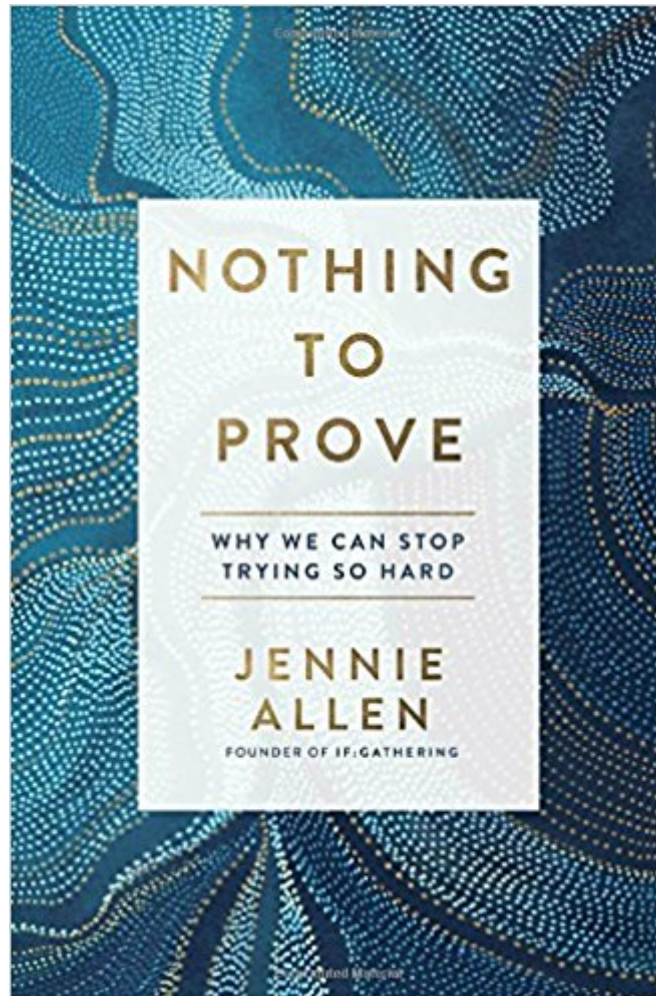




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# Nothing To Prove: Why We Can Stop Trying So Hard



## Synopsis

No More Pretending. No More Performing. No More Fighting to Prove Yourself. Are you trying your best to measure up yet you still feel as if you're losing ground? You are not alone. Jennie Allen understands the daily struggle so many of us face with the fear that we are not enough. And she invites us into a different experience, one in which our souls overflow with contentment and joy. In *Nothing to Prove* she calls us to:

- \* Find freedom from self-induced pressure by admitting we're not enough but Jesus is.
- \* Admit our greatest needs and watch them be filled by the only One who can meet them.
- \* Make it our goal to know and love Jesus, then watch what He does in and through us.

As you wade into the refreshing truth of the more-than-enough life Jesus offers, you'll experience the joyous freedom that comes to those who are determined to discover what God can do through a soul completely in love with Him. Discover the answer to your soul-deep thirst. Too many of us have bought into the lie that our cravings will be satisfied if we are enough and if we have enough. So we chase image, answers, things, and people and we wonder all the while, Why am I still thirsty? My single goal with this book is to lead your thirsty soul to the only source of lasting fulfillment: Jesus. He is the living water, a limitless supply that will not only quench your thirst but will fill you and then come pouring out of you into a thirsty world. Because of Him, you are loved. You are known. You can take a deep breath. Because you have nothing to prove.

Jennie \* \* \* \* "These pages are what your soul is begging for" Ann Voskamp "Nothing to Prove takes us on a journey toward freedom from the need to measure up."

Mark Batterson "We love this glorious and universally resounding message."

Louie and Shelley Giglio "This book will help you take your eyes off your problems and put them back on God's promises."

Christine Caine

## Book Information

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## Customer Reviews

These pages are what your soul is begging for. In *Nothing to Prove*, Jennie Allen reminds us that when we drive ourselves mad chasing perfection, we miss the beautiful grace God designed us to live in. One of the most brilliant Bible teachers of our time, Jennie hands us all emancipation with these pages.

Ann Voskamp, author of *The Broken Way* "All I know is that when I'm around Jennie, she makes me hungry to know God better. Her passion to be His above all others at any cost stirs something in my soul. Read *Nothing to Prove* and see if some of what she's learning at His feet doesn't spill over onto your yearning soul as well.

Kay Warren, Bible teacher and author of *Choose Joy* "Nothing to Prove takes us on a journey toward freedom from the need to measure up. With vulnerability and authenticity, Jennie Allen encourages us to wade deep into the streams of the Living Water and live secure in the knowledge that we have absolutely nothing to prove to God or to people.

Mark Batterson, lead pastor of National Community Church "Way to go, Jennie! Loved this book! It's one thing to write well about the high concepts of faith or, alternatively, about the nitty gritty of real life. To write well about both grace and Netflix, both the sufficiency of Christ and also homework that's very hard to do, and Jennie does it beautifully. I've watched her walk this path, and I've learned from her along the way. I'm so glad she's inviting us all into this important conversation.

Shauna Niequist, author of *Present Over Perfect* "Jennie Allen calls us to the best version of us the version God intended. She calls us to rise above woe is me and bring into focus God is great! We love this glorious and universally resounding message. As a result of it, Jesus is being reflected and honored in new ways in and through this generation. Run, don't walk, to read *Nothing to Prove*.

Louie and Shelley Giglio, cofounders of Passion Conferences and Passion City Church "With honesty and raw passion, Jennie Allen invites us all to leave behind the proving and pretending that chokes the life out of us. There is more to life than this! Sharing the hard-won wisdom of her own journey, Jennie leads us to the foot of the Cross, where grace and mercy meet and we discover all over again that we have absolutely nothing to prove.

Jo Saxton, author, speaker, and board chair of 3DMovements "Jennie Allen shares with great passion and transparency what every weary heart has been longing to embrace: Because of Jesus, we can stop striving. In Him, we are enough. And we have been all along.

Lysa TerKeurst, New York Times best-selling author and president of Proverbs 31 Ministries "In a time when rest

is hard to come by, when our days are filled with the constant clamor to be more, do more, and have more, most people feel exhausted and overwhelmed. Jennie Allen shares from her heart, which is rooted in the Word of God, where true, deep soul rest is found. Using her own life as well as illustrations with which we can all relate, she faithfully proclaims that rest will only be found in Christ's finished work.

• "Matt Chandler, lead pastor of the Village Church, Dallas, and president of Acts 29

• "We live in a world that tries to steal our worth and identity on a daily basis. It shifts our hearts away from God and onto our own shortcomings. I am so grateful that my friend Jennie Allen, in *Nothing to Prove*, gives us all a realignment with the truth of Scripture. This book will help you take your eyes off your problems and put them back on God's promises.

• "Christine Caine, founder of A21 and Propel Women

• "Jennie is one of those rare people who holds a fiery and prophetic vision with such tenderness and grace. And because of that, hers is a voice I'm always reading and learning from. In this book she gets my nose in the Scriptures and my knees on the ground, and in my opinion a book that does that is as good as it gets.

• "Jefferson Bethke, New York Times best-selling author of *Jesus > Religion*

• "If anyone is thirsty, let him come to me and drink." Jesus shouted this to a crowd of confused, weak, spiritually thirsty people, tired from trying so hard to be enough and do enough

• "people like me and you and Jennie Allen. This honest, wonderful book is Jennie's humble shout that Jesus is telling the truth. It's her story of finding freedom and refreshment. And if we listen to her, it can be our story too.

• "Jon Bloom, cofounder of Desiring God and author of *Not by Sight*

Jennie Allen is a recovering achiever who is passionate about Jesus. She is the best-selling author of *Anything and Restless*, as well as the founder and visionary for the million-strong IF:Gathering, which exists to gather, equip, and unleash the next generation to live out their purpose. Jennie speaks frequently at conferences such as Catalyst and Q. She holds a master's degree in biblical studies from Dallas Theological Seminary and lives in Austin, Texas, with her husband, Zac, and their four children.

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I am a type A, firstborn, do-it-all, perfectionistic mom of 4 who has been striving to prove myself my whole life. Actually, I should say I USED to be that "until about 5 years ago when I started having some health struggles in my life and could no longer do it all, much less do any it even remotely perfectly. I say this so you know that I know EXACTLY what it's like to be on both sides of the coin. So hear me when I say if you are feeling frazzled from striving so hard, from

feeling like you need to prove your worth to others, from feeling like you're sinking or drowning beneath the weight you carry. YOU NEED TO READ THIS BOOK. The author's style of writing is transparent enough you feel she is a friend who loves you enough to tell you like it is. She shares her own struggles and fears. She understands. I felt like she'd camped out in my head the last 5 years and then written a book about what all was going on in there. I especially enjoyed the sections she would write from the perspective of someone in the Bible, ex: the bride at the wedding in John 2, the Samaritan woman at the well in John 4. Also, there are questions at the end of each chapter to help you reflect and process what she talked about and how it relates to your own life and struggles. If you think you're too busy to read this book, my guess is you probably REALLY need to read this book. There's more to life than a to-do list, friend!! I was given an advanced reader copy in exchange for my honest opinion.

Book is absolutely excellent. Jennie really speaks to where I am in my life right now. She's good at speaking to all life stages and groups. The product arrived looking great. My only complaint is that even though I ordered two copies at once, one of them is printed just fine, and the other one is missing the chapter numbers on the first page of chapters 7 and 8! The dot is there, but there are no numbers in them.

"Nothing to Prove"-Perfect timing! How many of us walk around with our heads held low and hearts weighed down with feelings of inferiority, rejection, inadequacy? The enemy of our soul whispers accusation after accusation (You're not a good mom, you don't deserve that, God doesn't really love you, etc.) While Jennie reminded me that I will never attain perfection on my own-spoiler- she declares that Jesus Christ is MORE than enough for me! His grace is sufficient. His strength is perfected in my weakness. It's His love that fills my empty dry and broken places. You will NOT be disappointed. You will be able to see where you have stopped placing your hope in Christ...and leave encouraged that God is able to meet that need too! You no longer have to prove yourself to anyone!

Nothing To Prove is a wonderfully written, helpful, refreshing book. One that I will go back to again and again, especially when I fall back into thinking I have to earn God's love and prove that I am worthy. This book pokes a huge hole in THAT balloon! What a relief!

"We live in a fallen broken world. The goal is not that we make sense of suffering because we can't.

The goal is that we wouldn't fear suffering. His word has become my hope. Heaven has become my home." Jennie Allen, Nothing to Prove. I cannot recommend this book more - Jennie's words are an absolute treasure. This book will challenge you, will draw you closer to Jesus, and will comfort you on your journey. No more pretending!

Tired of not measuring up? Tired of comparing and competing with the women in your life? Tired of striving? Tired of trying to measure up? Then this book is for you! I love Jennie Allen, love listening to her talk, have read her books, but this book, man, this book is so great. I've bought five copies to give away because I think everyone needs to hear the message that we don't have to continue trying to measure up, because God is enough. Jennie is honest and real in this book, and she shares her life stories with us so that we can be freed from believing we have to do it all. Seriously get this book. It is life changing.

I love every single one of Jennie Allen's books, but I believe this one has been my favorite. I love Jennie because she is real. She preaches and teaches from an authentic heart. I can't wait to do this book study with my church ladies when it is available. It is refreshing to hear, in a world where we are forever striving, that we are not enough and that it's Ok. God is enough and he has us covered. We don't have anything to prove because he has already done it all for us. The chapter on numbing out was my favorite. It's like she was seeing right into my life, into my heart. Like it was written just for me. I was blessed to be able to get an advanced copy of this book and I will absolutely be buying it and sharing it with others. I have already purchased 2 more!

Insightful and compassionate, this book cuts to the core. It's driving me to think (and feel!) deeply about where my heart is and what I'm really chasing after. Jennie does a wonderful job of showing us how we can leave God aside in the supposed pursuit of Him, while He waits for us to stop running and let Him draw us to His heart, where we are truly seen.

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