

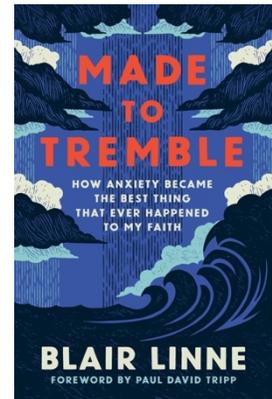


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Christian Spoken Word Artist Blair Linne Releases New Book Sharing Powerful Biblical Truths for Christians Battling Anxiety *Made to Tremble* leads readers on journey to overwhelming peace

BRENTWOOD, Tenn., July 21, 2025 — Christian spoken word artist and author Blair Linne invites readers to experience the peace of God amid the storms of anxiety in her new book, *Made to Tremble: How Anxiety Became the Best Thing That Ever Happened to My Faith* (B&H Publishing Group, September 2025).

“This book is an offering to anyone who feels like a spiritual outcast because of anxiety,” said Linne. “I’ve been there, and I went from believing that anxiety was the worst thing that could happen to me to now knowing that anxiety became one of the best things that has ever happened to my faith. While at first I thought my weakness was a failure, I realized my frailty was actually a portal to true success, which is a deep dependence on a never-anxious God.”



Through relatable anecdotes, biblical truth, profound insights, and even some new poems sprinkled in for her lyric-loving readers, Linne not only relays her personal encounters with anxiety on a mental, physical and spiritual level, but also shares how believers can navigate the storms of anxiety that toss us around and threaten our walk with Christ.

“In the seasons when anxiety’s waves have crashed onto my frame and I’ve trembled to my core, I have learned what it is to lay hold of the only anchor that can sustain us in the trying waters, and that is Christ,” writes Linne.

As readers embark on this journey, they will discover how even the darkest moments in our stories have the power to draw us closer to the Lord and make us more like Christ. She explores what it looks like to let God rule over your life instead of anxiety, while reminding readers that anxious moments serve as a reminder for us that we were never meant to bear our burdens alone but rather cast them onto the shoulders of our Savior.

Linne notes she is not an expert in the field of mental health but recognizes her story is the story of the human race since we are all afraid in some way. She shares practical tips she has learned

along the way through counselors and friends who have also experienced anxiety and provides examples of how to be helpful when it's time to care for those we love who are anxious.

“My goal as a sister in Christ is to put before you the lessons I learned and passages that have been the most instructive to me as I persisted through the worst and best parts of learning to manage my anxiety and develop a different relationship to it,” writes Linne. “If there is one thing I’ve learned, it’s this: God is all-powerful. Anxiety is not.”

In addition to the wisdom Linne offers throughout the book, she also includes several appendixes filled with Scripture, prayers and poems along with trusted organizations, phone numbers and websites that readers can use as resources in their battle against anxiety. She also writes a note to church leaders who are seeking to help those in their congregations who struggle with anxiety.

Pastor, speaker and bestselling author Paul David Tripp sets the stage for Linne in the foreword of the book, providing his thoughts on Linne’s approach to the topics of anxiety and mental health.

“I love the street-level honesty, transparency, and practicality you find here,” writes Tripp. “I love that this book doesn’t treat anxious people as disembodied souls but recognizes our body-*and*-soul nature. Anxiety is a heart problem (inner man), anxiety is a body problem (outer man), and it must be dealt with on both fronts.”

Using engaging narrative and reflections from the Bible, Linne offers encouragement to those who feel the crushing weight of anxiety upon their lives, reminding readers of the victory available to them through Christ.

“I ultimately desire for you to lift your eyes from all that swirls in your own head and up to the Prince of Peace, because He is the true hero of our story,” writes Linne. “One of the most courageous things you can do is ask him for help.”

Made to Tremble releases September 16, 2025, from B&H Publishing Group. For more information, visit [madetotremble.com](https://www.madetotremble.com).

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About Blair Linne

Blair Linne is the author of *Finding My Father*. She is a Bible teacher, actress, spoken word artist, and the creator of the podcast GLO with The Gospel Coalition. Blair has toured globally and is known as one of the originators of the Christian Spoken Word genre. Proclaiming the gospel of Jesus Christ through speaking and spoken word is her passion. She and her husband, Shai, live in Dallas, Texas, with their three children.



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About B&H Publishing Group

B&H Publishing Group, an imprint of Lifeway Christian Resources, is a team that believes Every Word Matters®. We seek to provide intentional, biblical content that positively impacts the hearts and minds of people, cultivating lifelong relationships with Jesus Christ. We publish (print and digital) in the trade, church and academic markets, as well as the CSB translation. For more information, visit BHPublishingGroup.com.

Suggested interview questions for Blair Linne, Author of 'Made to Tremble'

1. What inspired you to write *Made to Tremble*?
2. How does *Made to Tremble* differ from other Christian approaches to the topic of anxiety and fear?
3. What are some of the lies we as followers of Jesus are believing when it comes to anxiety?
4. How has God used anxiety in your life to draw you closer to Him?
5. What is the difference between the fear of man and the fear of God?
6. How does the world tell us to cope with our anxiety? How does God tell us to cope with our anxiety?
7. What does it look like to tremble before God?
8. You mention several examples from the Bible of people who were afraid or those who were placed in difficult circumstances, yet they chose to seek the Lord. Out of those people you mentioned, whose story do you relate to the most?
9. How does anxiety impact marriage and family dynamics?
10. How does anxiety impact ministry?
11. How can a pastor/church leaders care for those who are anxious in their congregation?
12. Where does a leader in the church turn when they are anxious?
13. We've all had those moments where we go down the rabbit hole asking ourselves: "what if?" How do you suggest we approach these anxious thought spirals?
14. What are some things that have helped you cope with anxiety in your life?
15. If a Christian is struggling with anxiety, what is your advice to them?
16. What do you hope readers take away from this book?
17. Where can people go to learn more about *Made to Tremble*?

