

ming of Your Life and Embracing Your Divinity with L

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2026-07

Synopsis

Continuing our Black author's book club series, this week I've invited Lyvonne Briggs back to the show. Lyvonne is the author of the book *Sensual Faith: The Art of Coming Home to Your Body*. She's an Emmy Award winner, a body and sex-positive womanist, preacher, spiritual life coach, and speaker. She is the host of the *Sensual Faith* podcast and co-host of *Sanctified*, a faith-based Spotify exclusive podcast on Jamel Hill's Unbothered network. Together, we have an incredibly rich and powerful conversation about decolonizing our faith, building our spiritual team, and navigating our personal evolutions. We also talk about seeing ourselves in one another's stories and knowing we aren't alone. How the smallest things can be big shifts toward healing. The fact that God doesn't require our suffering to prove our devotion. Letting go of invisible milestones and trusting the timing of your life. Unlearning the inclination to earn our self-love. Embracing African cosmology and the Black woman as divine. The truth about writing a book and getting it published.

Resources: Visit Lyvonne's website [Read Lyvonne's Book, Sensual Faith: The Art of Coming Home to Your Body](#) Follow Lyvonne on Instagram Listen to the *Sensual Faith* Podcast Listen to the *Sanctified* podcast

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