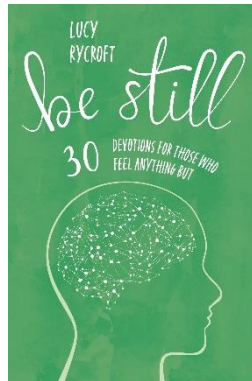


18 July 2025



## Be Still

30 devotions for those who feel anything but

Lucy Rycroft

Pb, ISBN 978 1 80039 397 4, £8.99



‘In a nutshell, this book is about mindset,’ says Lucy Rycroft, ‘we can have a still mindset in the midst of busyness.’ *Be Still* is a 30-day devotional to help busy people unpack biblical ‘stillness’ and adopt that still mindset, no matter how busy life is. It is not an extra book for busy people to fit into their day, but a resource they can use in moments of quiet, whenever they can be found. It might even help readers carve out such moments regularly, starting with a one-line daily ‘mantra’ which they can take into their day. As a working mum of four – with a husband in full-time church leadership – Lucy lives life at breakneck speed and often felt guilty about her lack of stillness. At the start of 2024 she chose ‘be still’ as her phrase for the year. ‘I knew God had given me my kids, my job and my life – so maybe he wasn’t condemning me for my busyness, but wanting me to seek him and his stillness through the daily chaos of family life.’ As she started to delve into scripture, God revealed to her fresh insights to encourage her and shift her mindset in busy seasons: insights she now shares in *Be Still*. ‘I hope this book can help busy people see that they are not a mistake,’ she says. ‘Their lives are not a mistake, but God longs to bring the gift of stillness into their busy days.’

### Praise for *Be Still*

‘Down to earth, practical and wise – much like Lucy! A valuable resource for restless hearts and times.’  
– Rachael Newham, author and theology of mental health specialist

‘Lucy’s clear rich writing, her honest vulnerable sharing and at times, her gentle humour, are a gift to help anyone longing to be still yet who feels anything but.’ – Anne Le Tissier, speaker, preacher, devotional writer

‘This is a great, encouraging read, reminding me that stillness can be a daily practice, even in seasons when it feels impossible. I’m grateful for Lucy’s wise words and practical, down-to-earth suggestions. I will continue to use them long after I finish the book.’ – Georgie Tennant, author of *The God Who Sees*

### About the author

Lucy Rycroft is the founder of [thehopefilledfamily.com](https://thehopefilledfamily.com) and a part-time music teacher. She previously worked for BRF Ministries in the Parenting for Faith team. Lucy lives in York with her husband and four children. You can follow her on Instagram @thehopefilledfamily. More information [here](#).

### For a review copy or author information, please contact:

Eley McAinsh, Press and Media Officer [eley.mcainsh@brf.org.uk](mailto:eley.mcainsh@brf.org.uk) or +44 (0)1865 319700 | [enquiries@brf.org.uk](mailto:enquiries@brf.org.uk)