

## Q & A



### **Awaken Delight**

*Satisfying Your Soul's Longing for God*

July 28, 2026 | \$19.99, 192 pages, paperback | 978-1-5140-1358-8

*Stephanie Roussele is a Bible teacher, speaker, host of the Gospel Spice podcast, and founder of Gospel Spice Ministries. Born and raised in France, Stephanie is a former atheist whose life motto is now "God's glory, our delight!" Having resided in four different countries during her lifetime, she now lives with her family in Pennsylvania.*

## Delight in God Is Essential for a Vibrant Faith

### **What inspired you to write *Awaken Delight*?**

**Stephanie Roussele:** As a former atheist and a French hedonist, I am saddened when I meet Christians who seem to have lost their delight in God, or, worse, who never knew it can be one of the primary flavors of their spiritual lives! I am deeply passionate about Jesus, a gift from his Spirit that I do not take for granted; I also often struggle to delight in God, so I want to encourage anyone who seeks to identify their longing for (more of) God and make it a priority! It is truly life-changing.

### **What is the main idea of your book and what is distinctive about this idea or your approach?**

**Stephanie:** In French, the word "delight" is both delightfulness and deliciousness. It means that God is both! How can we live a life that is the practical outcome of a theology grounded in delight? We know we're supposed to delight in God, but few of us have taken the time to dissect what it means, theologically speaking, and also to cultivate habits that make our delight in God a daily reality. *Awaken Delight* hopes to address both the theology of delight, and the actual daily practice of it. It aims to inspire our generation to awaken delight in God for a truly life-changing faith experience.

### **What does delight in God look like?**

In a way, it's like asking to describe the sunset, a fragrance, or a baby's baby laugh. What is the best word for this precise shade of pink in the sky, this particular floral note, this exact tenor in the laughter? Words are not enough because delight in God isn't a mood to manufacture; it's a relationship to receive. So, what does delight in God look like? Here's some of my own words for it. I suspect you'll develop your own vocabulary as you awaken your own delight in God!

- Delighting in God is deeply rooted in Christ, Jesus.
- It's the quiet revolution that reshapes how we endure pain, love others, and understand our own heart.
- Delight in God isn't the same thing as emotional joy every day. It's so much more than extra joy on Sunday mornings.
- Delight in God is identity-shaping, not emotion-driven. Delight in God is not fleeting emotion but resilient identity.
- Delight in God is altogether trust, satisfaction in God, relational intimacy with Him. It's often tested, expressed and grown through God-ordained suffering.
- Delight in God is the missing engine behind resilience. It's the antidote to burnout. It's even the foundation for sustainable ministry.

When we awaken our delight in God, we experience less anxiety. We discover a deeper prayer life, and soul-satisfying joyful obedience. We build resilient peace in suffering. In short, we practice for heaven.

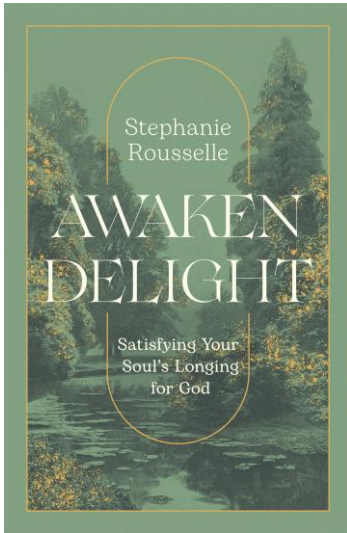


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#### **Why might delight in God be a challenge for some Christians?**

"Delight yourself in the Lord, and he will give you the desires of your heart." This is God's promise to us in Psalm 37:4. But many believers quietly assume it's just a poetic suggestion, or it doesn't really work here on earth. Many Christians have been taught that their faith is a rat race, that "stewarding well" means being constantly under pressure to perform for God. They have been told that, to "love the Lord your God with all your mind, soul, and strength", they have to perform to the max every day. It's exhausting, and it's not the gospel.

As a result, many sincere, Christ-following believers find themselves exhausted from trying to manufacture spiritual feelings. They perform faith, but without delight. Deep down, they might even feel angry or resentful at God for not rewarding their efforts. They wonder if Psalm 37:4 actually is true, though many would not dare admit it.

They've obeyed God faithfully, but they still feel empty. They've prayed faithfully, endured suffering, and still feel spiritually dry. They don't know where else to turn, what new practice to undertake, what new habit to cultivate to get out of the rut of performance Christianity.

Here's my question to them: *What if the problem isn't your faith — but the way you've learned to pursue God?* What if the problem isn't that you don't love God — but that you've never learned how to receive and experience Him as your deepest joy? Let's unpack how delighting in God is the restful answer to your restless quest to serve God with all your heart, soul, and mind.

#### **What are five main things you want readers to take away from your book?**

##### **Stephanie:**

- Delight in God is not a luxury—it's absolutely essential for a vibrant faith!
- Delight in God is rooted in who God is, and who we are in his eyes.
- Delight in God is possible through our seasons of pain and suffering, and it actually redefines them.
- Delight in God can be awakened and cultivated when we learn to see God, ourselves, those around us, and our own circumstances the way God sees them. I call this the perspective of Heaven.
- Delight in God is accessible through simple spiritual habits (disciplines).



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BIO



***Awaken Delight***  
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*In Awaken Delight, Stephanie Rousselle connects scriptural and theological truth to your everyday life so you can experience what delighting in God really means. It's not about checking boxes on a spiritual to-do list or mustering a constant state of positive feelings. Rather, delight is about satisfying your soul's deepest longing through a vibrant relationship with the living God.*

*"God's Glory, our delight!" —Stephanie Rousselle*

## A Transformed Life

Raised as an atheist in France, Stephanie Rousselle first came to the US as a foreign exchange student. Living with a Christian family challenged her beliefs and turned her life around. Stephanie returned to France as a changed person.

Now, more than two decades later, she is a Bible teacher, speaker, founder of Gospel Spice Ministries, and host of the *Gospel Spice* podcast. She inspires her listeners to dig deeper into the Bible and to draw closer to God.

Stephanie has lived on three continents and in four countries and five cities. Her diverse immigrant experience has shaped her faith in God, and her story reminds us of God's incredible power to transform lives. She now lives with her family in Pennsylvania.

Learn more about Stephanie and her ministries at [gospelspice.com](http://gospelspice.com)



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