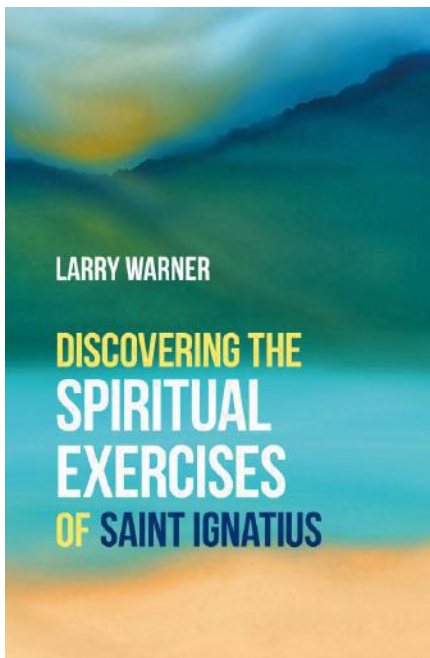




May



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

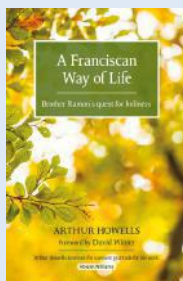
Target readership

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

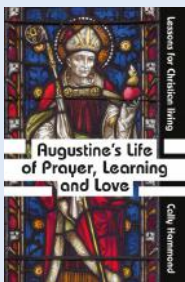
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Life with St Benedict
9780857468130 £9.99

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

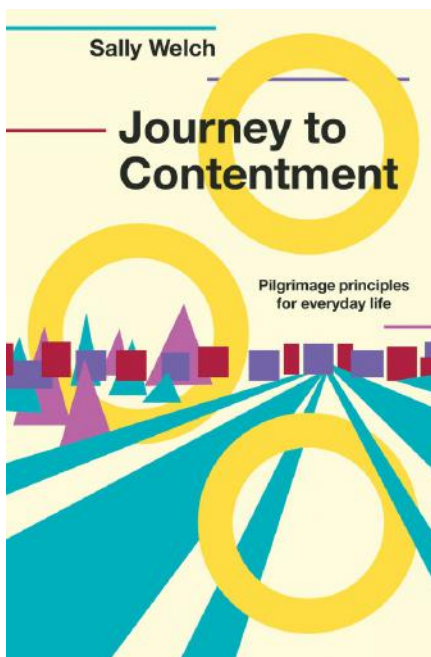
About the author

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

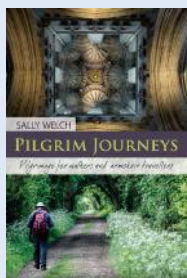
Key benefits

- 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



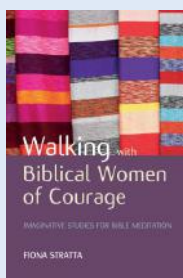
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9780857465139 £7.99



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Walking with Biblical
Women of Courage
9780857465337 £7.99

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.

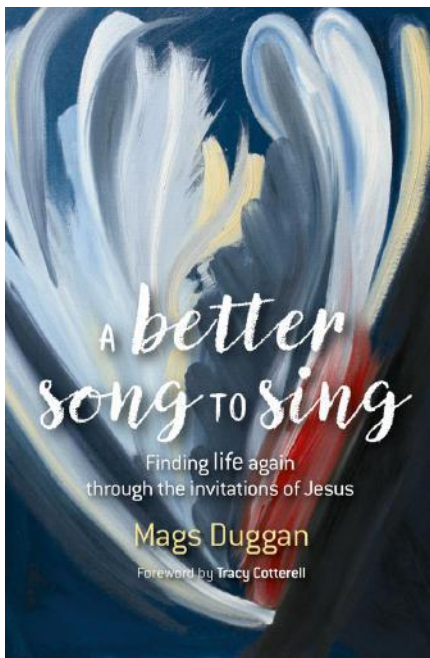
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July



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.

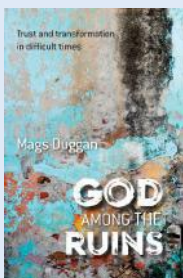
Key benefits

- 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

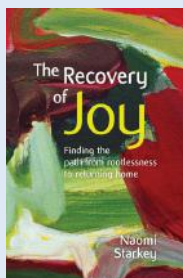
Target readership

- 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.

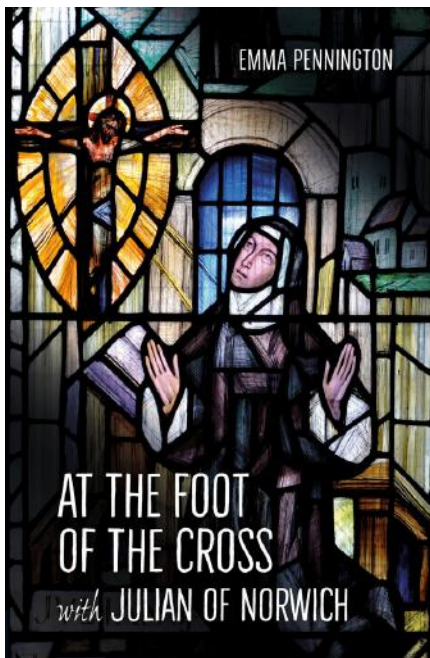
About the author

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

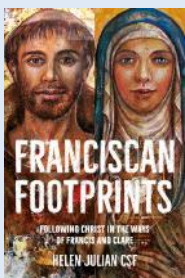
BIC Category: Christian spirituality & religious experience

BRF category: Christian life and practice

9780857465191, 168 pp, Paperback, B-format paperback

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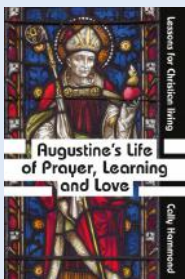
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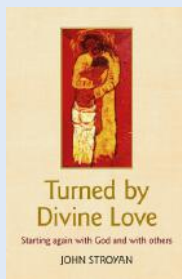
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Turned by Divine Love
9780857467508 £9.99

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 missionary 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.

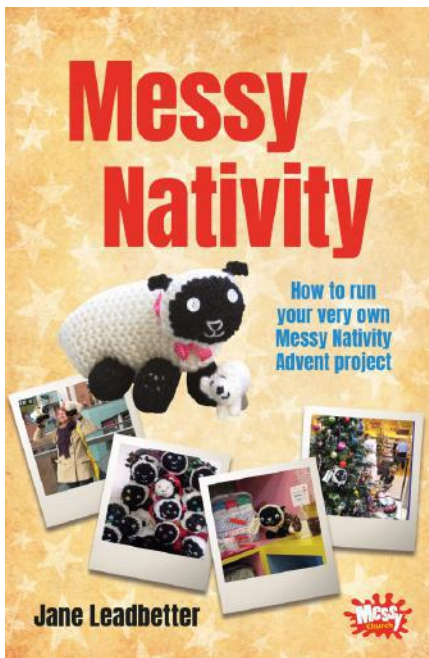
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August



BIC Category: Christian ministry & pastoral activity
9781800390188, 64 pp, Paperback, B-format paperback
£4.99

Messy Nativity

How to run your very own Messy Nativity Advent project

Jane Leadbetter

Key benefits

- Step-by-step guide to how churches can run their own Messy Nativity
- Describes how the Messy Nativity project started in Liverpool in 2010
- Includes templates, timelines, photos and the script of the nativity story
- The first edition of the book was reprinted three times

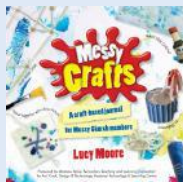
Target readership

- Messy Church leaders
- Church leaders
- People who want to get their community involved in experiencing the nativity story
- Creative people who enjoy crafts

Related books from BRF



Messy Christmas
9780857460912 £7.99



Messy Crafts
9780857460684 £6.99



Christmas Family Time
9780857465214 £2.50

Summary

This book describes the two main features of the Messy Nativity Advent Project as carried out in Liverpool in 2010:

1. Small knitted sheep go on a journey around local communities. Messy Churches and parishes pass nativity sets from home to home and each host receives a small knitted sheep to keep and remind them of the nativity story and the real meaning of Christmas. The nativity set travels around town through the season of Advent and ends up back at church on Christmas Eve for an all-age service or event.

2. The Sheep Trail. Hunt for the knitted sheep in designated stores around town and complete the leaflet, entering your details for the prize draw and taking home a colouring picture, maze and the nativity story.

Messy Nativity gives all the information and resources needed for a church to embark on their own Messy Nativity project.

About the author

Jane Leadbetter is part of the BRF Messy Church team, has worked as a primary school teacher and was Children's Work Adviser in the Diocese of Liverpool for twelve years. She runs L19: Messy Church once a month.

Territory: WORLD

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