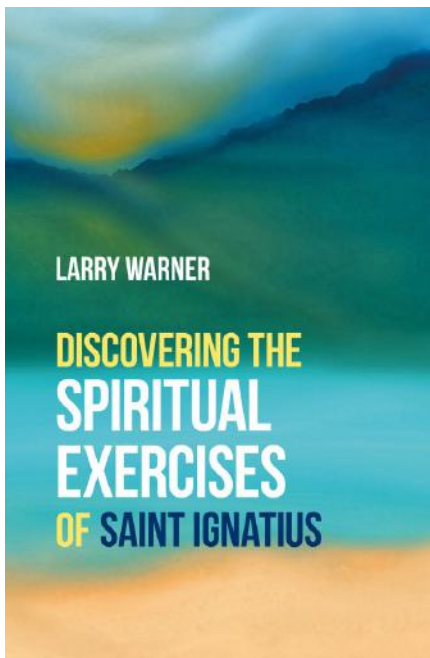




May



BIC Category: Christian spirituality & religious experience
BRF category: Christian life and practice
 9780857469779, 352 pp, Paperback, B-format paperback
£12.99

Discovering the Spiritual Exercises of Saint Ignatius

Larry Warner

Second edition of a spirituality classic

Key benefits

- Explores the rich resources available for personal transformation in the Spiritual Exercises of St Ignatius Loyola
- Offers a helpful introduction for Protestant readers to this treasure of Catholic spirituality
- Taps into growing interest among evangelicals
- Offers options for adapting the exercises to suit personal timetables
- Includes additional material for use in Holy Week and for spiritual directors
- Endorsed by Dallas Willard
- New edition

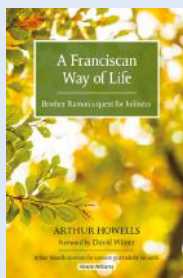
Target readership

- People exploring Ignatian spirituality
- Spiritual directors
- Retreat and quiet day leaders

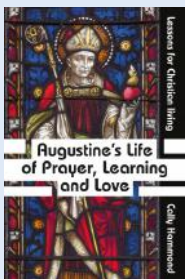
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Life with St Benedict
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Summary

This book is an adaptation of the Spiritual Exercises of St Ignatius Loyola, to help you to embark on a life-transforming journey toward Christlikeness. For nearly 500 years, the Exercises have been a tool for spiritual formation. During those years their popularity has ebbed and flowed, but they are now experiencing something of a revival across the breadth of the church. This is not a book about the methods or techniques of Christian formation but one that enables you to come before God through the gospel narratives in order to encounter Jesus afresh. If you hunger for something deeper, yearn to walk with Jesus (not just read about him) and desire to embrace more of what God is doing in and through you, then this is the book for you.

'Ignatius's text is re-presented in a modern format and with the needs of people today in mind. Warner himself is an experienced Ignatian retreat-giver, and there is a solidity and assurance to his presentation which inspires confidence. As in the case of the original, this is not a book for armchair spiritual reading, but a manual for those who wish to incorporate the Exercises into their life. But Warner is merciful to those whose time is limited, and rich in suggestions for alternative modes of practice where necessary.' *The Church Times*, review of the first edition

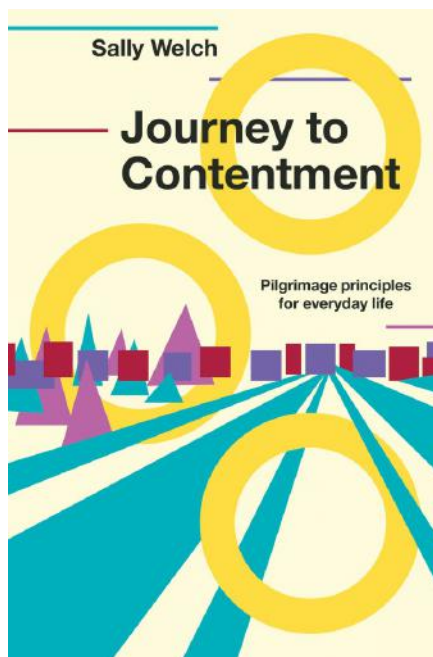
About the author

Larry Warner is a spiritual director and retreat leader. A professor at Bethel Seminary in San Diego, he is the founder and executive director of 'b', an organisation that develops and provides spiritual formation experiences and retreats.

Territory: AD, AL, AT, AX, BA, BE, BG, BY, CH, CZ, DE, DK, EE, ES, FI, FO, FR, GB, GG, GI, GR, HR, HU, IE, IM, IS, IT, JE, LI, LT, LU, LV, MC, MD, ME, MK, MT, NL, NO, PL, PT, RO, RS, RU, SE, SI, SJ, SK, SM, UA, VA

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BIC Category: Christian life & practice
9780857465924, 144 pp, Paperback, B-format paperback
£8.99

Journey to Contentment

Pilgrimage principles for everyday life

Sally Welch

Learn to find contentment in God

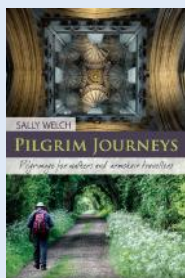
Key benefits

- 52 reflections to guide the reader throughout the year
- Taps into the current interest in mindfulness approaches
- Uses the story of *The Pilgrim's Progress* to reflect on our modern-day journeys
- Increases knowledge of ourselves and our spiritual lives
- Develops ways of combatting the temptations of materialism and greed
- Helps the reader to journey towards achieving peace of mind and contentment

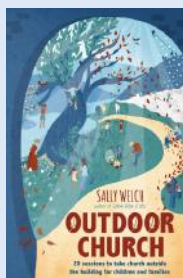
Target readership

- Christians desiring a peace-filled and trusting approach to life
- Readers who enjoy devotional writing
- Readers of *New Daylight* or who have enjoyed Sally's previous books
- People who may have seen the 2019 *Pilgrim's Progress* film and are curious to find out more

Related books from BRF



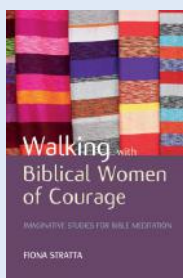
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Summary

Using the biblical idea of pilgrimage, Sally Welch walks alongside us as leader and guide, but also fellow traveller, to explore how we can understand this biblical principle and make it our own.

This book is divided into sections of a journey, beginning with the preparations necessary before setting out, exploring the obstacles which might be put in our path and sharing ways in which the journey can be made easier and more productive. At the end of each reflection there is a suggestion for an activity or prayer to enable the reader to apply the learning to their own life.

About the author

Sally Welch is the editor of BRF's New Daylight Bible reading notes. She is vicar of Charlbury with Shorthampton and area dean of Chipping Norton in the Diocese of Oxford. A writer and lecturer on spirituality, she is particularly interested in pilgrimage and labyrinth and has made many pilgrimages both in England and Europe.

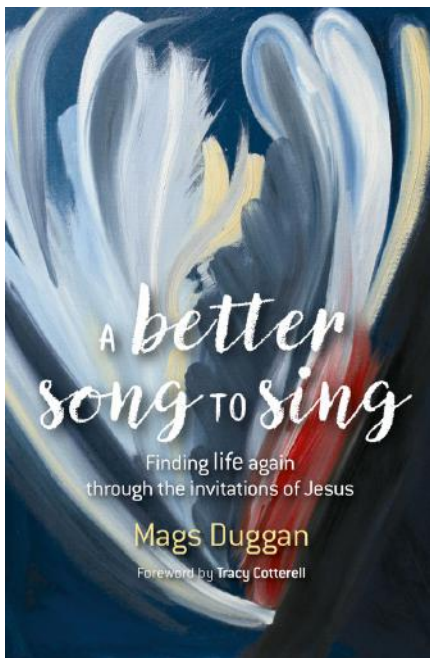
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July



BIC Category: Christian prayer
BRF category: Prayer and spirituality
 9780857468765, 144 pp, Paperback, B-format paperback
£8.99

A Better Song to Sing

Finding life again through the invitations of Jesus

Mags Duggan

There has to be more than this... because this is no longer enough.

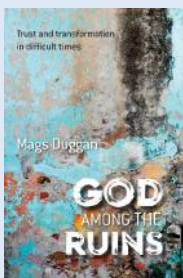
Key benefits

- Tackles the hidden desperation and dissatisfaction many Christians feel, by looking at the invitations of Jesus to wholehearted life (including 'Have life in all its fullness', 'Come to me and drink' and 'Come to me, you who are weary')
- Gives reasons to trust in God when life is tough and we are struggling, and explains how trust is a springboard for transformation
- Explains the biblical context of the invitations of Jesus and their relevance to us today
- Offers support in developing spiritual practices to invigorate our faith lives
- Foreword by Tracy Cotterell, Managing Director at LICC

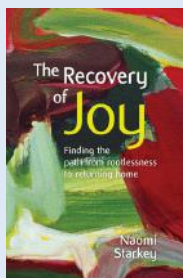
Target readership

- Christians experiencing dissatisfaction and a quiet desperation, who are yearning for refreshment and redirection
- Friends and supporters of the above
- Counsellors and church leaders
- Navigators and those who have benefitted from Mags' previous book
- Readers of BRF's Day by Day with God Bible reading notes
- People who enjoy reading Tony Horsfall

Related books from BRF



God Among the Ruins
 9780857465757 £8.99



The Recovery of Joy
 9780857465184 £6.99



Anxious Times
 9780857466600 £4.99

Summary

There has to be more than this... because this is no longer enough. Many sincere followers of Jesus are secretly disappointed, dissatisfied and quietly desperate for more than they are currently experiencing. That *more* is found as we respond to the invitations of Jesus, which hold out to us the hope of dynamic change, of a truly vibrant, transformed life – a better song to sing. Each chapter explores one specific invitation, drawing out its possible implications for our lives, and suggests a spiritual practice or reflection to help us ground that invitation in our present-day reality.

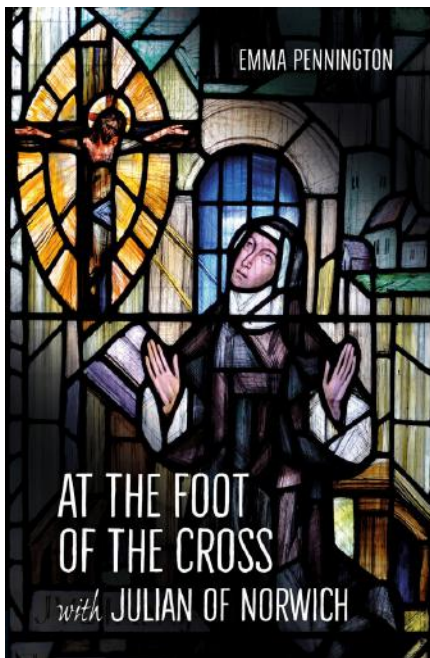
About the author

Mags Duggan has worked with the Navigators for 35 years, many of these as a cross-cultural missionary in East Asia, Hong Kong and Taiwan. She has lectured in Spiritual Formation and Soul Care at Redcliffe College. A retreat leader and spiritual director, she is passionate about helping others nurture their relationship with God. Her critically acclaimed first book is God among the Ruins (BRF, 2018).

Territory: WORLD

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At the Foot of the Cross with Julian of Norwich

Emma Pennington

A prayerful resource that enables you to linger on the wonder of the cross

Key benefits

- Engages with Julian's original text in an accessible and relevant manner
- The author conveys a personal passion for Julian's writing that will help the reader get excited about it too
- An authoritative take on Julian that is accessible to a popular market
- Builds on the current interest in Julian
- A devotional aid to the individual and contemplative groups who want to explore the spirituality of Julian of Norwich

Target readership

- The popular devotional reader
- People who have heard of Julian of Norwich and would like to find out more
- Retreat or quiet day leaders
- Participants or leaders of spirituality courses
- Could be used individually or in the setting of a Julian contemplative prayer group
- Those who enjoy reading St John of the Cross and other mysteries

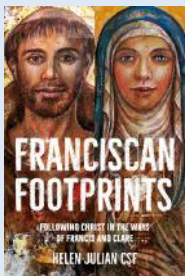
BIC Category: Christian spirituality & religious experience

BRF category: Christian life and practice

9780857465191, 168 pp, Paperback, B-format paperback

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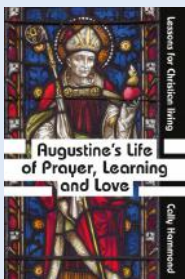
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Augustine's Life of Prayer,
Learning and Love
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Turned by Divine Love
9780857467508 £9.99

Summary

'This is a wonderfully refreshing introduction to Julian of Norwich, which conveys her spiritual toughness and the resilience and freedom she found through reflecting on the cross of Christ. For those who associate Julian only with her vision of the hazelnut, this will be a revelation.'

Angela Tilby, canon emeritus, Christ Church, Oxford

'In this very accessible and enthralling volume, Emma Pennington takes us into Julian's world. She gently enables us to engage with Julian in a way which fulfils what Julian felt was her mandate for writing – pointing us to God. Rather than writing a book about Julian, Emma helps us to pray with Julian – whoever we are.'

Brother Stuart Burns OSB

'I absolutely love this book. As the foreword explains, it aims to draw the reader into a profoundly meditative encounter with Julian's visions and understanding of God. It manages this with a beautiful simplicity that will draw in any reader. Informed by the author's deep scholarship, this a sure and reliable guide.'

Santha Bhattacharji, fellow emeritus, St Benet's Hall, University of Oxford, and president, Churches Fellowship for Psychical and Spiritual Studies

'Emma Pennington has opened the writings of Julian of Norwich to us in a fresh and wonderful way. She has placed them in the context of the world in which Julian lived and demonstrated how Julian reveals to us that we live in a sacramental world, where ordinary and homely events not only show us God's passionate love for us in the face of Jesus Christ but also prompt a loving response as we allow ourselves to receive revelations of divine love. Emma has shown how Julian's writings are like a spiritual workbook that reveals the

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may I encourage you to accept her and Julian's invitations to come and stand at the foot of Christ's cross.'

Rt Revd Colin Fletcher OBE, Bishop of Dorchester

Summary

'All shall be well, and all shall be well, and all manner of thing shall be well.' This quotation may be all that many people know of Julian of Norwich, an anchoress from the fourteenth century. This book seeks to bring to a popular readership a devotional engagement with Julian's work.

The introduction gives a general background to Julian, the nature of visions in the 14th century and the type of text Julian gives us, namely a meditative text which intends to lead the reader to 'beholding'.

Each chapter centres on one aspect or image from Julian's Revelation, which seeks to make the events of the Passion present to the reader's imagination. The commentary incorporates reflection, the biblical narrative and Julian's subsequent teachings to create a meditation that enables the reader to linger on the wonder of the cross, ending with a prayer that leads to silence and a thought or verse to carry into daily life.

About the author

Emma Pennington is the canon missioner for Canterbury Cathedral. Formerly vicar of Garsington, Cuddesdon and Horspath in the Oxford Diocese and chaplain of Worcester College, Oxford, she has also been a prayer and spirituality adviser for the diocese and an area dean. She speaks widely about the spirituality of Julian of Norwich.

Territory: WORLD