

18 September 2026



Give Me Strength! Finding all we need in God

Jane Walters

Pb, ISBN 978 1 80039 525 1, £9.99

In an age when self-reliance is prized, and struggling in hard times can be felt as shame or failure, this new book from Jane Walters offers encouragement, hope, and a wholly different perspective. In 31 daily reflections and seven group study sessions, readers are encouraged, individually or in groups, to seek after God and find his strength rather than battle on trying to convince themselves and others that 'I'm fine.' Deeply rooted in personal experience and reflection, Jane writes of her new book: 'I make no claim to have all the answers, but I have got a pretty good idea of what some of the questions are. We all ask them as we work through our own areas of pain and suffering. What is going on? How long have I got to put up with this? How on earth can I keep going when...? Where is God when I need him? The wonderful thing is that this is not a self-help book... Why is this "wonderful"? Because although there are steps we can take which may prove helpful, ultimately we're leaning on God and asking him to make the difference.'

Praise for Give Me Strength!

'With pastoral wisdom and gentle wit, Jane invites readers to soften barriers around their hearts, souls, and minds, allowing God, the wonderful counsellor, to enter their pain and bring genuine healing. For anyone who carries wounds from life's journey, these pages offer medicine for the soul.' – *Benny Marrett, church leader, Christ Community Church, Attleborough*

'I would describe this book as a life jacket rather than a lifeboat – helping us to find our way through the pain and to grow stronger as a result, rather than to seek rescue from the storms. It's a book to savour and to take time over, and is a powerful vehicle for the Holy Spirit to work in and through the tough stuff that life inevitably throws our way.' – *Nicki Copeland, author and speaker*

About the author

Jane Walters is chair of the Association of Christian Writers and enjoys supporting emerging talent through leading retreats and workshops. Her twin loves are being creative as a musician, skilled textile craftworker, and qualified interior designer, and drawing on her love and understanding of scripture, communicating it honestly and accessibly. She contributes regularly to *Day by Day with God* Bible reading notes and has written *Bless the Work of Our Hands* (BRF Ministries, 2026.) Find out more [here](https://www.brf.org.uk).

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