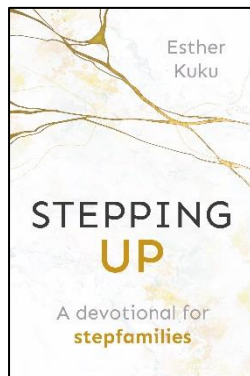


22 May 2026



Stepping Up

A devotional for stepfamilies

Esther Kuku

Pb, ISBN 978 1 80039 424 7, £9.99

As Esther Kuku says in the introduction to *Stepping Up*, ‘No one dreams of being a stepparent – and that is where the adventure begins.’ Through practical guidance and biblical pointers, stories and testimonies, and drawing deeply on her own lived experience, Esther guides readers through many of the tricky challenges of contemporary blended family life – some of which you may never have anticipated until you’re caught up in the middle of them! – towards peace, fulfilment, and joyful, harmonious family relationships. Packed with wisdom and encouragement, as well as a good dose of reality, this book will strengthen and empower you to embrace the beautiful gift of family that God has entrusted to you.

Section headings include ‘Communication and practicalities’, ‘Faith and trust’, ‘Self-care’, ‘Warfare and wisdom’, while the 60 short chapters, cover a wide range of subjects and themes, such as ‘The blending blind spot’, ‘It’s not working’, ‘Happy home vs show home’, ‘Laughter works’, ‘Feeling like an outsider’, ‘Biological vs stepchildren’, ‘Forgiving one another’, and ‘Focused, faithful, and fruitful’.

Praise for *Stepping Up*

‘*Stepping Up* is a deeply important book that applies biblical principles to the reality of 21st-century family life. Esther draws on scripture, case studies, and her own experience of becoming a stepparent, helping readers to navigate the complex web of emotions and boundaries and find joy within blended families. Refreshingly honest, realistic, and full of warmth and wisdom, this is a book that can help all family relationships.’ – *Kate Nicholas, author, speaker, and preacher*

‘*Stepping Up* is a gentle and honest companion for those navigating the complexities of stepfamily life. Drawing on lived experience and faith, Esther Kuku offers encouragement for the journey, holding space for both the challenges and the hope.’ – *Chine McDonald, writer, broadcaster*

About the author

Esther Kuku is mum to two beautiful children and two, now young adult, stepchildren. Currently director of communications for a leading health charity, she worked as a national and regional broadcast journalist and is a former producer and presenter for Premier Gospel Radio. She enjoys being part of the worship ministry in her local church and writing for *Keep The Faith* magazine, the leading gospel magazine for the black community. 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