

Words of life in a time of chaos and confusion

'The Little Book of Chaos' and *'Inspiring Prayer'* are two Bible resources from Christian charity Lifewords that are proving helpful for churches and individuals living through Covid-19 lockdown. These resources encourage us to examine our mental well-being, and to find space for our spiritual and emotional life. And, like all Lifewords range, they are available free – or for donation.

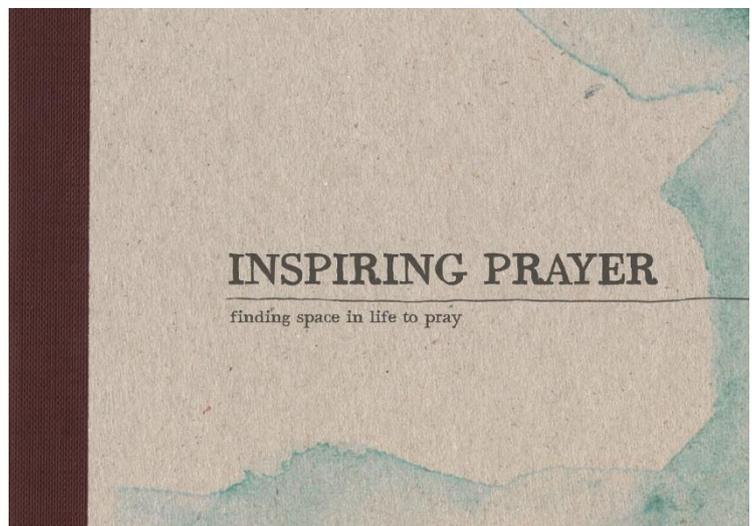
With full lockdown not expected to lift for some months, our lives remain constricted by the physical, emotional and spiritual 'walls' around us. Mental well-being and self-care have become high priorities for all age groups – especially young people. Everyone, everywhere, has been going through loneliness or loss, anxiety or despair: no-one is immune from these real-life experiences.

"1 in 4 of us will suffer from mental health problems at some point in our lives", says Elizabeth King, Lifewords UK Supporter Engagement Lead; *"The pandemic has impacted people's mental well-being in many forms - panic attacks, self-harm, eating disorders, even suicides – and young people are especially affected. These resources offer the Bible's lifewords as a source of comfort, and hope – so vital in these days."*



'The Little Book of Chaos' is a 56-page, pocket-sized booklet with hard-hitting contemporary designs reflecting real-life stories framed with Scripture. Each page reveals the truth of a young person's mental health struggles, such as *"Depression is a bubble. I am trapped inside while the world continues around me. I can't get away from it, no matter how hard I try"*. How does Scripture respond to such cries? Originally created in collaboration with mental health charity 'Think Twice', *'The Little Book of Chaos'* helps young people and those who work with them open up the conversation from a Bible perspective. It includes links to online content and Lifewords' *'VerseFirst'* daily Scripture feeds on Facebook and Instagram.

Our spiritual health is vital as well, and many have found that prayer is a real comfort in these times. Lifewords *'Inspiring Prayer'* is a 56-page, postcard sized booklet – beautifully illustrated with watercolour images. Whether you pray regularly or have never tried it before, this booklet combines prayers from the Bible with other written prayers and exercises to use. It encourages us to find spaces in our lives to pray and experience God's presence – even in a world of lockdown.



“Prayer is something that the Bible invites us all to engage with, connecting our inner thoughts and our everyday lives with God’s perspectives”, explains Matt Currey, UK Development Manager; “‘Inspiring Prayer’ opens a door to experience prayer, and perhaps find that it lifts hearts and minds to a Greater Love when all around seems so confusing. In fact, we’ve found many of our resources have really chimed with these times – the Bible really is lifewords!”

You can use the resources individually, or share the story with your church, small groups, friends and neighbours by ordering the printed resource today. You can also access both resources digitally at: <https://www.facebook.com/LifewordsUK> Twitter (@LifewordsUK) Instagram (@lifewords_uk). Our full range of pastoral, outreach and seasonal resources, along with programmes and projects, is also there for you or for your ministry, outreach and encouragement needs, encouragement and inspiration. Visit www.lifewords.global/mentalhealth to access these offers.

To order your free *‘The Little Book of Chaos’* & *‘Inspiring Prayer’* booklets (in packs of 10 or individually), visit **www.lifewords.global** or call 020 7730 2155. You will also find information about donating, should you wish to do so.

- Ends -

For more information, interviews, or to request images of *‘The Little Book of Chaos’* & *‘Inspiring Prayer’* please contact Naomi Chamroo on 0203 693 9023.

Note for editors:

About Lifewords

Lifewords exists because the Bible is for everyone. We want people everywhere to experience the Bible’s life words as good news for their lives, and for the world. All Lifewords’ resources and programmes are available free of charge, wherever someone is in the world, thanks to the generosity of those who give towards the work. All donations for resources help support the organisation’s core premise that cost should not be a barrier to people finding a way into the Bible. Lifewords was founded 132 years ago as Scripture Gift Mission and provides over a million printed resources to people in some 45 languages and 70-90 countries every year, and digital resources to 200+.

www.lifewords.global