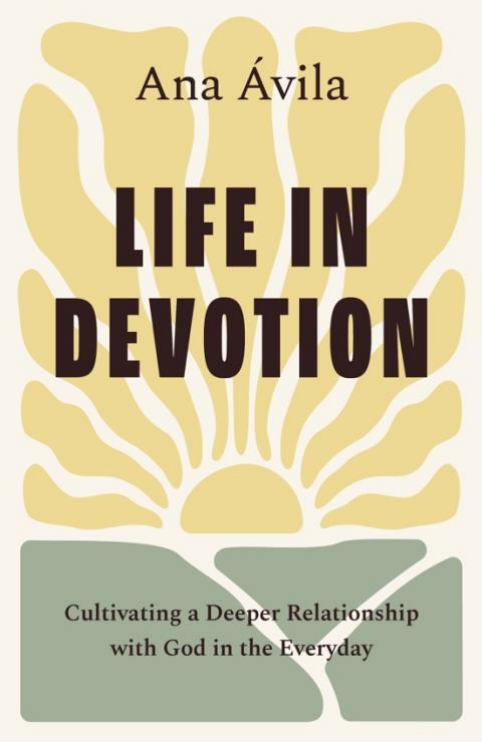
"Life in Devotion" by Ana Ávila
Publication Date: June 9, 2026
Media Contact: jill.waggoner@lifeway.com

Ana Ávila invites believers to discover daily intimacy with God in 'Life in Devotion'

BRENTWOOD, Tenn., March 30, 2026—In a world filled with constant distractions and spiritual noise, Ana Ávila offers readers a clear and grace-filled path to meaningful time with God in her new book, "Life in Devotion: Cultivating a Deeper Relationship with God in the Everyday."



Ávila addresses a common but rarely acknowledged struggle among Christians: the assumption that everyone instinctively knows how to spend time with God. "Life in Devotion" meets readers where they are, offering practical guidance for cultivating consistent devotional rhythms rooted in Scripture and prayer.

"Our lives are filled with things that promise satisfaction but leave us empty," Ávila said. "God calls us to intentionally spend time with Him so we might live devoted to Him." The book emphasizes the centrality of God's Word, the privilege of prayer and the steady formation that comes through daily communion with Him.

Designed especially for Christians seeking deeper spiritual habits, "Life in Devotion" challenges the idea of "quiet time" as a segment of your day and instead invites readers into a lifelong relationship marked by transparency, consistency and trust in God's presence through every season of life.

Ávila is a Mexican author who lives in Guatemala City with her husband, a pastor and church planter, and their children. She previously served as a writer and editor for Coalición por el Evangelio, the Spanish-language ministry of The Gospel Coalition, and is the author of "Make the Most of Your Productivity: A Guide to Honoring God with Your Time." She is currently pursuing a Master of Divinity at The Southern Baptist Theological Seminary.

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To request an interview, please contact Jill Waggoner at jill.waggoner@lifeway.com or 615.330.6821.

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About the Author

Ana Ávila is a Mexican author. She lives in Guatemala City with her husband, a pastor and church-planter, and their children. She wrote "Life in Devotion," "Make the Most of Your Productivity: A Guide to Honoring God with Your Time" and "Lo que contemplas te transforma." Ana served as a writer and editor at Coalición por el Evangelio, the Spanish sister website of The Gospel Coalition, for almost 10 years. She holds a degree in clinical and biological chemistry and a diploma in biblical studies. She is currently pursuing a Master of Divinity at The Southern Baptist Theological Seminary.

Possible Interview Questions

- When you talk about "devotion," what do you mean, and how is that different from how many Christians think about their quiet time?
- Why do you think so many believers want to spend time with God but feel unsure how to actually do it?
- What misconceptions about devotion or spiritual disciplines tend to discourage people the most?
- How can Scripture and prayer move from feeling like obligations to becoming sources of real communion with God?
- What does growing in devotion look like in ordinary life—especially during seasons of busyness, suffering or emotional fatigue?
- How can someone begin cultivating consistency with God without turning devotion into another performance metric?
- What encouragement would you offer to Christians who feel like they've "failed" at spiritual disciplines and are tempted to give up?

About the Publisher

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