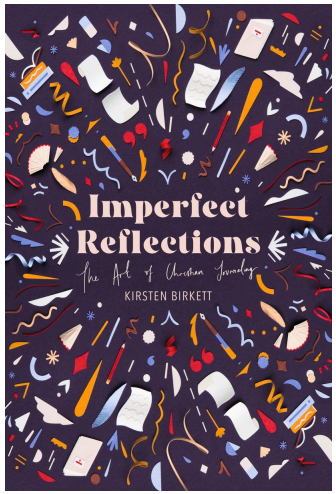
Imperfect Reflections

The Art of Christian Journaling

Kirsten Birkett

RELEASE DATE 08 JULY 2022



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DESCRIPTION

Kirsten Birkett encourages us to pick up our notebooks and pens and use journaling as a tool to grow in godliness. Writing is a powerful act. The Puritans used diaries as a way to give themselves spiritual counsel. It helped them to remember God's mercies, to reflect on how He has been at work, and to be thankful. This book is a helpful guide for those who want to start the practice of journaling, or who want to direct their journaling in a more intentional way. Put pen to paper and create a record of your spiritual life.

MARKETING POINTS

Spiritual value of journaling

Encourages intentionality

Guide to what to journal about

AUTHOR

Kirsten Birkett is a theological writer and author of numerous books and articles. She previously lectured at Oak Hill Theological College in pastoral care, church history, philosophy and ethics. She lives in the north of England with two cats and two chickens. Sadly, no ducks.

ENDORSEMENTS

In this short, accessible book, Kirsten Birkett introduces us to the reflections of the Puritans and her own moving story, and in so doing helps us both taste the beauty of and engage in the practicalities of writing out words that are real, rich and re–orientating towards God.

Helen Thorne–Allenson

Kirsten Birkett ... has given us a deeply personal account of her own experience with journaling, and also many practical steps for using journaling as a strategy for living and growing as a Christian.

Rebecca Stark
Blogger at 'Rebecca Writes', 'Revive Our Hearts', and 'Out of the Ordinary'

Kirsten Birkett offers encouragement to keep a journal and write to 'know God better and to grow in godliness.' In a warm, breezy style, she writes as a fellow pilgrim in a world full of joys and sorrows. Whether you're a lifelong diarist or someone journaling for the first time, this book will serve as a helpful guide along the way.

Ivan Mesa
Editorial Director, The Gospel Coalition

Our generation has neglected this ancient craft to our own impoverishment. It would not only do us much good, but give us great joy, to post far fewer words in public and journal far more in private. Rediscover the lost art.

David Mathis
Executive Editor, desiringGod.org; Pastor, Cities Church, Minneapolis/St Paul

TECHNICAL DETAILS

TRADE HARDBACK
104 Pages

ISBN 9781527108462
BISAC REL012150
PRICE £9.99 $12.99