

Ess-Jee Rautenbach interviewing Amanda Beth, Author of "You can have a happy family".

Written by Amanda Beth

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"You can have a happy family".



Amanda Beth is a wife of fifteen years, mother of four children, and author of ***You Can Have a Happy Family – Steps to Enjoying Your Marriage and Children***

(available at:

[Amazon](#)

&

[Barnes & Noble](#)

).

She has experienced a transformation in her life and marriage since she surrendered her heart

to Christ ten years ago. She now passionately desires to help other individuals and families find healing in Christ. Her teachings on marriage and spiritual growth can be found on her website (amandabeth.net) and her blog (sharingtruths.com).

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1. Most authors have one very specific reason for writing a particular book. What was your reason for writing *You Can Have A Happy Family: Steps to Enjoying Your Marriage and Children*?

About four or five years ago, God put the desire in my heart to write someday. Three years ago, while leading Bible Studies in my home, I came across a local publishing class. I felt the Lord strongly leading me to take the class. At the time, I fully expected to save all the information I learned from the class and pack it away for a couple years, when God would be ready for me to write.

The very next morning, I awoke with a strong prompting to start "You Can Have a Happy Family." I never imagined I would write a book about my marriage and family. I was hesitant at first, since I didn't feel qualified to write on such an important subject. But God kept reminding me to rely on Him and He would fully equip me. And He did.

2. What do you personally think is a women/wife/girl greatest struggle in this day and age?

Insecurity. I talked about my struggle with it in my book. Men have made comments to me that their wives battle with the same thing. Insecurity isn't just about being uncomfortable with our physical appearances. It can be about anything. Some women are insecure with their roles as stay at home mothers. Some women are insecure in their jobs. Some women are insecure with their parenting, feeling inadequate as they compare themselves to super moms. I've battled with many different areas of insecurity. Stopping comparing myself to others, and as your next question explains, knowing who I am in Christ, has helped me break free from insecurity.

3. How did you discover who you really are in Christ?

By asking God to help me see myself and others through His eyes. The closer I grew to the Lord, the more I saw myself as a new creation, and the more secure I became in who I am in Christ.

4. What can people take from your book?

Many people have told me that this is a book you will want to read over and over again, because there is so much to take from it. I wrote the book and God still speaks something different to me every time I read it. I surveyed a great number of families. I tried to address all the problems marriages and families are experiencing today, and provide Biblical solutions to these issues.

5. What is the greatest benefit that people can find from reading your book?

I hope the book would draw people closer to the Lord. The overall message is about the importance of depending on God and seeking Him daily. When I neglect my relationship with Christ, I start neglecting my relationship with my husband and children. We need God's grace

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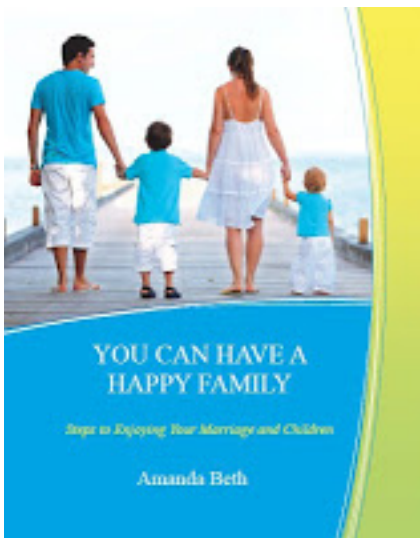
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to be the husband/wife and father/mother our spouses and children need.

6.□□□□ Where can one start to find happiness in ones family?

I define happiness in my book as the ability to be content and satisfied in every situation. The apostle Paul explains the secret to true contentment: *"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength"* (Philippians 4:12-13).

Our contentment needs to be in Christ, not in our circumstances. We can find contentment in Christ, while trusting Him to transform our marriages and families.



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