

# Prayer diary

30 April–2 September 2023



## Pray with us



*Enabling all ages to grow in faith*

Anna Chaplaincy

Living Faith

Messy Church

Parenting for Faith

One of the lasting memories from my primary school years was morning registration: that moment when we were all settled at our desks and the teacher began to call the register. And when we heard our name called, our response was practised and simple, namely, 'Present, Miss.' On a good day everyone was 'present', ready to listen and learn, to experience and explore something new.

This was a good way to start the school day, and it's also a good way to start a time of prayer. Rather than coming before God with a long list of needs, a wordy litany of concerns or a jumble of distracted thoughts, our best response to hearing God call our name is simply to say, 'Present, Lord.' This sums up the heart of prayer. It is all about choosing to give God our undivided attention.

The quotes, thoughts and weekly prayers in this latest BRF prayer diary are designed to help us say a resounding 'present' to our God, before we turn the suggested biddings into daily prayer for BRF's ministries. Everything starts by our deliberate choice to pay attention to what the Lord would say to us, before we say a word. Only then can the partnership between us and God, inspired by the Spirit within, become fruitful prayer for others, in the name of Jesus.

We are delighted that you have chosen to join with us in prayer again over the next four months. Prayer is the lifeblood of all that BRF does, and your willingness to be present before God with us, on behalf of the BRF family, is one of the best gifts you can offer our work. Thank you!

Praying for you, as you pray with us,



Martyn Payne  
**BRF volunteer prayer advocate**

## A prayer to help us say 'Present, Lord'

Holy Father

as we pray, we are with you in heaven  
and you are beside us on earth.  
Through Christ, may the two become one.

Gracious Lord,

as we pray, we are reminded that  
you are all that we need  
and that with you there is always forgiveness.  
Through Christ, we receive this truth afresh.

Life-giving Spirit

as we pray, we find strength in you  
and courage to do what is right.  
Through Christ, we can live in the light.

# For blessing on the work of Anna Chaplains

**‘The wonderful thing about praying is that you leave a world of not being able to do something, and enter God’s realm where everything is possible. He specialises in the impossible.’**

Corrie ten Boom, *I Stand at the Door and Knock: Meditations by the author of The Hiding Place* (Zondervan, 2008), p. 63.

## Thought for the week

Even the most accomplished artists practise often, and it’s the same for those who pray. So, practise prayer continually, wherever you are, however you feel, whoever you’re with and whatever you’re doing.



## Pray with us for

- Those Anna Chaplains newly appointed this year, particularly in areas of the country that churches are prioritising spiritual care
- The promotion and influence of the range of resources and support material from BRF for work among older people, including the Spiritual Care Series.
- Those Christians who work in the care sector as they seek to support the spiritual welfare of residents and their families
- The Anna Chaplaincy team as they meet with national and regional denominations and individual churches to raise awareness of the spiritual care of elderly people
- God’s promise of bearing fruit in old age to be the experience of all older people in our congregations and communities

Lord of the mountaintop,  
thank you that today and every day  
we can worship you  
as ‘the one who is always with us  
to the end of time’.  
Amen.



# For God's continuing mission through BRF

**The Spirit is 'the Lord, the giver of life'... so we can be assured that even when our prayers seem dry and meaningless, the Spirit is praying deep in us and is holding us within God's good purposes**

Angela Tilby, *Bible Reflections for Older People*,  
Sep–Dec 2022

## Thought for the week

The best answer to prayer we, or any for whom we pray, can receive is God's very self. Needs, of course, do drive us to prayer, but what we all really need is more of God.



## Pray with us for

- All who serve with BRF this day as staff or volunteers, that they may know they are part of God's mission
- All meetings this week in the office or online, that they will be guided by God's Spirit
- All ministry events and training taking place this month, that they will help grow God's kingdom among every age group
- All publications read this summer, that the words may bring readers closer to Jesus
- BRF prayers and articles published online this week, that they will bless people and in turn make them a blessing

Save us from  
a self-satisfied life,  
a shallow life,  
a sleepy life.  
But instead  
may we be rich in God's ways,  
rooted in God's word  
and radiant with God's Spirit. Amen.



# For the BRF ministry of Parenting for Faith

**Prayer is a conversation, and a conversation that can be started by God as well as by ourselves. So often we launch into our time of prayer with a breathless litany, a rush of all the things that need to be said, explained, sorrowed over, requested. We won't hear what God has to say to us if we don't allow time to listen.**

Sally Welch, *Sharing the Easter Story* (BRF, 2021)

## Thought for the week

Prayer comes from deep within, as a cry of pain or outrage, of gratitude or wonder. It's a longing to connect with something bigger and better, with someone who is forever and who is on our side.



## *Pray with us for*

- Greater support from churches for Christian parents in their congregations
- Local networks of Christian families who meet to encourage each other
- The Parenting for Faith team as they plan and deliver resources, courses and training
- Anna Hawken, ministry lead, for guidance and inspiration
- Team members Kate Irvine, Lucy Rycroft and Becky Sedgwick, that they may experience God's presence through prayer and service together

Lord of compassion,  
your love is eternal  
and your mercy inexhaustible.

Thank you for those who, following your example,  
loved us into faith and who did not give up on us  
as we grew up, showing us a love that  
'always protects, always trusts, always hopes  
and always perseveres'.

May we in our turn give ourselves for others in love  
until we see you, Lord Jesus, face-to-face,  
which is the end of all our loving. Amen.



# For the BRF ministry of Messy Church

**The acclaim of the crowds is not the mainspring of Jesus' action. He returns constantly to prayer, as the background of all his actions... There is no approach to God without first yielding oneself to God in prayer.**

Henry Wansbrough, *The People's Bible*  
*Commentary: Luke* (BRF, 2022)

## Thought for the week

At the heart of prayer is a cry for mercy: for the undeserved joy of God's forgiveness; for the unfathomable gift of God's presence; and for the unconditional experience of God's love.



## Pray with us for

- BRF's Messy Church ministry, giving thanks that God has given such growth
- God's blessing on the Messy Church Goes Wild and Messy Adventures resources and online sessions
- The influence of Messy Church values and mission-thinking on future shapes of church
- Aike Kennett-Brown in her pioneering, leadership role for Messy Church
- God's blessing on Jane Butler as training coordinator and Sally O'Hare as she resources the UK network of Messy Churches



**Lord God, you long to bless us all with one equal and inexhaustible love. Please multiply your gifts among us so that we might share Jesus hospitably, creatively and joyfully, as we welcome our neighbours and friends into the experience of a kingdom where Christ is at the centre. Amen.**

# For BRF's ministries across the generations



In James Montgomery's beautiful hymn 'Prayer is the soul's sincere desire', prayer is described as 'the Christian's vital breath, the Christian's native air; his watchword at the gates of death; he enters rest with prayer.'

Murdo MacDonald, *New Daylight*, May–Aug 2022

## Thought for the week

'The activity of prayer is not only to be carried out at times of rest, but also during our daily life, as a type of breathing of our living relationship with God.'

Pope Francis on Twitter, September 2022

## Pray with us for

- God's Spirit to be poured out on young and old in the kingdom of God
- God's Spirit to draw together the generations in the service of God's kingdom
- God's Spirit to help us communicate the truths of the gospel in a language that people will understand
- God's Spirit to inspire us to take risks and step into new territory for the sake of the gospel
- God's Spirit to help BRF write, create and produce resources and nurture initiatives that help all ages to grow in faith

God of passion and of Pentecost,  
of baptism and fire,  
focus our living  
on the wonder of our calling.  
Prepare our hearts  
for the challenge of choosing.  
Alert our senses  
to the signs of your coming.  
Amen.



# For everyday discipleship

**Father, help us to make prayer a priority in our lives, even when that means sacrificing other good things. Help us to see the power of prayer and to yearn to put it first.**

Rachel Ridler, *Day by Day with God*, Jan–Apr 2022

## Thought for the week

To pray is to join in conversation with the one who is always speaking and, in so doing, to receive more than we can ever ask or imagine.



## Pray with us for

- A deepening of our own Christian discipleship at work and at home
- God's blessing on churches and study groups using the Holy Habits resources
- A daily enriching of the discipleship of those who use BRF's Bible reading notes
- Whole-family discipleship resourced through BRF's all-age ministries
- Those alongside yourself today who are using this prayer diary, as fellow disciples of Jesus Christ



Father God,  
help us to live closer to you this day.  
Save us from the foolishness  
of not being ready for our dying,  
of not being ready for our suffering  
and of not being ready for your coming.  
Whatever is happening in our lives,  
may we always be aware of your presence.  
Amen.



# For all who volunteer with BRF's ministries

**In order to even begin, I have found I need to be rooted in forms of prayer which cultivate love and acceptance of myself and others. I find daily prayers of blessing nurture loving kindness, as I gradually expand my circle of blessing.**

Andrea Skevington, *New Daylight*, May–Aug 2022



## Thought for the week

Prayer may seem like an inner monologue, but in fact it is inspired by another, who chooses to join in with us, and whose wordless voice is always encouraging, kind, strong and compassionate; and whose purposes are always love.

## Pray with us for

- Volunteers in the Messy Church support teams, who help with training, writing and prayer
- BRF local church champions representing the charity at special events and at conferences
- Jane Butcher, in her role as volunteer advocate, supporting, encouraging and nurturing BRF volunteers in their work of promoting BRF in their local communities
- Anna Chaplaincy volunteers working alongside older people in church and in care homes
- Volunteers distributing Bible reading notes to local congregations

Saviour God,  
let me die;  
let me be on fire;  
let me choose life, whatever the cost.  
Let me welcome your presence,  
here, now and always.  
In the name of Jesus  
and for the glory of God. Amen.



# For God's blessing on the BRF staff team

**Hear this: the Spirit is always calling out from within you. You don't have to do or pray 'enough', because God's Spirit is enlivening your heart to prayer even when you're not aware of it. This frees prayer to be a joyful joining in with the Spirit calling from within you**

Hannah Fytche, *Day by Day with God*, May–Aug 2022



## Thought for the week

The goal and heart of prayer is to be in the presence of God. God already knows what we need, but wants us to ask him anyway, simply because God loves being alongside us and longs that we too should enjoy this intimacy.

## Pray with us for

- Maddie Jane and Jenny Smith in the ministry support team
- Chloe Trotman, PA to Richard Fisher, and Natalie Duncan in the HR team
- Trevor Budd, Jane Butcher, Simon Haynes, Stuart Holley, Iris Jenkins, Tracey Jones, Eley McAinsh and Lucy Rycroft, in the marketing and communications team
- Ben Bloxham, Rose Edwards, Felicity Howlett, Daniele Och, Adrian Serecut, Rachel Tranter and Becca Turnbull, in the content creation team
- Lisa Bell, Maria Kermae, Phoebe Rose, Claire Proudman and Taura Wood in the supporter services team; John Chapman and Tabitha Griffiths, IT and systems; and Kirsty Yu in finance



God of mercy,  
help us not to resent interruptions to our work,  
but to see them as our work;  
help us to let go of control and tradition,  
if they ever get in the way of doing good;  
help us to live out our faith  
in the language of deeds not merely words.  
For your name's sake. Amen.

# For God's blessing on the children in our care

**Prayer is the invitation to join in with love, to grow in love and to share in the great love that blesses this world.**

Penny Warren, *Celtic Prayer*, edited by David Cole (BRF, 2022)

## Thought for the week

'I know that when I pray, something wonderful happens. Not just to the person or persons for whom I'm praying, but also something wonderful happens to me. I'm grateful that I'm heard.'

Maya Angelou on Twitter, summer 2022



## Pray with us for

- The children who aren't part of our churches yet but who are part of our community
- The children who attend Messy Church, that they may grow up into a lively faith of their own
- The children in our local schools and churches who visit to take assemblies and lessons with them
- The children of Christian families who face many challenges from an increasingly secular society
- The children we know personally and who today we bring before God in our prayers

**God of steadfast love and unfailing promises,  
thank you for those who sacrificially shared  
the good news of your love with us and kept faith  
with us as we grew up.**

**May we likewise keep the promises we make  
and be relied upon to love you and others  
with all our heart, mind, soul and strength,  
through the power of Christ in us,  
which is the hope of glory.  
Amen.**



# For the BRF ministry of Anna Chaplaincy



**The psalms remind us that our rawest pain and perplexity do not need to be hidden from our prayers... If this is where our prayers must start from, let it be so. The psalmists understood this well.**

David Runcorn, *New Daylight*, Sep–Dec 2022

## Thought for the week

In prayer we choose to come home to God, to welcome God's goodness into our lives, to gain a God's-eye view of ourselves and others.

## Pray with us for

- Recently appointed Anna Chaplains, that they might find joy in their ministry
- Networking opportunities for Anna Chaplains to resource and inspire each other
- Alex Burn, Julia Burton-Jones, Debbie Ducille, Marian Muskett and Debbie Thrower as they work together to support the Anna Chaplaincy network
- Wisdom for BRF's trustees and senior management team to know how best to nurture and grow this network of people providing spiritual care to older people
- Local churches, that they might invest more time, money and prayer in working with older people



Lord of humility,  
you revealed yourself as the Most High  
when you stooped to become the most low.  
And you have taught us that 'love is not self-seeking,  
does not boast and is not proud',  
but that it always takes the last place,  
which is, in your sight, the first.  
Inspire us to model our lives and our service  
on the example of our Lord and Saviour,  
Jesus Christ. Amen.

# For God's guidance in decision-making

**Years ago, I heard a phrase that stuck with me, and I think about it when I pray with people over the phone or on social media: 'There is no distance in prayer.' Because of Christ, we have a strong connection holding us together!**

Simon Barrington-Ward, *The Jesus Prayer* (BRF, 2022)



## Thought for the week

We were created for prayer, to tune into God's thoughts and will; to receive God's forever love into our lives; to become part of God's salvation for the world.

## *Pray with us for*

- Richard Fisher returning from his sabbatical leave next week, that he would be refreshed and in the coming months may discern new future opportunities for BRF
- Wisdom for the BRF trustees as they pray over what the Spirit is saying to BRF
- Inspiration and wisdom for Rt Revd Colin Fletcher, chair of BRF, and for Canon Dr Christina Baxter, vice-chair
- Members of the council, including Andrew Barton, Alistair Booth, Paul Cox, Paul Goodliff, Sarah Hayes, Julian Hills, Andrew Howard, Jane Whittington and Mike Wilkinson
- Thoughtful decisions about BRF finances and how money is raised and spent

Lord Jesus,  
thank you that you choose  
to come as a guest into our home.  
Help us to discern when  
it is right to serve and to give  
and when the better choice is  
to be still and to listen.  
May we not forfeit the joy of your presence  
because we are too busy to pay attention to you.  
For your name's sake. Amen.



# For the BRF ministry of Living Faith

**The prayer of Examen may be helpful – sitting in God’s presence, letting the past day replay and asking the Holy Spirit to reveal your joy-filled, walking-in-the-light moments, but also where you were out of step with him.**

Helen Williams, *Day by Day with God*, Jan–Apr 2022

## Thought for the week

Our best prayer for others is to ask that we might love each of them just as much as God loves them. Once that becomes true, even in part, then our prayers for them will be at one with God’s desire to bless.



## Pray with us for

- God’s blessing on those reading new publications (*Messy Adventures*, *This Crown of Comfort*, *Good Call*, *Being God’s Child* and *Refresh*)
- BRF authors, as they write to inspire, encourage and challenge readers in their discipleship
- Those who write articles and prayers for BRF’s digital and social media platforms
- BRF’s Bible reading notes editors, who include Gordon Giles, Jackie Harris, Eley McAinsh, Daniele Och, Rachel Tranter and Olivia Warburton
- Delegates and speakers at the Festival of Prayer this weekend



**Living Word of the written word,  
the Bible has been described as  
‘the most valuable thing this world affords’.  
May all readers of BRF’s Bible reading notes  
find comfort in their words  
in whatever circumstances face them this day.  
And likewise, may we in our lives  
find hope through the words you have spoken,  
for you offer to be ‘the strength of our hearts, and our  
portion forever’ (Psalm 73:26). Amen.**

# For supporter generosity and prayers

Prayer, then, is for the spirit what air is to our body. As much as we live in the continual presence of air and it flows in and out of us constantly, we live in the continual presence of the Divine, which flows in and out of us.

David Cole (ed.), *Celtic Prayer* (BRF, 2022)

## Thought for the week

‘Prayer is not powerful because of who is praying but because of who is listening. When I remind myself of this truth, it always comes as a huge relief. God’s power, my weakness; God’s treasure, my jar of clay.’

Mike Pilavachi on Twitter, August 2022



## Pray with us for

- Julie MacNaughton, head of fundraising, that God will give her creative ideas for future initiatives
- Teamwork and inspiration for the fundraising team, including David Cowen, Harry Clough, Jane Dutton and Judith Moore
- Prompting from the Holy Spirit among donors and regular supporters of BRF’s work to give what they can, when they can
- God’s provision for all BRF’s needs at the right time
- Guidance in communications with major donors and trusts who support BRF’s work

God of grace,  
help us to notice those in need  
and be moved to act;  
remind us afresh of the power  
of kindness and compassion;  
and inspire us to new heights  
and depths of giving,  
that we might better live out  
your kingdom on earth  
as it is in heaven. Amen.



# For Christian discipleship through BRF's ministries

**Praise and adoration are always a vital part of any prayer life, although it can seem all too easy to skip over them.**

Rachel Boulding, *Companions on the Bethlehem Road* (BRF, 2022)

## Thought for the week

In prayer we activate our sixth, spiritual sense, which helps us to see the unseen, to believe the impossible, to connect earth with heaven and to fill each moment with eternity.



## Pray with us for

- The insights from Messy Church discipleship research to influence other areas of the church's ministry
- Anna Hawken, Aike Kennett-Brown, Debbie Thrower and Olivia Warburton, that they may be faithful disciples of Christ in their BRF ministry lead roles
- The faith and discipleship of BRF's senior management team – Jay Elliott, Richard Fisher, Karen Laister, Julie MacNaughton, Sara Sheerin and Olivia Warburton
- BRF's publications and Bible reading notes to resource people's spiritual journey
- Your own personal discipleship, as part of the BRF family



Gracious God,  
you not only meet us with love in Christ,  
but you also call us to be like Christ as your disciples.  
Help us to put you first  
before all others and all things;  
and to follow the self-emptying way of the cross,  
so that we make a difference in this world for good,  
and for your glory. Amen.



# For writers and readers of BRF's Bible reading notes

**Lord, help me to learn to be patient in prayer and give me strength to trust in your faithfulness, always.**

Annie Willmott, *Day by Day with God*, Jan–Apr 2022

## Thought for the week

Prayer may be prompted by our needs, but these are just the gateway not the goal of prayer. These are only the kindling that starts the fire of being caught up in the ways and wonder of God.



## Pray with us for

- BRF's involvement in various Christian conferences and Jamboree events this summer
- Daily encouragement for readers of *New Daylight* and inspiration for its editor, Gordon Giles
- Weekly insights for readers of *Guidelines* and wisdom for its editors, Rachel Tranter and Olivia Warburton
- Guidance for Daniele Och, as he works with colleagues in Nashville to gather contributors for *The Upper Room*
- Spirit-led planning for editors Eley McAinsh (*Bible Reflections for Older People*) and Jackie Harris (*Day by Day with God*)

**Loving God,  
teach us when to be still  
and when to be busy in your service.  
Order our lives,  
so that all we do is rooted in prayer,  
and all our praying flows into doing good  
for your glory.  
Amen.**



# For writers and readers of BRF's publications

**Prayer is not a spectator sport. If we need to pray alone, we should find a place where we can be alone. God will be there, seeing clearly what we do, and will recognise and reward the faith and intentions we bring.**

Henry Wansbrough, *The People's Bible*  
*Commentary: Luke* (BRF, 2022)



## Thought for the week

Jesus tells us in John 15 that, if we do not abide in him, we cannot bear fruit. Abiding in God through Christ is surely an apt description of what prayer is.

## Pray with us for

- The launch of BRF's new Advent book for 2023, *An Advent Manifesto* by Martyn Percy, that it may be a challenge and a blessing to its readers
- The continuing reach and influence of Lucy Moore's republished *Starting your Messy Church* as a resource and support for new Messy Church leaders
- The ongoing promotion and sales of books that support BRF's all-age ministries
- The session writers of the new *Get Messy* magazine, now publishing annually, that it may reach an even wider audience and be used fruitfully
- Olivia Warburton, ministry lead for Living Faith, as she commissions and shapes the production of new publications and media



Living Lord,  
 as we open the pages of your word,  
 may we hear your Spirit's voice  
 speaking through its stories from long ago,  
 showing us the path to abundant life  
 in our own day and age.  
 Through Christ, the Word made flesh.  
 Amen.

# For God's blessing on the elderly in our churches

God longs for us. We long for God.  
We are designed to partner with God  
because we are created in love. We join  
in the dance of prayer because the very  
fibre of our being – who we truly are, not  
who we think we ought to be – is made  
for this.

Penny Warren, *Celtic Prayer*, edited by David Cole  
(BRF 2022)

## Thought for the week

To pray is to enter into the heartbeat  
of God's love for the world and  
everything in it.



## Pray with us for

- Julia Burton-Jones, Debbie Ducille and Debbie Thrower, hosting online and face-to-face training sessions around the country
- Those who work in care homes, who are largely unappreciated and underpaid
- Local Anna Chaplains who are taking services, leading Communion and organising creative Messy Vintage sessions for care home residents
- The growing influence of Anna Chaplaincy voices in government circles concerning dementia and care for the dying
- Readers of *Bible Reflections for Older People*, that its themes may bring comfort and hope to them

Spirit of God,  
restore in us the beauty of your likeness  
through the discovery our true belonging  
as children of our heavenly Father;  
and reawaken within us our original calling  
to proclaim your glory and care for your creation  
as sisters and brothers of our Saviour, Jesus Christ.  
Amen.



# For the BRF ministry of Messy Church

**Prayer... is not wishful thinking or self-delusion, but a practice that demonstrates our faith in God and the fact that our lives exist within God's great story. A community shaped by prayer, mercy and acts of peacemaking is one that looks out for its weakest members.**

Rosalee Velloso Ewell, *Guidelines*, Sep–Dec 2022



## Thought for the week

'O God, have mercy on me a sinner.'  
To receive the mercy of God is the biggest and best answer to any prayer for ourselves and for others.

## *Pray with us for*

- The BRF Messy Church team as they pray and 'dwell in the word' together, and coordinate plans nationally on behalf of the Messy Church movement
- The wider international Messy Church movement, as it appoints new national leaders, organises conferences and manages growth
- The fledgling Messy Church movement in Norway, which Aike Kennett-Brown has been particularly supporting
- Those who are struggling to find new teams and leaders for their Messy Churches
- Fresh stamina and courage for those who have been championing all-age church for a long time



Loving God,  
awaken in the hearts of our loved-ones,  
our neighbours, our friends  
and all the families in our community  
that God-given hunger for eternity  
which you have placed within all people,  
and which will bring them home to you.  
**Amen.**

---

---

# The BRF Book of 100 Prayers

Martyn Payne

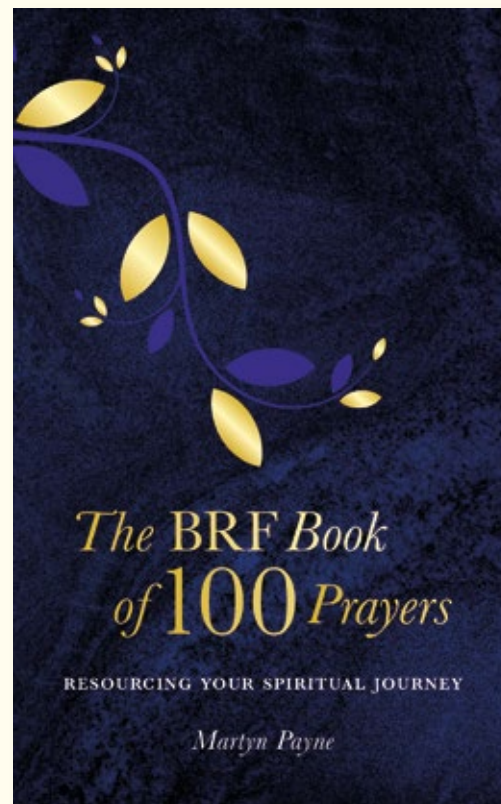
An illustrated collection of prayers by Martyn Payne. Prayer is at the heart of BRF's work, and this special illustrated anniversary collection is a celebration of prayer for BRF's centenary year. It can be used in a range of different settings, from individual devotions to corporate worship. Including sections on prayers of preparation, seasonal prayers, and themed prayers for special times and hard times, it is the perfect daily companion to resource your spiritual journey.

Hardback

ISBN 978 1 80039 147 5 £12.99

---

---



Pray with us  
weekly by  
joining our  
prayer partners  
and receiving a  
weekly email

[brf.org.uk/weekly-prayer-emails](http://brf.org.uk/weekly-prayer-emails)



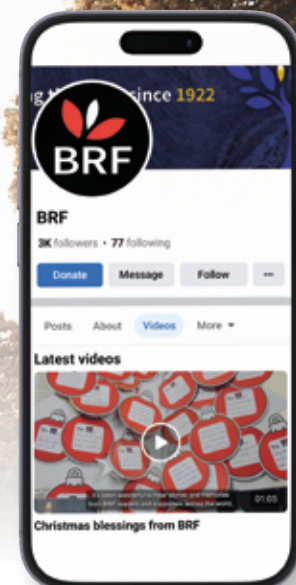
**This week pray  
with us for...**

- the Anna Service in celebration of Anna Chaplaincy at Portsmouth Cathedral on Thursday evening
- Aike and Anna, both leading seminars at the Hand in Hand children's and family ministry conference in Eastbourne in person on Saturday



Find more BRF prayer points in our weekly prayer update from Chief Executive Richard Fisher. Thank you for praying for us and with us; we are praying for you.





Pray with us  
daily prayers  
and reflections  
can be found on

[facebook.com/brfcharity](https://facebook.com/brfcharity)



[twitter.com/brfcharity](https://twitter.com/brfcharity)



[instagram.com/brfcharity](https://instagram.com/brfcharity)



# The BRF Prayer

**Faithful God,  
thank you for growing BRF  
from small beginnings  
into a worldwide family of ministries.  
We rejoice as young and old  
discover you through your word  
and grow daily in faith and love.  
Keep us humble in your service,  
ambitious for your glory  
and open to new opportunities.  
For your name's sake.  
Amen.**

Scripture quotation taken from The Holy Bible, New International Version (Anglicised edition) copyright © 1979, 1984, 2011 by Biblica. Used by permission of Hodder & Stoughton Publishers, a Hachette UK company. All rights reserved. 'NIV' is a registered trademark of Biblica. UK trademark number 1448790.

Image credits: cover © Peter Kindersley on Centre for Ageing Better, Dahiana Waszaj on Unsplash, Anthony Tran on Unsplash; p. 3 © Centre for Ageing Better; p. 4 Jacob Norrie on Unsplash; p. 5 La-Rel Easter on Unsplash; p. 6 Yan Krukau on Pexels; p. 7 Aaron Burden on Unsplash; p. 8 Debby Ledet on Unsplash; p. 10 Zac Ong on Unsplash; p. 12 © Bramley Eldery Action on Centre for Ageing Better; p. 15 Harli Marten on Unsplash; p. 16 Hannah Busing on Unsplash; p. 17 Sincerely Media on Unsplash; p. 18 George Hiles on Unsplash; p. 19 © Elliot Manches on Centre for Ageing Better; pp. 22–23 Rebe Pascual on Unsplash; all other photos by BRF staff.

BRF, 15 The Chambers, Vineyard, Abingdon OX14 3FE  
+44 (0)1865 319700 | [enquiries@brf.org.uk](mailto:enquiries@brf.org.uk)  
[brf.org.uk](http://brf.org.uk)



Bible Reading Fellowship is a charity (233280) and company limited by guarantee (301324), registered in England and Wales