New Book Challenges Christian Leaders to Stop Confusing Exhaustion With Faithfulness

Award-winning author Katie Hornor offers a biblical alternative to hustle culture for people carrying big assignments



ORLANDO, FL, UNITED STATES, September 16, 2026 / EINPresswire.com/ -- Award-winning author and international keynote speaker Katie Hornor is challenging a common belief among Christian leaders: that constant exhaustion is evidence of faithfulness.

Her forthcoming book, In the Flow: Living Immersed in God's Rhythm of Grace, addresses the growing tension experienced by entrepreneurs, authors, speakers, ministry leaders, and other high achievers attempting to fulfill demanding assignments without losing their peace.

Ready for pre-order and scheduled for release November 20, 2026, the book will be Hornor's 95th published title since 2013.

> In the Flow invites Christians carrying big assignments to stop forcing outcomes, recognize His leadership, and discover what becomes possible when their work flows from His filling."
>
> *Katie Hornor*

Rather than encouraging readers to abandon ambition or responsibility, Hornor presents a framework for pursuing meaningful work under God's leadership. The book introduces four FLOW practices: Follow the Holy Spirit, Let Go of force and control, Offer every area of life to God, and Worship through work.

The message draws from Hornor's experience as an entrepreneur, missionary, mother of five, business

strategist, and international speaker. After building businesses, publishing more than 90 books, and serving leaders across multiple industries, Hornor began examining the difference between obedient effort and self-imposed pressure.

In the Flow combines Scripture, personal reflection, practical exercises, and weekly applications designed to help readers recognize which assignments are theirs, release those that are not, and pursue important work without treating exhaustion as a spiritual achievement.

Hornor is the founder of The Flamingo Advantage and the National Christian Association of Professional Speakers (NCAPS). She speaks on faith-centered leadership, business as worship, meaningful differentiation, and sustainable high performance.

Preorders, media information, and speaking inquiries are available at TheFlamingoAdvantage.com.

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