

Born Free

A call to be still, know God and flourish in a hectic world

Katharine Hill



MuddyPearl

'Covid made us all stop! The lessons Katharine Hill learned are ones I too glimpsed but foolishly did not pause to ponder. I thank God she did, because there are so many insights about our souls, our Sundays, our phones, our drivenness and our rhythms of life, which we neglect at our peril.'

Rico Tice, pastor at All Souls Langham Place and author of Christianity Explored

Our world has never been busier. Life flies by in a whirlwind of routine – working, eating, running around after the kids, keeping fit and occasionally sleeping. We try to squeeze in some time for prayer and reading the Bible, but are far more focused on being productive in a world governed by performance metrics. We are so caught up in all we feel we have to do that we forget about what is really important. We even feel guilty whenever we take a break, constantly aware of the pressure never to fall behind in our always-on world.

But deep down, we may sense that this pace of life is far from the way God intended us to live. We long to achieve the seemingly impossible task of living life wisely with God at the centre – but without retreating to a monastery or surrendering our phones.

Katharine Hill believes this is not only possible, but vital. After lockdown forced her to take a long hard look at her own life, she sensed a call to walk more closely with God in her everyday, imitating the attentive stillness of the lioness rather than the busy hurrying of the ant.

Drawing on biblical wisdom and insights from Christian thinkers throughout history, Katharine invites us to consider what it really means to be 'born free' in Christ – how we can learn to stop, be still and make space for God to continue his redeeming work in our lives, while working productively, leading well and making a difference in our families, our communities and our world.

About the author

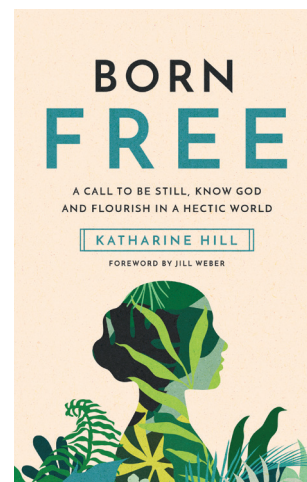
Katharine Hill is the UK Director of Care for the Family, and a popular speaker, writer and broadcaster of family issues. She has served as a family lawyer and as a member of the board of the International Commission on Couple and Family Relations. Katharine is married to Richard and they have four grown-up children and five grandchildren.

Key Selling Points

- Examines our deepest calling as Christians contending with a fast-paced society; gives thoughtful solutions to refocus hearts and minds on God
- Combines teaching points from Jesus and insight from seasoned theologians with the wise, experienced voice of a lawyer and leader, one who has worked tirelessly with her organisation to represent the best interests of the family, to government, on national media and internationally, one who is also a mother and grandmother herself.
- Constructive insight from candid, sincere stories from author's own life.
- Each chapter concludes with calls to action and questions to reflect on.
- Endorsements from Pete Greig and Rico Tice; Foreword by Jill Weber

Readership

- Christian working mothers and fathers – leaders carrying responsibilities in their workplace, church or community while seeking to bring up a family well and to combine all this with a deeper walk with God
- Christians: working, stay-at-home parenting, caring or grandparenting.
- Anyone finding life a juggling act, with no time for rest or reflection.
- Those seeking real spiritual refreshment amid the many pressures of work, volunteering and family responsibilities.



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