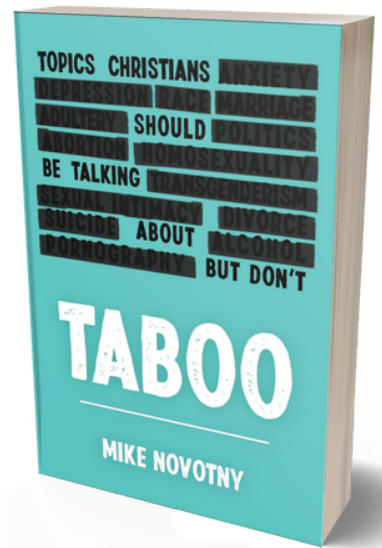


TABOO

TOPICS CHRISTIANS SHOULD BE TALKING ABOUT BUT DON'T

MIKE NOVOTNY

Hot-button issues dominating our culture can make speaking out feel taboo. Hiding from hard conversations won't work. We need to know what God actually says about these issues, and by looking to Scripture, we can find the answers. In *Taboo*, author Mike Novotny covers deeply personal, vulnerable, and emotional topics, handling them with grace and respect. It's the ultimate resource for Christians looking to create change and deal with struggles in their own lives. God's Word gives us clarity, healing, and hope. *Taboo* is a must-read for Christians looking for a biblically based resource to modern questions. Not talking is not helping! It's time for believers to step gracefully into the *Taboo* and share God's truth with a world in need.



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WHY IS IT RELEVANT ?

- When we keep our struggles hidden, we often feel **isolated** and alone. This can lead to feelings of despair and hinder the development of a support system/community that can provide comfort and guidance.
- **Healing** often begins with acknowledging and sharing our struggles. In a faith context, this can mean confessing our sins and seeking guidance and accountability.
- Not talking about tough subjects stifles our **spiritual growth**.
- Secrets strain relationships within faith communities, families, marriages. When we don't feel like we can talk about difficult things with friends and family, it can damage trust and impede the development of strong, supportive relationships.
- A lack of authenticity, tone deafness regarding what's happening in our culture, or hypocrisy can be damaging to one's faith, witness, and/or leadership. When we present a facade of perfection while privately struggling, it damages our credibility in the eyes of others. Openness and vulnerability can lead to a more authentic faith experience.

SUGGESTED TOPICS

- Why are we afraid to tell others about our struggles? What does keeping secrets do to our spiritual growth and relationships?
- Should we separate our faith from our **politics**? And if so, how? How can we see issues like **abortion** through the lens of our faith and *not* involve ourselves?
- Why do so many pastors avoid these topics? Is it that they don't feel adequately equipped? Why aren't they *getting* equipped? And how can they do that? Is it fair to ask "Well ... doesn't the Bible equip you?"
- Is it fair to call yourself a leader if you're unwilling to take on difficult topics and lead your congregation through them?
- But ... I don't want to be '*canceled*' ...
- Is **anxiety** a red flag regarding the authenticity of our faith? Or lack, thereof?
- You don't say, recite, or pray the right thing and **depression** just respectfully leaves. So, what *do* you do?
- Not talking is not helping. What are some practical ways to initiate conversations about tough topics?
- Why are we afraid to talk about **suicide**? Can we say with biblical certainty that anyone who dies by suicide has eternally separated themselves from God? What if they haven't confessed? What if they haven't verbally repented?
- Are our brains literally wired to equate **sex** with sin? Why are we so sexually different?
- Are **LGBTQ+** people born that way? Does God make people **gay**? Are Christians judging when Jesus said not to? Can LGBTQ+ people go to heaven?

MIKE NOVOTNY

PASTOR, AUTHOR, SPEAKER



Mike Novotny is a pastor and author with a passion for helping people remember what matters most: Jesus. He holds a Doctor of Ministry from Trinity Evangelical Divinity School and serves as the lead speaker for Time of Grace, a global media ministry that takes on tough topics in simple, relatable ways. Mike's radio program, *Time of Grace with Mike Novotny*, is nationally syndicated. His greatest joys are Jesus, Kim (his wife of over twenty years), and his two teenage daughters. And also dark chocolate.

CREDENTIALS

- Bachelor's degree in theology, Martin Luther College
- Master of Divinity, Wisconsin Lutheran Seminary
- Doctor of Ministry, Trinity Evangelical Divinity School
- More than a dozen years in ministry
- Lead speaker for Time of Grace Ministry

ONLINE



Watch Pastor Mike's *Time of Grace* television programs and Grace Talks daily devotions [here](#).
Read his posts [here](#).



Listen to the *Time of Grace* with Pastor Mike Novotny podcast by clicking [here](#)

DOWNLOADS

[Mike's headshot](#) [PDF of the Taboo manuscript](#)
[Taboo book cover image](#)

AVAILABILITY

- Widely available Mondays - Fridays via Zoom or phone. Landline available upon request. Unavailable on weekends.
- Central time zone (Appleton, WI)

PREVIOUS BOOKS

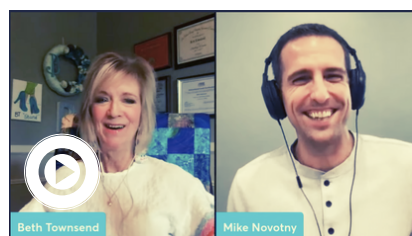
- [Lonely Less: 6 Steps to a Less Lonely Life](#)
- [What's Big Starts Small: 6 Ways to Grow Great Faith](#)
- [3 Words That Will Change Your Life](#)
- [Gay & God: Loving Everyone God Made and Everything God Wrote](#)
- [Sexpetations: The Word Says It All](#)
- [How to Heal](#)
- [Pro \(Every\) Life: A Unique Window Into the Real-Life Impact of Abortion](#)
- [The Power of Devoted Prayer](#)
- [Out of Context: 8 Bible Passages Most Christians Get Wrong](#)
- [Letters from Jesus: Tough and Tender Messages for you](#)
- [How to Deal](#)
- [From Dirty to Dancing: God's Grace for Those Struggling with Pornography](#)

WATCH

Click below to watch as Mike discusses anxiety.



Click to watch as Mike talks with CBN about leadership & addressing tough topics in tough times.



Click below to watch as Mike talks with Life Today, answering the question 'Why do we suffer?'



[Click here](#) to access a series of video devotions in which Mike tackles difficult topics — many of which he writes about in *Taboo*.

Time of Grace can be found on any of these providers:



Time of Grace is a media ministry based in Milwaukee, Wisconsin. Its weekly television program, video and written devotions, blog posts, podcasts, and printed publications reach people more than four million times a month. For more info, visit timeofgrace.org. For more resources, visit timeofgrace.store

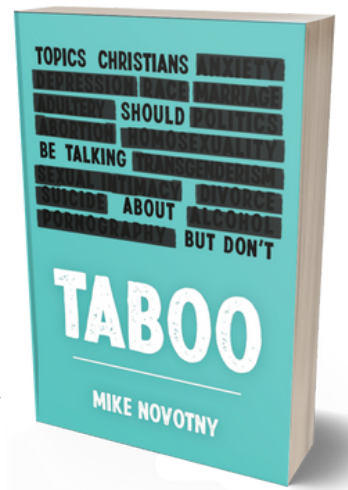
TO BOOK AN INTERVIEW, CONTACT :

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ENDORSEMENTS



“*Taboo* is the book that brings much-needed sunlight to our dark, Christian world. Mike Novotny shines the light of Jesus in places where comfort doesn’t exist and in doing so allows God’s grace to replace the hopelessness that our hidden sins create. In *Taboo*, Mike brings everything to the table including the kitchen sink. Anxiety. Depression. Sex. Porn. Addiction. Politics, just to name a few. The great thing about *Taboo* is that Mike just doesn’t introduce these topics and then leave the reader hanging there but takes the reader to the issue through the lens of God’s Word and provides solutions, bringing restoration at the end of each chapter. You and I may not have all these issues, but if you’re a human, you know someone who does, and that’s where *Taboo* and you come in. Read the book and then share the book. *Taboo* is part of everyone’s solution in the same way that Jesus is the answer to every question. Jesus is the light, and if we bring everything into the light, then darkness won’t exist. Mike has given us all a tool in *Taboo* to help shine the light of Jesus.”

-Dave MacDonald
Christian Podcaster

“Living and working in Hollywood, it’s been my experience that the vast majority of people who leave the Christian faith leave because their local church refused to discuss many of the very issues Mike Novotny tackles in his new book, *Taboo*. Thank you, Mike, for creating a timely resource that I believe will have an incredible impact on today’s culture.”

-Phil Cooke, PhD
Media Producer and Author of *Ideas on a Deadline: How to Be Creative When the Clock Is Ticking*

“When I was growing up in the piney woods of East Texas, I was not educated in taboo subjects. My parents never even said the word *sex* until I was already married. I was behind the curve when it came to subjects such as sex, abuse, suicide, anxiety and depression. But I’d venture to guess that most people are not very knowledgeable about what God’s Word says about taboo subjects because, frankly, we do not discuss them, even in church. Pastor Novotny tackles these subjects head-on. He explains them in a detailed but clear way, always shoring up his discussions with the foundation of God’s Word. It’s about time that Christians discuss taboo ideas and learn what God has to say about them. This is a book that I wish I’d had many years ago!”

-Dr. Nancy Flory
Former Senior Editor at *The Stream*

“Whether you are a family being torn apart by the practices of the day or a ministry leader guiding others, *Taboo* lays bare today’s gut-wrenching issues that are dividing us from the ones we love (or should love). Exposed in all their confusion and messiness and pain, Mike takes us on a journey to hear directly from God where truth and love meet on every issue. You might not hear what you want, but you will hear God’s heart with compassion and clarity. From there, you can go forward with Him.”

-Kim Wier
Author of *Everyday God: A 365-Day Devotional* and host of *The Art of Friendship* podcast

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