

## PRAYING LIKE MONKS, LIVING LIKE FOOLS

**Tyler Staton (Hodder)**

As summer approaches once again, I hope you are able to anticipate a slower pace, some opportunity for rest, but perhaps also for reflection and some resetting.

In our work with church leaders across the country we find that there are two things that get squeezed out of pressurised lives – prayer and thinking; the two things that we all know are of fundamental importance in spiritual leadership.

If you are one of the many for whom this is the case, or even if prayer is central to your life and work, then I can commend this book to you. It is beautifully written and works equally well as an audio book.

Tyler Staton has a way with words. There are scores of books on prayer, and even if you have read most of them, this book will whet your appetite for cranking up your prayer life. It is both practical and poetic.

It doesn't dodge the mysteries and frustrations of prayer. It refuses to skate over the surface of struggles, be that unanswered prayer or boredom. The text is littered with stories of those struggles, as well as inspirational stories of answered prayer and deep connection with God and others, through the paradox of what is on the one hand the most basic instinct of humanity, and what can feel like the most difficult activity.

I love the dual focus on intimacy and passion along with faithfulness and persistence. That sounds like the basis of a great relationship to me. Each chapter concludes with a section on practice – practical steps you can take to develop in each aspect of prayer addressed.

There is much here for the seasoned, faithful pray-er, for the newcomer to prayer, or for leaders who long to recapture a deeper relationship with God through prayer.

Review by Sarah Pix, CPAS Leadership Enabler.

