

Q & A



The Freedom of Surrender *Forty Devotions for a Joyful Life in Christ*

October 14, 2025 | \$16.99, 128 pages, casebound | 978-1-5140-1134-8

Mary DeMuth has written over fifty books, including The Most Overlooked Women of the Bible and 90-Day Bible Reading Challenge. Through her podcast Pray Every Day and her speaking events around the globe, Mary seeks to help people heal from past trauma and live re-storied lives as followers of Jesus. Mary is married to Patrick and has three adult children.

Art as a Journey of Joyful Surrender

What inspired you to write this devotional?

Mary DeMuth: During Lent, I painted surrender prayers for forty days because I sensed one of my besetting sins was control. Choosing a daily thing to surrender helped me find Jesus in my mess, and it caused me to pause and reflect upon what was preventing me from growing. This practice informed the basis for the book.

How has your own journey of surrender changed you?

Mary: It has certainly made me less stressed. The more we cling to our worries, stressors, and overwhelming thoughts, the less peaceful we are. There is so much joy that comes from letting go of the things that niggle you. I am more peaceful because of the practice. And I'm more apt to find Jesus in the midst of a hardship too.

You include some amazing original art in *The Freedom of Surrender*—what did your creative process look like for that?

Mary: Since I had digitally painted my prayers initially, I had something to paint from. I hand painted each one this time, which was way more stressful than a digital painting where you can change a color, erase an errant line, or back up a few steps. Before I start painting, though, I ask the Lord for a picture or metaphor that I can paint, something that will convey to me and to others the true nature of surrender. I find that to be one of the hardest parts—to find fresh images to convey ancient truths.

What would you say to those who think of surrendering as impossible?

Mary: It does feel impossible at times. I want to dignify that. But I want to gently woo those who find it difficult to simply give it a try. You'll find the more you relinquish your grip on something (finances, image, control, worry, aging) the more peace floods in. Jesus promises us that he will bear our burdens in such a way that they'll become light. That relief comes through the power of surrender.

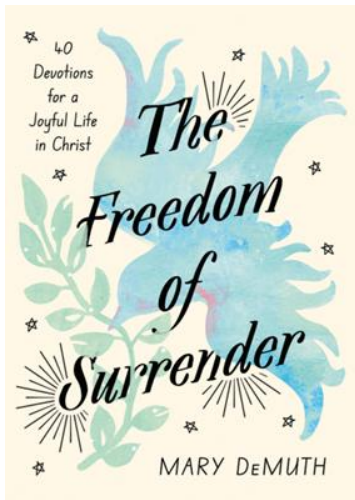


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What are the five main things you want readers to take away from your book?

Mary:

1. God is in control, even if you feel scattered and stressed.
2. There is joy and freedom when we let go of what we tightly grip.
3. God desires to flourish you.
4. Freedom is possible through prayer.
5. You are not alone in your struggles.



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BIO



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Author of Over Fifty Books Composes Art-Filled Devotional

Mary DeMuth has written over fifty books, translated into seven languages. Through her podcast *Pray Every Day* and her speaking events around the globe, Mary seeks to help people heal from past trauma and live re-storied lives as followers of Jesus.

Mary currently lives with her family in Texas. She has spoken around the world, in places like Johannesburg, Monaco, Geneva, Munich, Port-au-Prince, Nice, Florence, and more. Her podcast *Pray Every Day* has 4.6 million downloads and has been listened to in over 150 countries.

She has been writing for over thirty years, and during that time has also mentored many writers, which continues to be a passion of hers with the Rockwall Christian Writers Group. Mary also developed Mary DeMuth Literary in 2022, a literary agency where she “shepherds writers toward traditional publishing.”

Some of Mary’s books include:

- *The Most Overlooked Women of the Bible*
- *90-Day Bible Reading Challenge*
- *Love, Pray, Listen*
- *The Day I Met Jesus*
- *Jesus Every Day*
- *Outrageous Grace Every Day*
- *Pray Every Day*
- and many more! See her full list of books [here](#).

Mary is also an artist, with her inspiration being several seasons of Lent spent prayerfully creating [small-scale art](#) based on Scripture. She creates Bible-based watercolors, greeting card sets, postcard packs, and hand-lettered Scripture sets. Some of her original art is featured in *The Freedom of Surrender*.

She has been featured in:

- *CNN*
- *The Washington Post*
- *The New York Times*
- *FamilyLife Today*
- *DTS Magazine*
- and more.

Mary is married to Patrick and has three adult children. She and her family helped plant a church in Southern France in the mid2000s—an experience she calls “difficult, but amazing.” Most of all, Mary deeply loves Jesus.



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