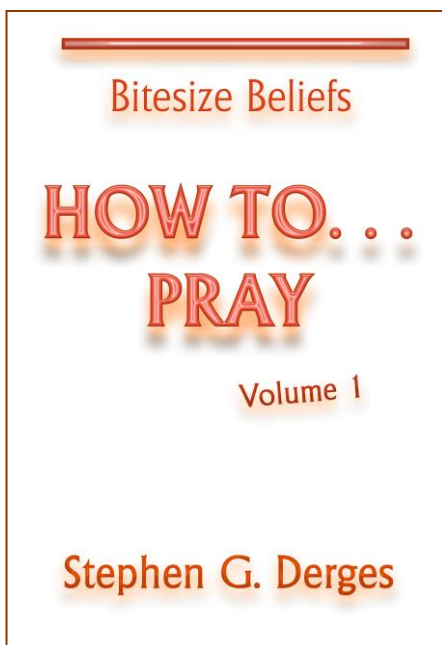


# Bitesize Beliefs

A new resource tackling everyday “faith issues”

*“Stephen’s writing may come in bitesize chunks, but it has life changing implications. A thoroughly engaging read for any time of the day, I commend both Stephen and his work to you. Read in a moment, but lived out for a lifetime, this is applied Biblical truth with a punch.”*

Rev. Malcolm J. Duncan - Senior Pastor of Gold Hill Baptist Church & Chair of Spring Harvest



**‘How to...pray’** is the newest book in the **‘BITESIZE BELIEFS’** series.

It’s not designed to be an exposition on the reasons why prayer is essential in a Christian’s life. Rather its purpose is to provide practical ways of praying in and about life’s demanding and ever-changing circumstances.

Very few of us would claim that our prayer life is as we’d like it to be and many of us have hang-ups about when, where and for how long we should pray. This short book provides helpful hints and tips designed to enhance how, and for what, we pray.

The 3 aspects covered are:

- **How to...pray using Scripture;**
- **How to...pray in faith;**
- **How to...pray when times are tough.**

Steeped in Biblically-based principles this accessible resource provides a helpful guide to prayer for life in everyday situations.

*“I really like Stephen’s material. It starts in exactly the right place - the everyday - and it relates in a down to earth style to busy 21st Century people. And the humour is great too!”*

Rob Harley, author and broadcaster; creator of “Journeys”  
- a DVD introduction to Christianity

Practical ‘life-style’, easy to read, ‘how to’ books

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## What other people are saying about ‘Bitesize Beliefs’

*“It is always more effective to speak from your heart than from your notes. Clearly Stephen’s heart comes through every time he puts pen to paper. Not only are these books great study guides on relevant, practical living subjects, but you can’t help feel that Stephen is sitting down with you personally as you read. Practical, biblically sound and relevant!”*

Dale Plante, Church Planter, & Consultant,  
“Time to Plant Ministries”

*“These books link Biblical teaching and personal experience to realise the everyday longing of God to speak with us and the simplicity of hearing Him. It will give new insights to all who long to hear God in their lives.”*

Revd. Sarah Cawdell,  
Anglican Training Lecturer in  
New Testament Studies

*“Brief and to the point – that’s communication at its best. ‘Bitesize Beliefs’ pack in all you need to get to grips with knowing God better.”*

Revd. Graham Poland, Senior Pastor,  
Grosvenor Church, Barnstaple

*“With lots of humour and grace, without telling us what to do and without using theological jargon, Stephen encourages us to open up to God’s loving guidance in what is sometimes a difficult and confusing world. ‘Bitesize Beliefs’ are accessible books both for individuals seeking guidance and for groups wanting to help each other in listening to God.”*

Revd. Brian Nicholls, Senior Pastor, South Parade Baptist Church Headingley and former Regional Minister Team Leader, Heart of England Baptist Association

*“Stephen has a way of ‘scratching people where they itch’. The subjects he tackles are always important to people and the concept of ‘Bitesize Beliefs’, with their excellent layout and presentation, means the message comes across loud and clear.”*

Lynn Green, International Chairman,  
Youth With A Mission (YWAM)

**Stephen Derges** led Bridgnorth Baptist Church through an amazing season of numerical and spiritual growth until 2015. Now having returned to his native Devon, he and his wife Rosalyn head up **‘Focused Life Ministries’** providing mentoring and support to church leaders and their congregations. In addition both Stephen and Rosalyn are Myers-Briggs Type Indicator® practitioners and are available to work with individuals and groups.

For more information please log on to [www.focusedlife.co.uk](http://www.focusedlife.co.uk).



Practical ‘life-style’, easy to read, ‘how to’ books