with Jesus** volume is *Quiet Time for Your Soul*. This title sounds very inviting – do you find that quiet is missing from the lives of women in the 21st century?
- When we quiet our souls and spend time in scripture, we connect to things that are true – including the fact that we are loved by God. How does sitting quietly in God's love impact the rest of one's day?
- Quiet time for your soul can also open the door for expressing gratitude. Do you see a connection between being expressing gratitude and experiencing contentment?
- How has setting apart a specific quiet time helped you in your walk with the Lord?

Guest: Sheila Walsh, award-winning author, speaker, television host

Book title: *Five Minutes with Jesus: Quiet Time for Your Soul* (Hardcover, \$9.99)

Publisher: Thomas Nelson

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