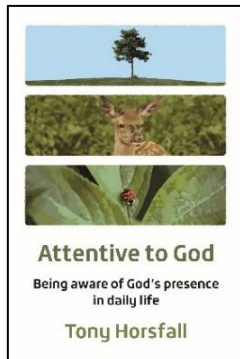


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Attentive to God

Being aware of God's presence in daily life

Tony Horsfall

Pb, ISBN 978 1 80039 401 8, £9.99

This new book from Tony Horsfall is the perfect antidote to some of the most insidious symptoms of our always-connected lifestyles. Identified by Jonathan Haidt in his 2024 bestseller, *The Anxious Generation*, these include social anxiety, sleep deprivation, attention fragmentation and addiction. Haidt focuses on young people, but we can all recognise the signs. Being intentional about becoming more attentive to God is a truly effective way of rebalancing and reorientating our lives, and this book will help.

Alongside explorations of six biblical characters' encounters with God, there are descriptions of some classical spiritual practices that can help us to develop and nurture our awareness of his presence in our everyday lives, and some insights from church history that remind us that the desire to be more mindful of God is nothing new. Written for both individuals and groups, Tony encourages his readers to cultivate a deeper intimacy with God. 'Not that this is easy,' he says, 'I have my own struggles with spiritual attentiveness, but I want to grow and improve so that I can serve God more effectively.'

Praise for Attentive to God

'For anyone who desires to go deeper with God and live closer to him, this book will be a great blessing. It is biblical, practical and I warmly commend it.' – *Bishop Ken Clarke, former Church of Ireland bishop*

'This is a warmly written, profoundly insightful and richly practical book. Tony's words have left me with a real hunger to be watchful for all the ways that God reaches out to me in my days; it's stirred up in me a greater longing to be responsive to God's touch so that I can know him more intimately, love him more deeply.' – *Mags Duggan, retreat leader, spiritual director and author*

'Like a loving mentor, Tony uses the stories of six Bible characters to remind us of how to tune in to God most effectively. He adds some great practical exercises and useful questions for group discussion. Written with Tony's usual warmth, the book draws on the reality of his own experience. I heartily recommend it.' – *Jack Telfer, retreat leader, coach and mission member care provider*

About the author

Tony Horsfall is an established author and well-known as a retreat leader in the UK and internationally. With a background in mission, he regularly speaks at events and conferences. He has written a number of other books for BRF Ministries, including *Deep Calls to Deep*, *Knowing You*, *Jesus* and *Resilience in Life and Faith*. More information [here](#).

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