

# SEEKING



THROUGH  
THE GOSPEL  
OF LUKE

## MEDIA KIT

A CHRISTMAS TO CALVARY ADVENT COUNTDOWN

*Award-Winning Author*

Christine Trimpe



**Shop Description:** The best gifts come from the giver's heart and stand the test of time. This Advent season, unwrap the greatest gift ever given—one of beauty, sacrifice, and abundant joy that still impacts the world today.

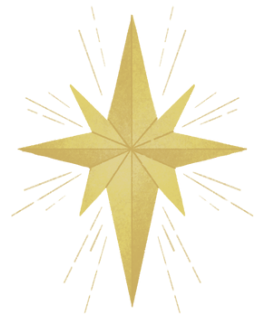
*Seeking Joy through the Gospel of Luke* is an award-winning twenty-five-day Christmas advent drawing us to live in the joy of the Lord despite our difficult circumstances. Beginning on December 1, readers will go through twenty-four chapters in Luke, ending with chapter 25 for a final Christmas Day message by author Christine Trimpe. From Christmas to Calvary, encounter God's heart through Luke's gospel story.

[Link to  
author  
photos](#)



# About the Author

## Christine Trimpe



Christine Trimpe is an award-winning author, speaker, joy seeker, and weight-loss warrior. After losing over a hundred pounds in her joy-filled healing journey, God instilled a passion within her to boldly exclaim the *good news of great joy* while encouraging others to do the same. A former “casual Christian,” Christine speaks and writes for women worldwide, sharing the freedom Christ offers when we choose to trust God and seek Him in His Word. Christine's debut book is the *Christian Product Book Award*, *Christian Indie Award* winner, and *Selah Award* finalist, *Seeking Joy through the Gospel of Luke*. You can find her transformation story and *Bible and Beans* blog at [ChristineTrimpe.com](http://ChristineTrimpe.com). For speaking inquiries, please email her at [Christine@christinetrimpe.com](mailto:Christine@christinetrimpe.com).

### CONNECT LINKS

Order details for *Seeking Joy*: [ChristineTrimpe.com/Joy](http://ChristineTrimpe.com/Joy)

Grab your early Christmas gift: [\*\*Seeking Joy Bonus Chapters\*\*](#)

Contact email: [Christine@christinetrimpe.com](mailto:Christine@christinetrimpe.com)

Website: [www.christinetrimpe.com](http://www.christinetrimpe.com)

### Social media links:

Facebook: <https://www.facebook.com/ChristineTrimpeLLC>

Instagram: <https://www.instagram.com/coachchristinetrimpe/>

Twitter: <https://twitter.com/KetoChristineMI>

YouTube: @ChristineTrimpe <https://youtube.com/christinetrimpe>

Pinterest: <https://www.pinterest.com/joyfulketolife/>

# Back Cover Copy

## Seeking Joy through the Gospel of Luke

by Christine Trimpe



**"The weary world rejoices!"**

God gave Christine Trimpe these words during a difficult season, inspiring her to go deeper with her study of joy. What she learned was life-changing: God's joy is more than abundant and carries us through our darkest trials and tribulations.

***Seek joy, and you will find it!***

Countdown to Christmas in the Gospel of Luke with this 25-day advent devotional to discover the joy of the Lord despite difficult circumstances.

In this joy-seeking journey, you will:

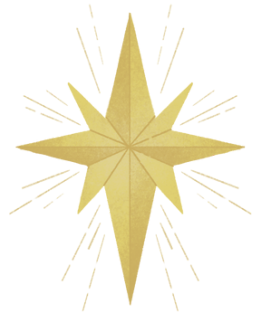
- Experience the transformative power of God's abundant joy in Luke's gospel story.
- Discover how the joy of the Lord sustains in uncertain times and stormy circumstances.
- Proclaim boldly the good news of great joy and bring hope to a weary world.

*"Christmas has always been a time of excited anticipation or hopeful expectation, but we often forget the holy amid the hustle. Christine invites us to take a deep breath and remember the real meaning of Christmas."*

—**Erica Wiggerhorn**, author of *Unexplainable Jesus: Rediscovering the God You Thought You Knew*

Winner of a Christian Market Book Award and Christian Indie Award, ***Seeking Joy through the Gospel of Luke: A Christmas to Calvary Advent Countdown*** is Christine's debut book. Each chapter includes one chapter of Luke and a daily devotion full of personal and relatable stories from Christine's joy-seeking journey.

# Sample Interview Questions for Christine Trimpe



## **15 to 20-minute interview segment:**

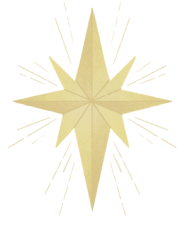
1. Christine, I introduced you as a former "casual Christian" and now a joy-seeker. Tell us a little bit about this journey.
2. Christmas is known as a season of joy. Would you share a little about your history with Christmas?
3. Where did the concept of your book *Seeking Joy through the Gospel of Luke: A Christmas to Calvary Advent Countdown* come from?
4. How did you go from blogging through Luke to publishing this book?
5. Do you have a favorite lesson from your joy-seeking journey in Luke?
6. This is a hands-on devotional book; how long will it take the reader?
7. How can listeners connect with you?

## **20 to 45-minute interview segment:**

1. Christine, I introduced you as a former "casual Christian" and now a joy-seeker. Tell us a little bit about this journey.
2. Christmas is known as a season of joy. Would you share a little about your history with Christmas?
3. Where did the concept of your book *Seeking Joy through the Gospel of Luke: A Christmas to Calvary Advent Countdown* come from?
4. Many Christians, but not all, are familiar with advent. Will you explain advent to our listeners?
5. How did you go from blogging through Luke to publishing this book?
6. Why Luke, and what do you love about this book?
7. Do you have a favorite lesson from your joy-seeking journey in Luke?
8. What encouragement can you offer someone going through a season of weariness?
9. This is a hands-on devotional book; how long will it take the reader?
10. How can listeners connect with you?

# Pull Quotes

## Seeking Joy through the Gospel of Luke



by Christine Trimpe

I don't know about you, but I need to constantly seek joy so I'm not sinking in the events happening around the world and in my own circle.

Be encouraged through the joy we find today in God's Word. He sent an angel to tell these shepherds, "Have no fear, joy is here." Surely He is fulfilling this promise to you today.

There are days when I can't avoid the news of the day and a pit of despair rises in my gut. But through my own joyful journey of healing my body, mind, and spirit, I've learned to cling to joy.

As I continue on this path of transformation and sanctification, I want to tell you the number one source of my hope and joy is straight from the word of God.

Our reward for suffering and hardship will come one day, so we can set aside all the fear and worry of rejection to rise up and meet His challenges for us. Jesus satisfies every little and big need we have—physically, emotionally, and spiritually.

The sinful woman chose joy in the alabaster jar. In return her story is a precious example to us all. I can think of no greater gift this Christmas season than to hear Him say, "Your faith has saved you; go in peace."

Choosing Jesus ushers in my renewed spiritual mindset and gives me the ability to always choose joy. Joy is contagious. Let this be our witness. Let us be true instruments of the joy of the Christmas season by worshipping every day at the feet of Jesus and spreading the good news of great joy!

I desire to be among the people of light. Wise and shrewd in the gifts He's given me to help others. Thank you, Jesus, for giving me a heart of joy, teaching me how to handle the worldly riches You bestow and shining a light on the path of my joyful journey.

As we focus on joy through another Christmas season, wouldn't this be an appropriate time to increase and share the grace and forgiveness which Jesus was born to share?

As we count down to Christmas, God is reminding you to intimately embrace the name "Emmanuel, God with us." God with you. God with me. God with our children. And God with our children's children.

At this intimate table, Jesus offered up His body and His blood in a cup. A cup full of joy. I know it deep down in my soul as I develop this relationship with Him. It's a cup that overflows. It's a cup for you and me. And He's always asking us to return to take a seat at this table. Hallelujah!

This Christmas I pray this journey through the Gospel of Luke filled you up and joy-fueled your witness for Christ. *The weary world rejoices.* Yes, Lord. We may be weary. But we praise Your name for Your *thrill of hope.*





## More About Christine

Christine Trimpe is an award-winning author, speaker, joy seeker, and weight-loss warrior. After losing over a hundred pounds in her joy-filled journey of healing, God instilled a passion within her to inspire, motivate, and encourage women to pursue healthy, holy living— body, mind, and spirit. Her story has been featured on the cover of *Woman's World* "Heal Your Liver" Special Edition, and in articles in *First for Women*, *Reader's Digest*, and popular websites like *Diet Doctor*.

A former "casual Christian," Christine now speaks and writes for women worldwide, sharing the freedom Christ offers when we choose the path of surrender and sacrifice. *Seeking Joy through the Gospel of Luke* is Christine's debut book, a twenty-five-day Christmas advent encouraging readers to live in the joy of the Lord despite their circumstances, realizing that joy can be sought after and found if they look for it. She's passionate about encouraging women to do hard things through God's love, power, and self-control gifts. You can find her God-sized transformation story and *Bible and Beans* blog at [ChristineTrimpe.com](http://ChristineTrimpe.com).

Christine would love to introduce this devotional to your women's ministry group or small group through personal or virtual speaking appearances. *Seeking Joy through the Gospel of Luke* is an adaptation of Christine's annual advent blog series. The blog and the book are instrumental in getting women into daily Bible study while reminding them of the joy of living through life's happy and hard seasons. For speaking inquiries, please email her at: [Christine@christinetrimpe.com](mailto:Christine@christinetrimpe.com).

*featured in:*

*The advent devotional journey  
begins on December 1.*

*Order early here:*

*Seeking Joy Through  
The Gospel of Luke*

**CLICK HERE**

**Woman's  
World**

**for women  
First**

**Reader's  
Digest**

**D Diet  
Doctor**

**CHRISTIAN INDIE WINNER AND SELAH FINALIST PROVIDES A BEACON OF HOPE FOR THOSE  
SUFFERING FROM HEALTH, EMOTIONAL, AND SPIRITUAL CONCERNS—  
NEW EDITION RELEASES OCTOBER 2023**

Author, speaker, and health advocate Christine Trimpe knows the struggle with health all too well. A few years ago, she reached her lowest point, with the seemingly impossible need to lose a hundred pounds. To process her emotions and the struggle to lose weight, Trimpe began to study the *Gospel of Luke*. What she found there changed her life forever!

Through her blog series, “*Countdown to Christmas through the Book of Luke*,” Trimpe hit a core need in people who were struggling to find joy in their circumstances. The positive responses were overwhelming, and she felt God nudging her to take all she had written and publish a book.

What began as a simple blog post exploded into a best-selling, award-winning devotional that gained national attention in the *Christian Inspiration and Devotional* categories. ***Seeking Joy through the Gospel of Luke*** has since won the *Christian Indie Award*, was a *Selah Award* finalist, is a *Christian Product Market Award* winner, and hit #1 *New Release* as an Amazon Best-Seller. This 25-day Christmas advent devotional begins December 1 and takes readers through the 24 chapters of Luke’s gospel, ending with an encouraging message from Trimpe on Day 25. Its aim is to encourage others to live in the joy of the Lord despite the weight of their circumstances—seek joy, and you will find it.

When asked how her joy-seeking journey impacted her, Trimpe responded, “Instead of feeling toxic all the time from all the weight I was carrying, my mood changed from chronic exhaustion to complete joy! Everywhere in every chapter of *Luke*, I kept running across the word ‘joy’ or forms of it—rejoice, joyful—even during the worst moments of Jesus’s life. There are so many things to be thankful for, so many joy-filled moments, that I began to understand the joy of the Lord, and I couldn’t keep quiet about this life-changing gift! It empowered me to keep true to my weight-loss journey, and the pounds kept coming off.”

Her joy has proven to be contagious, and now Trimpe serves as a health and wellness coach through her ministry, *SugarFreed™ Me Method*, helping others heal from obesity and chronic health issues of body, mind, and spirit. “I’m hoping to help anyone who is sick and tired of being sick and tired,” says Trimpe. “I can use my story and experience to show people a better way—a way that works, a way where people can feel hope again and experience pure joy! Weight loss is as much about our spirit and emotions as it is about the physical side of us. I’m hoping to get people to understand that when you can find joy in your circumstances, even in the simplest things, it lifts your ability to overcome the hard things, like losing a hundred pounds as I did. *Seeking Joy* is not a weight loss devotional but for anyone needing more joy in their journey. And isn’t that relevant to us all!”

First released in October 2021, Trimpe’s second release of ***Seeking Joy through the Gospel of Luke*** is due out in October 2023. She hopes this treasured Christmas Advent will be enjoyed for many seasons.

# SEO Elements

## Seeking Joy through the Gospel of Luke

by Christine Trimpe



Countdown to Christmas through the Book of Luke  
Countdown to Christmas through the Gospel of Luke  
Christmas Countdown through the Book of Luke  
Christmas Countdown through the Gospel of Luke  
Christmas advent devotional  
Advent and Christmas devotional  
Daily advent devotional for women  
Gospel of Luke Devotional  
The Book of Luke themes  
Devotions for women  
25-day advent devotional  
Daily readings for advent  
What is the meaning of Christmas?  
Christmas Countdown Luke  
Countdown Christmas Luke  
Joy-filled  
Abundant joy  
The weary world rejoices study  
Finding joy during the holidays  
Celebrating Christmas  
Finding hope  
Finding joy  
How can I experience joy?  
What is joy?  
Birth of Jesus Christ  
Life of Jesus Christ  
Ministry of Jesus Christ  
Christmas Bible Study  
Christmas to Calvary Advent Countdown  
Joyful Keto Life  
Joy-fueled living  
Choose joy  
Healing from obesity  
Obesity and related health issues





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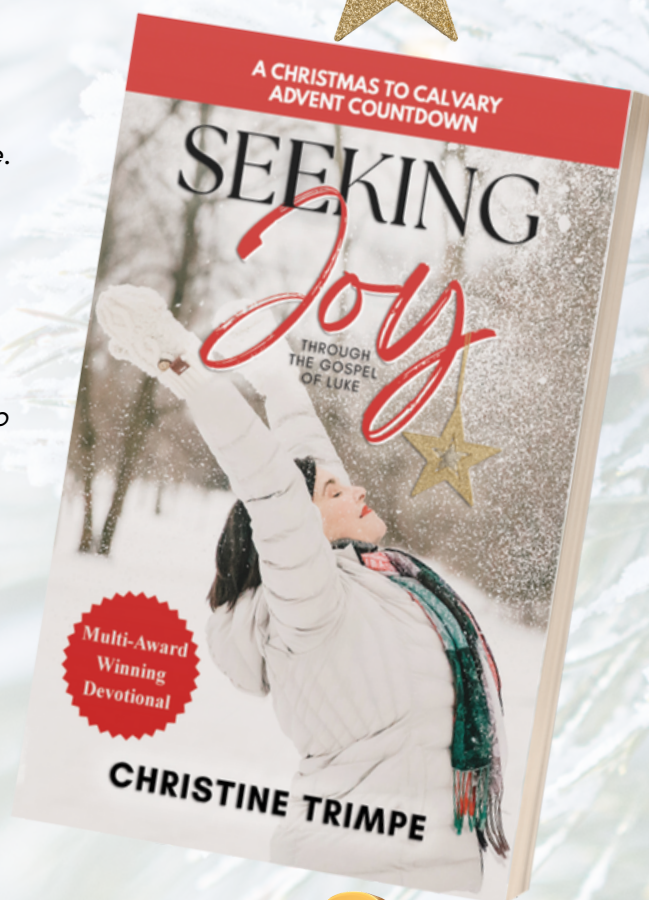
—**Erica Wigenhorn**, author of *Unexplainable Jesus: Rediscovering the God You Thought You Knew*

"*Seeking Joy Through the Gospel of Luke* is a wonderful journey to the joy that leads our hearts to the Christ of Christmas."

—**Pam Farrel**, author of *Growing a Joyful Heart*

"*Seeking Joy Through the Gospel of Luke* is a place where our hearts can ponder the miracle of the babe in the manger so that an eternal spring of God's joy breaks forth into our hearts."

—**Linda Evans Shepherd**, author of *Make Time for Joy: Scriptured-Powered Prayers to Brighten Your Day*



**Multi-Award Winning Devotional**  
**Christian Market Book Award**  
**Christian Indie Award**  
and **Selah Award Finalist**



**2<sup>nd</sup>**

**Edition Releasing  
October 3, 2023**



**Order INFO:**  
**[ChristineTrimpe.com/joy](http://ChristineTrimpe.com/joy)**

**The devotional journey begins on December 1st.**



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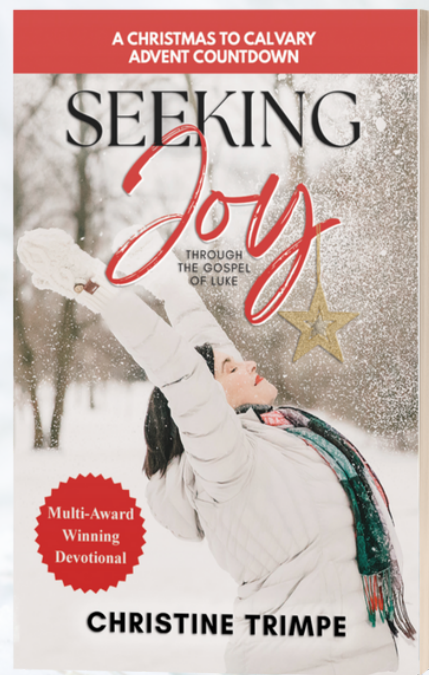
### Suggested Interview Questions

- Would you share how the concept of *Seeking Joy* went from blog to book?
- I introduced you as a former "casual Christian" and now a joy-seeker. What does this mean?
- Christmas is known as a season of joy. Would you share a little about your history with Christmas?
- Do you have a favorite lesson from Luke?
- This is a hands-on devotional book; how long will it take the reader, and what should they expect daily in the devotional?
- What do you want your readers to walk away with when they finish this advent countdown through Luke?

**Order soon for Advent.**

**ISBN-13: 979-8-9887490-1-1**

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**Christine Trimpe**  
**2nd Edition Available October 3, 2023**

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\$15.99 | Paperback | 178 pages

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*"Seeking Joy takes us from the chaos of Christmas in a weary world to remind us of the gift of everlasting joy found only in Jesus Christ."*

**Tammy Whitehurst**, Co-Owner of the  
Christian Communicators Conference

### About the Author

Christine Trimpe is a multi-award-winning author, speaker, and joy-seeker. After losing over a hundred pounds, God instilled a passion for inspiring and motivating women to pursue their body, mind, and spirit's whole health and fitness with joy. Through her writing, she invites readers to live in the joy of the Lord despite their circumstances. When we **seek joy**, we can **speak joy** to a weary world. Learn more and invite her to speak at [ChristineTrimpe.com/contact](http://ChristineTrimpe.com/contact).