

The Upper Room writing competition 2023

How to enter

The Upper Room magazine began publication in the USA in the early 1930s, and today it is published in 33 languages, read by an estimated three million people worldwide, every day. It is unique in that the writers of the magazine are its readers – and without people willing to write meditations, there would be no magazine.

BRF Ministries is giving one person the opportunity to be published in the UK edition of *The Upper Room*. They and the runner up will also receive a one-year subscription to *The Upper Room*.

All you need to do to win is to send us your own meditation in the same style as those in *The Upper Room* by 30 November 2023.

Format

When you write your meditation, you will need to include all these elements:

1. A Bible reading and quotation
2. The meditation (200–250 words)
3. Prayer
4. Thought for the day
5. Prayer focus

The actual meditation will be between 200 and 250 words. Your Bible quotation need not be from the main passage but needs to be on the same theme, as do your prayer and prayer focus. **The maximum word count for all these elements together is 300.**

How to send us your entry

- Email: writingcompetition@brf.org.uk
- Post: Competitions, BRF Ministries, 15 The Chambers, Vineyard, Abingdon, Oxford OX14 3FE

Please mark all entries clearly with your name, email address, postal address and phone number so that we can contact the winner. **The deadline for this competition is midnight on 30 November 2023.**

Tips for writing an Upper Room meditation

1. Familiarise yourself with *The Upper Room* style and format. For more information go to:
Look inside [January–April 2023](#)
Look inside [May–August 2023](#)

Look inside [September–December 2023](#)

2. Connect scripture with your own life. Your experience is unique. Study and meditate on the Bible so that its power supports your words.
3. Remember you have only 200–250 words to get your point across.
4. Make only one point.
5. Avoid using very familiar illustrations – try to be original.
6. Avoid the use of ‘You should...’, ‘You need to...’, ‘You must...’; instead use ‘we’.
7. Use language and examples that appeal to the senses.
8. Indicate which Bible version you use for quotations.
9. Remember your audience.

See also ‘Additional guidance notes’ taken from a devotional writing workshop led by Tia Runion of Upper Room Ministries on the competition page: brfonline.org.uk/writerscomp