

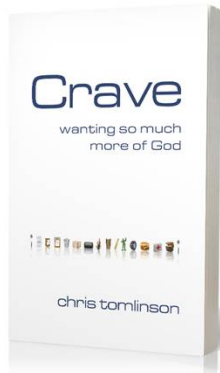
FOR IMMEDIATE RELEASE:

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WHAT ARE YOUR DEEPEST CRAVINGS?

Author Chris Tomlinson Shares Spiritual Musings on Faith, Complacency and Intimacy with God.

(Los Angeles, CA): We all crave something. Either something that will last forever, or something that will vanish soon. Many people chase their cravings of sex, money, work, service, or religion without realizing none of these will satisfy. So where do our cravings come from? What is their purpose? And what do our cravings reveal about us?



Author **Chris Tomlinson** shares the story of his journey to discover the source of his soul's deepest cravings in his debut release, ***Crave: Wanting So Much More of God*** (Harvest House). At its core, *Crave* explores the realization that we all have these deep longings for significance, purpose, meaning and love, and that these longings exist for a reason: to point us back to their source, which is God.

With vivid details and humor, Tomlinson acknowledges his own struggles with pride, retelling his human and often futile attempts to reach lofty spiritual goals like charity and purity. "For years, I sensed there was more to my faith, and I wanted more, but I didn't know how to go about getting it. So I dove into church, evangelism and spiritual disciplines, and I ended up a burned-out Christian," says Tomlinson. "Our cravings for God can't be manufactured. The only thing that satisfies our cravings is intimacy with God."

Tomlinson wrote each chapter during a different stage in his walk with God, often while he was wrestling with various concepts of understanding God and His will. "What I found deep within me was that God was the source of my cravings, sending them up through my soul because He knew they would lead me on a search for satisfaction that would point me back to the joy of being with Him," says Tomlinson.

"*Crave* is a perfect fit for the booming spirituality market... it meets the expectations of readers and the genre as a whole; (Tomlinson) is worth watching."
Publishers Weekly

The chapters in *Crave* open with iconic imagery—a spoon, a bit of floss—offering tangible symbols throughout the book to represent abstract ideas like obedience, suffering, and light. Chapters include "*Pager*" (After glancing at the journal of a female flight passenger in personal turmoil, Tomlinson reaches out to her), "*Suffering*" (understanding that God sometimes gives us the gift of suffering for our good because He loves us), and "*Joy*" (God means for us to experience the fullness of joy in His presence as we treasure Him). Other chapters include:

- **Silence:** "Silence isn't comfortable. In silence we hear one of three voices: our own, Satan's, or God's. And each can be terrifying. Silence makes room for God to speak, and it also makes for better conversation...only in silence can I hear my Father's voice."
- **Window:** "What I allow in through my eyes and ears feeds my impurity and gives it strength each and every day. But God has the power to cleanse the filth and noise I have brought into my home...and He has been a faithful partner in deciding what should and should not come in through my eyes and ears."

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- **Comfort:** "I am far more likely to act in my own self-interest to meet my own needs without fully considering the needs of others. If you're anything like me, you've settled for comfort rather than Christ, but your cravings for God are slowly thawing your cold heart."
- **Extra:** "God doesn't simply find satisfaction in our ability to do good deeds; He also cares about our reason for doing them. He wants us to do them for Him so He may be glorified both in our hearts and in our hands."
- **Different:** "We shudder at the prospect of a God so terrifying and powerful, but this is the God who sent His only Son to suffer and die a horrible death because of His love for us. God is much more terrifying than I had imagined but also so much more glorious and beautiful than I thought possible."
- **Child:** "Having childlike faith means accepting God's gift of grace with joy and without reservation. If we try to receive Jesus like an adult, we will either end up rejecting Him because we have too much shame or we'll turn His gift into a religion to try to pay Him back."
- **Joy:** "Joy or happiness is what we all crave, but we can satisfy it in only one way. We can't make joy our ultimate aim because we are not pure enough to seek after it in the right way. We must seek to satisfy the deepest cravings of our soul by seeking the One who made us with a desire for Him."

Tomlinson, who spent nine years in the Air Force, reveals some of his own quirks while trying to bring awareness to and overcome his spiritual complacency. Tomlinson's antics include picking up trash wherever he goes to remind him to be set apart from others in the world, to setting up chairs on a public street in Los Angeles to encourage people to share their thoughts on faith, to making several unsuccessful attempts of offering a warm drink to a policeman on a cold night, to getting stuck with his family in a ditch during a snow storm.

Tomlinson's spiritual quest for intimacy with God began after committing his life to Christ at eight years old. His teen years were filled with church, Bible study, youth group, and mission trips, but he lacked a consuming passion for God. After high school graduation, Tomlinson entered the Air Force Academy where he slowly began to compromise his faith, giving in to the allure of sin and letting his heart wander from the Lord. Eventually, Tomlinson found his path back to God, and in doing so, met and married his wife. "I was constantly frustrated by my own heart. I would find God, and then I would walk away. God would bring me back to Him, and I would wander off once more. God seemed to let me stray from Him just far enough to remember why I loved Him," says Tomlinson.

Chris Tomlinson, a graduate from the U.S. Air Force Academy and the UCLA Anderson School of Business, is a businessman and writer who desires to see people realize the beauty and joy of knowing Jesus. He lives in Northern Virginia with his wife, Anna. You can visit him online <http://cravesomethingmore.org/book>.

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ADDITIONAL SPIRITUAL MUSINGS BY CHRIS TOMLINSON, author of *Crave*:

- Prayer is not simply talking to God—it's also listening to Him in the silence; after all, it's not much of a conversation if we're doing all the talking
- Being the light of the world means coming close to the real Light—it's as if we're wicks, and the only way we can burn is to draw near to the white-hot flame of Christ
- We're comfortable Christians when we value comfort—whether it's physical, or intellectual, or emotional, or spiritual—more than we value Christ
- God's rules exist for one reason—to show our need for grace; following His rules doesn't create intimacy with God—it simply creates the space for us to grow in intimacy with Him
- God is different—mind-bendingly different; it's hard to embrace a God who punishes sin, but it's also hard to embrace a God who freely gives grace
- God works all things together for good, including suffering; when we don't recognize His good gifts can include times of suffering, we need to rethink what we call "good"
- God created us to have the fullness of joy, but joy isn't the end of the road—it's only a signpost along the road to our ultimate destination: Jesus

Suggested Interview Questions for Chris Tomlinson:

1. What is the meaning behind the title of your debut release, *Crave*?
2. What was your Christian experience like growing up and after high school? How did you stray from your faith? What got you back on track spiritually?
3. You write that our cravings are created in us by God—but for what purpose?
4. How did you choose the theme for each chapter? What are some humorous moments in your spiritual quest?
5. You are honest about some of your spiritual intentions that didn't necessarily turn out the way you had hoped — please share some of these incidents and the outcomes?
6. What happened on a flight when you looked at the journal of a female passenger and discovered she was in emotional turmoil?
7. Why do you believe there are a benefit and a danger to rules within the Christian faith?
8. In the chapter titled "*Comfort*," you set up folding chairs on Santa Monica Blvd. in Los Angeles and invited people to ask any question about God. What transpired?
9. In the chapter titled "*Suffering*," why do you call suffering a "gift from God?" And why would God give us this kind of gift?
10. What, if anything, can fully satisfy our cravings?
11. Where else can we find some of your other spiritual musings?