



# Spiritual Bulking

*Growing Stronger Through the Obedience Christ Purchased*

by Hugh Lawson Robinson

**Genre:** Christian living / devotional

**Release:** Early 2027, in print and Kindle on Amazon

**Website:** spiritualbulking.com

*"Spiritual bulking is not the absence of falls, it is the refusal to remain fallen."*

## ABOUT THE BOOK

Muscles do not grow through ease or privilege. They grow through repeated effort against resistance, through the discipline of showing up when it would be easier to stop. Spiritual Bulking argues that the same is true of the soul. Written from lived experience, where folly, mistakes and deep mess-ups met mercy, the book follows a path of spiritual growth through forgiveness, witnessing, the Word, faith, self-denial, thanksgiving, prayer and the Holy Spirit. Each chapter closes with reflection questions and a prayer.

## ABOUT THE AUTHOR



Hugh Lawson Robinson is a Jamaican-born author, educator and trainer whose writing is built entirely from lived experience. He grew up in the inner city of Jamaica, found faith through the persistent invitation of an elderly woman named Sister Daley, and has spent the decades since learning, often the hard way, what obedience actually costs. He now lives and teaches in Dubai, United Arab Emirates. *Spiritual Bulking* is his first book.

## SUGGESTED INTERVIEW TOPICS

- **What the gym taught me about obedience.** Why spiritual strength, like muscle, grows through resistance, not comfort.
- **From the inner city to faith.** How an elderly church member's persistence changed the direction of a young man's life.
- **The refusal to remain fallen.** Why falling is not the end of the Christian life, and how to get back up.
- **Forgiveness on display.** What a mother calling her son to the table taught him about God's forgiveness.
- **Writing a first book as a working teacher.** Turning hard-won lessons into something others can use.

## WHAT EARLY READERS SAY

*"Everyone deserves to read this book. The tone is welcoming and it does nudge the urge to reflect, ponder and accept. I am definitely going to use it as a guide."* — Audrey

*"A supremely original and specific way to explain your choice of title 'Spiritual Bulking', which I think is fantastic."* — Gemma, English Teacher

*"The forgiveness chapter is very emotional and clings to the heart. The closing prayer is elegant."* — LaLa, Business Teacher

## CONTACT

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Advance reader sampler (Introduction and Chapter 1) available on request.