

# Prayer and spirituality resources



'Praying draws us into an ever-greater awareness of God's presence beyond, beside, among and within us.'

Martyn Payne The BRF Book of 100 Prayers

brfonline.org.uk/prayer-and-spirituality

# Introduction

In 1922 Revd Leslie Mannering founded BRF for the 'purpose of deepening the life of prayer, Bible reading and Holy Communion' in his congregation. Revd Mannering said, 'we will make the venture, believing that God calls us to this.' Today, in our centenary year, prayer continues to be the heartbeat of all that we do and who we are as we follow God's leading and endeavour to enable all ages to grow in faith through prayer, bible reading and fellowship.

We want to encourage you in your faith and prayer life, and we want to enable our readers to explore the great variety of resources we have which can encourage and edify them and others. Whether you prefer ancient expressions of prayer and spirituality or desire something new, or indeed if you are just starting out on a journey of prayer and don't know where to begin, we have something for you.

We also want to invite you to join with us as we pray for the work of BRF, our staff, supporters and the church (local and global). You can join with us in prayer in a few different ways.

- Our weekly prayer email
- The Prayer Diary published three times per year
- Daily prayers and reflections found on the BRF Facebook page and Twitter account

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You can access these resources by visiting brf.org.uk/get-involved/pray, signing up to our mailing list and/or following us on social media:



@brf



@brfcharity

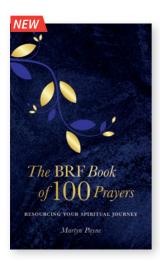


@brfcharity

We would love to connect with you in this way as we *enable all ages to grow in faith* through prayer, Bible reading and fellowship.



# BRF CENTENARY PUBLICATIONS &



## The BRF Book of 100 Prayers

Resourcing your spiritual journey

#### MARTYN PAYNE

An illustrated collection of prayers by Martyn Payne. Prayer is at the heart of BRF's work, and this special illustrated anniversary collection is a celebration of prayer for BRF's centenary year. It can be used in a range of different settings, from individual devotions to corporate worship. Including sections on prayers of preparation, seasonal prayers and themed prayers for special times and hard times, it is the perfect daily companion to resource your spiritual journey.

978 1 80039 147 5, hardback, 144 pages, £12.99

'The astonishing privilege of prayer is that it is the means by which we connect with God's heart, and, as we do so, our own hearts start to line up with God's.'

Lyndall Bywater, The BRF Book of 100 Prayers Formerly part of BRF's Barnabas Children's Ministry and Messy Church teams, Martyn Payne has a background in teaching, Bible storytelling and leading all-age worship, and is passionate about the blessing that comes when generations explore faith together. Currently pastor of a church in Essex, he's still telling stories. His other books include A-cross the World (2011), Where in the World? (2012), The Barnabas Family Bible (2014) and Creative Ways to Tell a Bible Story (2022).

## The BRF Book of 365 Bible Reflections

With contributions from BRF authors, supporters and well-wishers

# KAREN LAISTER and OLIVIA WARBURTON

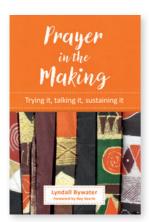
The Bible is at the heart of BRF's work and this special anniversary collection is a celebration of the Bible for BRF's centenary year.

978 1 80039 100 0, hardback, 416 pages, £14.99 We kneel before the mystery,
We bow beneath the glory,
We wait within the love,
We rest beside the presence,
We listen to the silence,
That we may receive in this moment,
More of the grace and the beauty of God in Christ
Amen

# I'm new to prayer... where do I begin?

Maybe you're just beginning your journey with prayer, or perhaps it's something that you have particularly struggled with over the years and you'd like to start again. These titles are a good place to start. Lyndall Bywater reminds us that 'because we are all different, we need to find the prayer life that fits with who God made us to be'.

We invite you to explore these titles to discover new prayers and ways of praying, whether ancient or contemporary. So, draw near and lean into the prayer journey that God is calling you into.



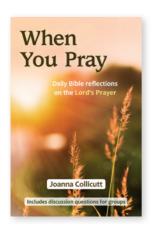
## **Prayer in the Making**

Trying it, talking it, sustaining it

#### LYNDALL BYWATER

Prayer in the Making is a book for everyone wanting to pray more confidently. Because we are all different, we need to find the prayer life that fits with who God made us to be. Lyndall Bywater explores twelve different types of prayer, helping us to find the ones which best suit us and our lifestyles. She certainly challenges us but leaves us ready to talk confidently with God.

978 0 85746 801 7, paperback, 160 pages, £8.99



## **When You Pray**

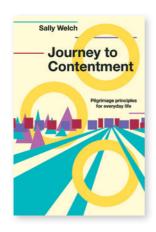
Daily Bible reflections on the Lord's Prayer

#### JOANNA COLLICUTT

Jesus' disciples may as well have said 'I'm new to prayer, where do I begin?' His response is the gift of what is now known as the Lord's Prayer. In the Lord's Prayer, Jesus isn't just teaching his disciples at that moment in time, he is teaching all of us how we should pray, providing a step-by-step guide. In this updated edition of a classic text, Joanna Collicutt shows how growing as a Christian is rooted in the prayer Jesus gave us.

978 0 85746 867 3, paperback, 208 pages, £10.99

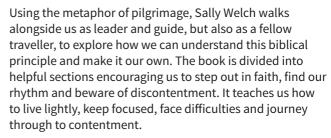
# Journey and pilgrimage



## **Journey to Contentment**

Pilgrimage principles for everyday life

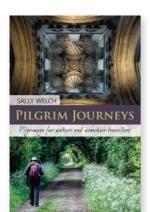
#### **SALLY WELCH**



978 0 85746 592 4, paperback, 176 pages, £8.99

"... a pocketbook that you could take on a pilgrimage – thoughts to mull over at the beginning or end of the day, guidance to ponder over a cup of coffee and insights to wonder about in between."

Major Noreen Batt, The Salvationist (2020)



## **Pilgrim Journeys**

Pilgrimage for walkers and armchair travellers

#### SALLY WELCH

In *Pilgrim Journeys*, experienced pilgrim and writer Sally Welch explores the less-travelled pilgrim routes of the UK and beyond, through the eyes of the pilgrims who walk them. Each chapter explores a different aspect of pilgrimage, offering reflections and indicating some of the spiritual lessons to be learned that may be practised at home. This absorbing book shows how insights gained on the journey can be incorporated into the spiritual life of every day.

978 0 85746 513 9, paperback, 144 pages, £7.99



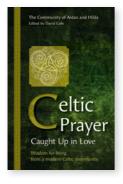
## AUTHOR PROFILE Sally Welch

Sally has been a parish priest in the diocese of Oxford for over 20 years. Currently the diocesan spirituality adviser and codirector of the Centre for Christian Pilgrimage, she is also a former editor of *New Daylight*. Sally continues her close association with BRF as an author and speaker.

## author feature David Cole



Previously a full-time church minister, **David Cole** (Brother Cassian) is an international spiritual teacher and retreat leader, an award-winning author and the deputy guardian for the Community of Aidan and Hilda. He is the founder of Waymark Ministries, which creates opportunities for people to engage with the Christian message.



## **Celtic Prayer - Caught Up in Love**

Wisdom for living from a modern Celtic community

Multi-contributor team of authors drawn from the Community of Aidan and Hilda; edited by David Cole

Even the most committed pray-ers can get stuck in a rut. Loved and familiar ways of praying can become dry and stale and it can be difficult to rekindle the spark, especially if you've only ever known a handful of ways to pray. But help is at hand in this wide-ranging and exciting new collection from the Community of Aidan and Hilda. Edited by David Cole, with contributions from 30 members of the dispersed community, *Celtic Prayer – Caught Up in Love* explores 20 different ways of praying from the Celtic Christian tradition. Accessible and inspiring, it will refresh your spirit and draw you deeper into knowing God.

978 1 80039 053 9, paperback, 240 pages, £12.99



## The Art of Peace

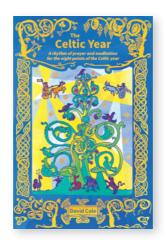
## Life lessons from Christian mystics

Deep inner peace and peace of mind with spiritual balance is something everyone wants, but how does one attain it? More importantly, how does one maintain it in the midst of everyday life? Moving through sections on Stillness, Silence, Solitude and Sanctuary, this book draws on the lived experience and learning of the author, as well as the wisdom of Christian contemplatives and mystics from the past, to help people walk the mystic path of peace through life.

978 0 85746 992 2, paperback, 144 pages, £8.99









#### **Celtic Advent**

40 days of devotions to Christmas

978 0 85746 744 7, paperback, 144 pages, £8.99

## The Celtic Year

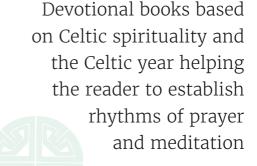
A rhythm of prayer and meditation for the eight points of the Celtic Year

978 0 85746 968 7, paperback, 144 pages, £8.99

## **Celtic Lent**

40 days of devotions to Easter

978 0 85746 637 2, paperback, 160 pages, £8.99





#### **Celtic Saints**

## 40 days of devotional readings

The life stories of the Celtic saints are inspirational. They demonstrate great and unassuming faith, often in the face of insurmountable difficulties. In *Celtic Saints* David Cole draws us to relate our own life journey and developing relationship with God into the life story of the Celtic saint of the day. A corresponding biblical text and blessing encourages and motivates us to transform our lives for today's world in the light of such historic faith.

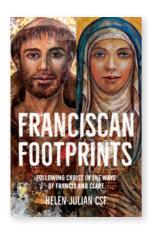
978 0 85746 950 2, paperback, 144 pages, £8.99

# ANCIENT PATHS, DEEP WELLS

Since the time of the Desert Fathers and Mothers in the 4th century and throughout the history of the church, various spiritual traditions have emerged, often as radical expressions of countercultural faith and wholehearted devotion to Christ, which continue to impact the church and believers today. People moved towards these traditions pursuing a deeper and more authentic experience of God. Far from individual spirituality, these men and women withdrew in order to devote themselves fully to God and prayer for the world. Communities began to form around 'rules' or a 'way of life' and a common purpose of commitment to God in their day to day. For these monastics, prayer and worship weren't separate from their everyday lives but were, in the words of David Cole, 'as common and intrinsically linked as breathing the air' (*Celtic Prayer*, BRF, 2022).

Across the church in recent years, there has been a resurgence of interest in these ancient paths and traditions, perhaps because there is a growing recognition that in times of crisis and chaos, when the world seems so unstable, they provide deep wells, deep roots, stability and intimacy with Christ. After all, these traditions have weathered over 1,500 years of varying types of persecution, challenge and crises.

St Antony, St Benedict, St Francis and St Clare, St Ignatius, St Augustine and St Julian are just some of those who pioneered monastic communities and orders, and to whom many people continue to look for models of Christian spirituality. In the titles highlighted in this section, you will find deep, rich, practical and accessible material which encourages us to follow and inhabit these ancient practices and 'rules of life' while situating them firmly and realistically in our contemporary context.



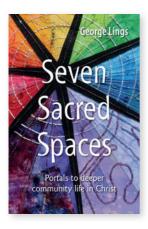
## **Franciscan Footprints**

Following Christ in the ways of Francis and Clare

#### **HELEN JULIAN**

There are many ways of following Christ – each footprint is unique. One of these, the Franciscan spiritual journey, has been tried and tested over the centuries. Helen Julian CSF explores the distinctive features of their spirituality and shows how these practices can be applied to, and become part of, our daily lives. Through stories of care for creation, social justice, mission, preaching, contemplative spirituality and simple living, discover your own pathway today.

978 0 85746 811 6, paperback, 144 pages, £8.99

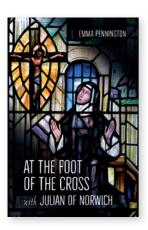


## **Seven Sacred Spaces**

#### **GEORGE LINGS**

George Lings identifies seven characteristic elements in Christian communities through the ages, which when held in balance enable a richer expression of discipleship, mission and community. In the monastic tradition these elements have distinctive locations: cell (being alone with God), chapel (corporate public worship), chapter (making decisions), cloister (planned and surprising meetings), garden (the place of work), refectory (food and hospitality) and scriptorium (study and passing on knowledge). Through this lens George Lings explores how these seven elements relate to our individual and communal walk with God, hold good for church and family life, and appear in wider society.

978 0 85746 934 2, paperback, 232 pages, £10.99



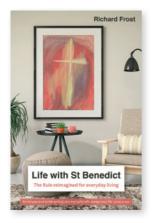
# At the Foot of the Cross with Julian of Norwich EMMA PENNINGTON

This book seeks to bring to a popular readership a devotional engagement with Julian of Norwich's work, most widely known for saying, 'all shall be well, and all shall be well, and all manner of things shall be well'.

The introduction gives a general background to Julian, the nature of visions in the 14th century and the type of text Julian gives us.

Each chapter centres on one aspect or image from Julian's Revelation, which seeks to make the events of the Passion present to the reader's imagination. The commentary incorporates reflection, the biblical narrative and Julian's subsequent teachings to create a meditation that enables the reader to linger on the wonder of the cross, ending with a prayer that leads to silence and a thought or verse to carry into daily life.

978 0 85746 519 1, paperback, 160 pages, £9.99



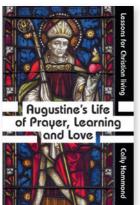
#### Life with St Benedict

The Rule reimagined for everyday living

#### RICHARD FROST

The Rule of St Benedict has much to say about faith, work and daily living. In a time when many are seeking space, silence and spiritual depth, the Rule retains relevance in a world where change is often feared, stability can be elusive and busyness interferes with listening to God. Life with St Benedict provides daily reflections on the Rule as an aid to enabling personal spiritual growth and prayer.

978 0 85746 813 0, paperback, 208 pages, £9.99



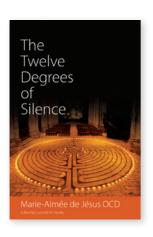
# Augustine's Life of Prayer, Learning and Love

Lessons for Christian living

#### **CALLY HAMMOND**

There are many books that tell the life story of Augustine and how he has been fundamental in shaping western Christian theology and practice. This is not one of them. This book is about how he became a Christian – the problems he faced; the doubts he struggled with. It is about how he made sense of his belief in God and shared it with other people. It is about how he learned to read the Bible and to pray. And it is about the word which is at the heart of his Christian life - love.

978 0 85746 713 3, paperback, 176 pages, £8.99

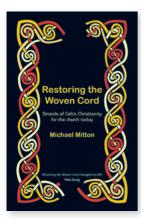


## The Twelve Degrees of Silence

#### SISTER MARIE-AIMÉE DE JESUS; edited by LUCINDA M. VARDEY

The stresses and strains of contemporary life leave so many of us thirsting for peace and clarity of mind and heart. While we may sense that constant distraction hinders spiritual growth, we may find it hard to cultivate attitudes of peace and stillness, longing to experience closer communion with God. This book invites us to nurture a spirituality of silence through the words and wisdom of Sister Marie-Aimée de Jesus.

978 0 85746 407 1, paperback, 80 pages, £5.99



CaFE are currently using Restoring the Woven Cord for their fantastic 'Belong and believe' course which also features Michael Mitton. You can find out more information at faithcafe.org/collections/ belong-and-believe.



Strands of Celtic Christianity for the church today

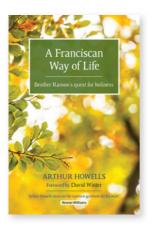
MICHAEL MITTON

Fully revised third edition of a popular title

When they discover Celtic spirituality, many Christians feel that in some sense they have come home. As they begin to explore the people and places significant in the early centuries of Christianity in the British Isles, they find an expression of faith that weaves together strands of being and belonging, worship and witness in a unique and powerful way.

Restoring the Woven Cord takes 15 leading figures from that era – ranging from Patrick of Ireland to John of Beverley – and shares something of their stories, showing their burning love for the Bible, their depth of prayer, their radical commitment to the poor and to caring for creation. Reflecting on their lives and works, we can find powerful inspiration for our own walk with God and rich resources for the ministry of the local church.

978 0 85746 862 8, paperback, 192 pages, £9.99



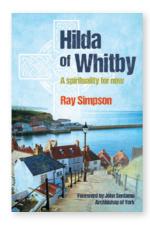
## A Franciscan Way of Life

Brother Ramon's quest for holiness

**ARTHUR HOWELLS** 

Be inspired by one man's unflinching faith in God. This is the first biography of Brother Ramon. It tells of his life's pilgrimage, his quest for holiness as a Franciscan friar, his inner journey of discovery and transformation, his love of God and his influence on others. The selection from his writings which concludes the book illustrates his spiritual journey. It will be an inspiration to readers to live lives fully for Jesus Christ.

978 0 85746 662 4, paperback, 176 pages, £8.99



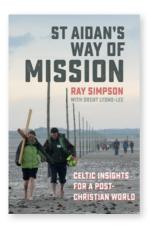
## **Hilda of Whitby**

A spirituality for now

**RAY SIMPSON** 

In the dark and turbulent centuries after the Roman occupation of Britain and during the Anglo-Saxon colonisation, the light of heaven still shone through the work and witness of the monastic communities, 'villages of God', which dotted the land. One of the most remarkable figures of those times was Hilda of Whitby. Born and reared among warring pagan tribes, through the influence of Celtic saints and scholars she became a dominant figure in the development of the British Church, above all at the famous Synod where Celtic and Roman churches came together. This book not only explores the drama of Hilda's life and ministry but shows what spiritual lessons we can draw for Christian life and leadership today.

978 184101 728 0, paperback, 144 pages, £7.99



## St Aidan's Way of Mission

Celtic insights for a post-Christian world

**RAY SIMPSON** with BRENT LYONS-LEE

Surveying the life and times of Aidan of Lindisfarne, this book draws insights into missional approaches to inspire both outreach and discipleship for today's church. As in his previous BRF book, Hilda of Whitby, Ray Simpson shows that such figures from past centuries can provide models for Christian life and witness today. An author and speaker on Celtic spirituality with a worldwide reputation, he combines historical fact with spiritual lessons in a highly accessible style, with an appeal to a wide audience.

978 0 85746 485 9, paperback, 160 pages, £7.99



## Followers of the Way NEW EDITION

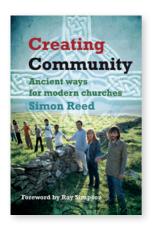
Ancient discipleship for modern Christians

#### SIMON REED

One of the most pressing issues in today's church is encouraging people to become true and effective disciples of Jesus Christ. If, in simple terms, discipleship is about connecting more deeply with God and connecting God with the whole of life. Simon Reed argues, we're looking at a lifelong process for which we require long-term skills rather than short-term courses. The Celtic and Desert Christians. drawing on Old and New Testament practices, taught and modelled how to do this through the practice of living by a Way of Life. By drawing together today's need for disciples and Celtic Christianity, this updated edition of Followers of the Way inspires authentic Christian discipleship for the contemporary world.

978 1 80039 162 8, paperback, 144 pages, £9.99

Publication: October 2022



## **Creating Community**

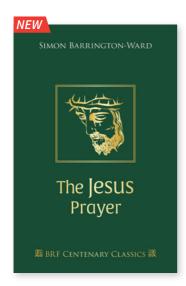
Ancient ways for modern churches

#### SIMON REED

There is much talk today of 'new ways of being church' and 'new monastic spirituality'. As Simon Reed explored the Celtic roots of the Christian faith, in community with others who drew inspiration from our spiritual ancestors in the British Isles, he came to realise that the third millennium church has much in common with the first millennium church, and more importantly, much to learn from it.

978 0 85746 009 7, paperback, 144 pages, £8.99

# 🕮 BRF Centenary Classic 🕮



## **The Jesus Prayer**

#### SIMON BARRINGTON-WARD

'Lord Jesus Christ, Son of God, have mercy on me.' This ancient prayer has been known and loved by generations of Christians for hundreds of years. It is a way of entering into the river of prayer which flows from the heart of God: the prayer of God himself, as Jesus continually prays for his people and for the world he loves. Simon Barrington-Ward teaches us how to use the Jesus Prayer as a devotional practice, and opens up the Bible passages that are crucial to understanding it. This is a beautiful book and would be great as a gift.

978 1 80039 087 4, hardback, 128 pages, £14.99

'Written out of long experience, Simon Barrington-Ward's book is one of the clearest, practical and most timely introductions available.'

David Runcorn, author of Spirituality Workbook: A guide for explorers, pilgrims and seekers



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# Coming soon!

## Advent 2022 and Lent 2023



## **Sharing the Christmas Story**

From reading to living the gospel

#### SALLY WELCH

In this year's BRF Advent book, Sally Welch explores two questions: What is the Christmas story really about and how do we share it? Through each week of Advent, a different aspect of the Christmas story is examined: light, promise, mystery, love, peace and hope. Within each week, the days are focused on the ways in which the Christmas story is shared: prophecies, journeys, new life, signs, poems, stories and conversations. Each day offers a Bible passage, followed by a reflection and prayer activity. Suggestions for group study and group study questions are also included.

978 1 80039 106 2, paperback, 144 pages, £8.99 **Publication August 2022** 



## **Images of Grace**

A journey from darkness to light at Easter

#### AMY SCOTT ROBINSON

Lent is traditionally a time of repentance, fasting and prayer as we prepare to celebrate our salvation at Easter. Through daily readings and reflections from Ash Wednesday to Easter Day, Amy Scott Robinson explores different biblical images of repentance, sin, forgiveness and grace, bringing them together in Holy Week as a lens through which to view Christ's work of reconciliation on the cross.

978 1 80039 117 8, paperback, 160 pages, £9.99 Publication November 2022



#### DID YOU SEE our author feature on David Cole?

Turn to pages 6–7 where you can find Celtic Advent: 40 days of devotions to Christmas and Celtic Lent: 40 days of devotions to Easter and more.

FOR MORE INFORMATION about other Advent and Lent titles from BRF go to brf.org.uk/advent or brf.org.uk/lent

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