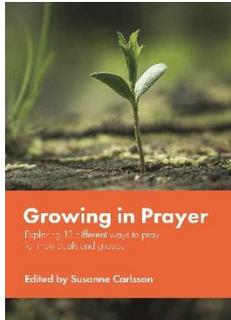


23 January 2026



Growing in Prayer

Exploring 15 ways to prayer for individuals and groups

Susanne Carlsson

Pb, ISBN 978 1 80039 506 0, £9.99

An invaluable guide to new – and ancient – ways of praying, *Growing in Prayer* has evolved from a Rochester Diocese initiative to help people develop their prayer life. All of us pray in different ways at different stages in our lives. Sometimes we need new ways of praying as we grow in our relationship with God. Tried and tested by many individuals and groups, this attractive spiral-bound collection offers simple instruction in 15 different forms of prayer. From silent listening to Lectio Divina; from Centering prayer to praying with icons, music and poetry, there are riches here for anyone looking for fresh ways to engage in prayer and open themselves to a deeper relationship with God.

Praise from users

‘At once useful, challenging, instructive, flexible and really helpful.’

‘This works on a personal level to use and experiment with different types of prayer for yourself. You can also use it in one-to-ones to help deepen prayer and the reading of the Bible. I have also used it successfully with groups where we have tried several different types of prayer in one session, to help people experience praying in different ways to help develop their own prayer life.’

‘It is a fantastic versatile resource that will benefit so many people.’

‘The creative ways of praying outlined invite growth, adventure and, occasionally, surprise in our desire to grow closer to God.’

‘A treasure chest of gems. An a la carte menu of options that you can try depending on your spiritual needs. Some become a favourite like your choice at a local Indian restaurant, others you try like a dish on the menu of foreign country while on holiday. A book for life.’

About the author

Susanne Carlsson, originally from Sweden, is the spiritual adviser for Rochester Diocese. She has been involved in spirituality and specifically Ignatian spirituality for the last 20 years. Susanne regularly gives retreats and training courses in spirituality and spiritual direction in the UK and Scandinavia.

More information [here](#).

For a review copy or author information, please contact:

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