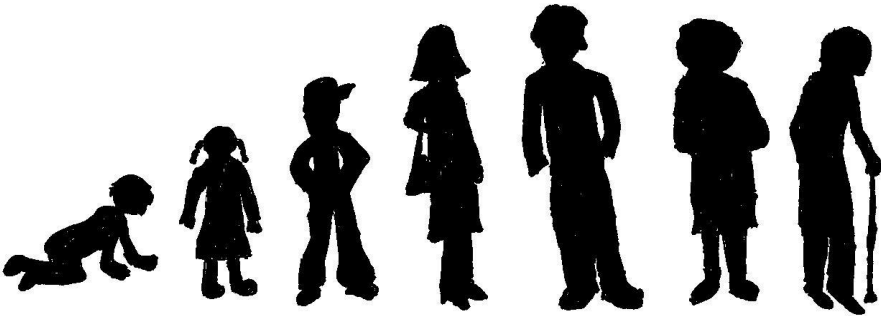


# Through-Life Discipleship

- *Following Christ throughout the ages  
and changes of life*



## Resource Guide

A guide to organisations, study materials, books, courses and websites relating to questions of age, life-stage and through-life discipleship.

A project being co-ordinated by



**This resource guide has been produced by St Peter's Saltley Trust.**

**St Peter's Saltley Trust  
Grays Court  
3 Nursery Road  
Edgbaston  
Birmingham  
B15 3JX**

**(0121) 427 6800**

**[www.saltleytrust.org.uk](http://www.saltleytrust.org.uk)**

# Contents

<b>Introduction</b>	<b>4</b>
<b>Children</b>	<b>6</b>
<b>Tweenage</b>	<b>10</b>
<b>Youth</b>	<b>12</b>
<b>Further and Higher Education</b>	<b>15</b>
<b>Young adulthood</b>	<b>18</b>
<b>Career/work transitions</b>	<b>21</b>
<b>Marriage</b>	<b>23</b>
<b>Parenting</b>	<b>25</b>
<b>Mid-life</b>	<b>28</b>
<b>3<sup>rd</sup> and 4<sup>th</sup> age</b>	<b>30</b>
<b>Other resources on life course/ transitions/ generations</b>	<b>35</b>

# Introduction

This resource guide comprises part of a wider project being coordinated by St Peter's Saltley Trust exploring the ways in which Christian discipleship and the work of the local church intersects with questions of age and the lifelong journey. In particular this is focussed on four key areas: a) the whole life journey; b) specific stages of the life course; c) key transition points or life changes; d) generations and the relationships between them.

Within the Christian community there is much experience and sustained reflection on questions of age and ageing and their implications for discipleship and mission. However, some stages of life have received more attention than others, and often in isolation from each other. In response we have sought to collect together some significant organisations, resources and materials into one single guide.

The guide is by no means exhaustive, and the resources listed in this booklet are in most cases included at the recommendation of others or at our own judgement of accessibility, quality and usefulness. Most of the material included specifically deals with the intersection between Christian faith and practice and ageing/the life course (there is also a good deal more general material). Material written with a particular age group in mind, but which does not explicitly deal with the intersection of discipleship and age (e.g., ready-to-use youth and children's work material), has generally been omitted. With a UK-based audience in mind there is a strong bias towards material produced in (or at least accessible to) the UK, though some non-UK

material is included where it has been particularly influential or where home-grown material is sparse. In selecting books for inclusion, we have thought principally of the educated general reader, though a few significant pieces of academic research have also made the list.

Given that St Peter's Saltley Trust works with partners from a broad theological spectrum we have endeavoured to reflect this breadth in the choice of books, organisations and materials. However, inclusion in this resource guide does not thereby indicate wholesale endorsement by the Trust, and readers will want to discern the most appropriate materials for their congregation or tradition.

Though we have worked hard to produce something which is valuable from the outset, a resource guide is always a work in progress. If you know of any quality materials or organisations doing good work in this area, please let us know, we can add to this guide in a later edition.

During 2013 we are also delighted to be able to work in partnership with the Diocese of Hereford's department of ministry and development in the production of their own online resource guide to growing Christian disciples at different ages/stages ([http://www.hereford.anglican.org/churchwork/mission\\_ministry\\_and\\_development/deepening\\_discipleship/index.aspx](http://www.hereford.anglican.org/churchwork/mission_ministry_and_development/deepening_discipleship/index.aspx)), which we would also encourage you to consult. We would also like to acknowledge the help of Sarah Brush, Toni Coulton, Caroline Pascoe, Brian Parfitt, Lynne Norman, Sally Nash, and Claire Wesley in suggesting useful material.

We hope that this will be of use to you in helping to start you on your 'Through-Life Discipleship' journey.

# Children

There is a mass of resources relating to children's and youth work and there is no doubt a lot more literature and study material relevant which we have not found. Please do contact us to recommend anything you think deserves to be included that is not already. We note that what constitutes appropriate nurture of children within faith is a topic which generates strong opinions, so it is important to form your own judgement on the value of the books and resources listed here. See also 'parenting' section.

**Organisations and websites** (*listed alphabetically within each section as far as possible*)

- ***Barnabas in Churches*** (<http://www.barnabasinchurches.org.uk/>) – an initiative of the Bible Reading Fellowship to resource children, churches and families to grow and explore faith. Offers training, resources direct working with churches.
- ***Children's Ministry/Family Ministry*** (<http://www.familyministry.co.uk/>) – details of annual conferences, book and resource reviews, downloads and more, relating to different aspects of working with children and families.
- ***Children's Work Magazine*** (<http://www.childrenswork.co.uk/>) – bi-monthly magazine featuring creative resources, articles, news and reviews on children's ministry. The website also contains a discussion forum.
- ***Godly Play*** (<http://www.godlyplay.org.uk/>) – a widely-used approach to Christian education and nurture for children based on the Montessori principle that learning works best when children are not 'told' but enabled to find out for themselves.

- **Going for Growth** - a report published by the Church of England looking at the provision for children and young people. Their website provides resources to support growing in faith, knowledge, understanding, discipleship and service. See <http://www.going4growth.org.uk>
- **Messy Church** (<http://www.messychurch.org.uk/>) – a widely-used approach to doing church with young families. Website includes a resource bank of ideas and stories from different messy church initiatives around the UK.
- The Methodist department for children and youth has a website with information and resources which may be helpful for schools, workers and parents involved with children from under 5 up to young adults. See: <http://childrenandyouth.org.uk/>

## ii) Study/Reflection materials

- **LightLive** is a free interactive web resource which can work in addition to the **Scripture Union Light** resources for children and young people. For more information about *Light* and *LightLive* see : <http://www.scriptureunion.org.uk/Light/42705.id>
- **Topz** are Bible reading notes produced by *CWR* for those aged 7-11 years old. It is produced bimonthly and is filled with games, puzzles, cartoons, simple prayers and Bible readings.
- **ALF 2** is a twelve session **discipleship** course by *Arise Ministries* that will help children aged 7-11 to discover how they can follow Jesus. (<http://www.ariseministries.org.uk/alf2.htm> )

iii) Books

- Kate Adams, Brendan Hyde and Richard Woolley, *The spiritual dimension of childhood* (Jessica Kingsley, 2008)
- Ivy Beckwith, *Postmodern children's ministry: ministering to children in the 21<sup>st</sup> century* (Zondervan, 2004)
- Marian Carter, *All God's children: sharing in the pastoral care of children* (SPCK, 2007)
- Carolyn Edwards, *Slug and snails and puppy-dogs' tails: helping boys connect with God* (IVP, 2011)
- David Hay with Rebecca Nye, *The spirit of the child* (Jessica Kingsley, 2006)
- Brendan Hyde, *Children and spirituality: searching for meaning and connectedness* (Jessica Kingsley, 2008)
- Ronni Lamont, *Understanding children understanding God* (SPCK, 2008)
- Yvonne Morris, *Side by side with God in everyday life* (BRF, 2011) is a book for parents to help children grow with God in all times.
- Rebecca Nye, *Children's spirituality: what it is and why it matters* (Church House, 2009)
- Anne Richards and Peter Privett (ed.), *Through the eyes of a child: new insights in theology from a child's perspective* (Church House, 2009)



- Margaret Withers, *Mission-shaped children: moving towards a child-centred church* (Church House, 2010)
- *God and Me* (Authentic, 2005) is a 365 day devotions book for 3-6 year olds which opens children's spiritual awareness through relating the Bible to the things around them.
- *Topz secret diaries* (CWR) are a number of short story books which help unpack God, faith and being a Christian for children.

# Tweenage

The word 'tween' to describe an older child/young adolescent has been in occasional usage since middle third of the twentieth century, although more widely used only within the last 20 years, partly as marketing experts have increasingly separated childhood into different stages and social researchers have observed rapid social and emotional development at this stage of life. The boundaries of 'tweenage' vary: most definitions focus upon the 9-12 age group although some include 8-14s.

## i) Organisations and web-based material

- **'Tweenagers and the Church'** CPAS Youth Leader Training Article [[http://www.cpas.org.uk/download/1814/web\\_upload%252FTweenagers-1295001913.pdf](http://www.cpas.org.uk/download/1814/web_upload%252FTweenagers-1295001913.pdf)]
- The 'Children Matter' website hosts a discussion group thread on tweenagers  
<http://childrenmatter.ning.com/group/workingwithtweenagers913s>
- A very brief but useful reminder on studying the Bible with tweenagers is found on the Anglican Diocese of Portsmouth's Department of Children and Youth pages:  
<http://dopcandy.portsmouth.anglican.org/tweenagers-and-studying-the-bible/>
- The Australian website Oasis Children's Resources has the following article about working with tweens:  
<http://www.oasischildrensresources.com/resources/downloads/WorkingWT.pdf>

ii) Study/Reflection materials

- **YPs** are Bible reading notes produced by CWR for those aged 11-15 years old, effectively the next step up from *Topz*. The YPs website also has a blog of reflections useful for this age group:  
<http://www.ypsonline.org.uk>
- **Word Up** study materials for groups of 11-14 year olds, produced by Scripture Union
- **RS2** (11-14 year olds) study materials produced by Youth for Christ for download/subscription at <http://resources.yfc.co.uk>

iii) Books

- ***It's your move: Your guide to moving to secondary school***, (Scripture Union, 2012) provides helpful information and advice for children moving school featuring bible study exercises and stories of real people. Available in packs of 10, see the following link:  
<http://www.scriptureunion.org.uk/9719.id>
- Leslie J Francis, 'Tweenagers in the Church: an empirical perspective on attitude development', *Journal of Beliefs and Values* 27:1 (April 2006), pp. 95-109
- Ruth Hassall and Ian MacDonald, ***Effective ministry to tweenagers***, (Grove Booklet Y7, 2007)
- Anne Philips, ***The faith of girls: children's spirituality and transition to adulthood***, (Ashgate, 2011)

# Youth

As with childhood, there are far more youth work organisations, books and resources than it is possible to mention here. We have given a selection of resources we have found ourselves, with more attention given to understanding adolescence as a life-stage, but we would warmly welcome any further suggestions to add to this guide.

## i) Organisations and websites

- The Methodist department for children and youth has a website with information and resources which may be helpful for schools, workers and parents involved with children from under 5 up to young adults. See <http://childrenandyouth.org.uk/>
- **Youthwork resource** (<http://www.youthworkresource.com/>) is a website full of all sorts of games, session plans and materials relevant to a range of work with young people.
- **Youthwork Magazine** (<http://www.youthwork-magazine.co.uk/>) – bi-monthly magazine featuring creative resources, articles, news and reviews on youth ministry.
- **Live Life 123** (<http://livelife123.org/>) is a project for developing life-long disciples through building encouraging relationships. It is being led by a number of organisations including *Urban Saints* and Matt Summerfield has written a book, *Don't make history, change the future*, as a part of this project.

- **Serious4God** (Youth department of *Elim*) have on their website resources for growing young people as Disciples of Christ. See <http://www.serious4god.co.uk/library/default.asp?ArticleCode=ART01331>
  - **OneLife** (<http://www.onelifeonline.org.uk>) is an organisation providing conferences and resources to connect and equip young people to lead well in every sphere of life.
- ii) Study/Reflection materials
- Mike Seaton, Meg Prowting & Penny Fuller, ***Participate! Helping young people explore discipleship and vocation*** (Barnabas, 2012) is a six session exploration of discipleship and vocation.
  - Tim Sledge & Ally Barrett, ***Get a Life!***, (Church House Publishing, 2008) is a five session course for 13-18 year olds exploring issues of calling, vocation and looking toward the rest of one's life.
  - **RS2** (11-14 year olds) and **Mettle** (14-18s) group materials with a focus on life issues young people face, produced by Youth for Christ for download/subscription at <http://resources.yfc.co.uk>
  - **Energize** is a resource produced by *Urban Saints* providing meeting plans, study materials and more for use with children and young people of a range of ages. See <http://www.energize.uk.net/> for more information.
  - **Growing Leaders Course (Youth Edition)** (CPAS): <http://www.cpas.org.uk/church-resources/growing-leaders-suite/growing-leaders-youth-edition>

### iii) Books

- ***Awesome on the inside***, Tim Hawkins (Good Book Company, 2007)
- ***The Cry of my heart***, Tim Hawkins (Good Book Company, 2008)
- ***Growing young disciples series***, Tim Hawkins (Good Book Company) is a series of 5 books titled *Discovering Jesus, First steps, life to the max, dealing with doubt, sticking with it*.
- Jenny Baker, ***Life Actually*** (Scripture Union, 2005) is for year 11 leavers considering the next stage of their lives.
- Andy Flanagan, ***Distinctive Worship: How a new generation connects with God*** (Authentic Media, 2004)
- ***Youth work after Christendom***, Jo & Nigel Pimlott (Paternoster, 2008)
- ***You lost me: Why young Christians are leaving church and rethinking faith***, David Kinnaman (Baker books, 2011)
- ***The Godbearing Life: The Art of the Soul***, Kenda Creasy Dean & Ron Foster (Upper Room, 1998)

# Further & Higher education

There are a number of organisations which do great work in supporting university students with quality resources however there appears to be less resourcing in the area of those studying at further education institutions perhaps highlighting assumptions about the life course Christian young people take.

## i) Organisations

- ***Festive*** is an organisation giving Christian support to students, staff, chaplains, church workers and supporters specifically in the Further Education and Sixth Form sector. See: <http://www.festive.org.uk/students/resources>.
- ***Fusion*** is an organisation providing various support for university students such as a church link-up for those moving away from home to university. More information can be found at <http://www.fusion.uk.com>.
- ***Student Christian Movement*** is a student-led movement composed of affiliated groups and chaplaincies with a particular focus on faith and justice. See <http://movement.org.uk/> for more information on materials and campaigns.
- ***UCCF*** exists to support and bring together most of the University Christian Unions. Their website <http://www.uccf.org.uk/> contains resources for students at different stages of their university life from freshers to final year.

- In addition, there exist several organisations dedicated to exploring the relationship between Christian faith and particular subject areas , and which offer opportunities for student involvement.

- 

## ii) Study/Reflection materials and websites

- [www.freshspace.org](http://www.freshspace.org) – accompanying website for the Krish Kandiah book listed below. Includes free downloadable small group study materials for student groups.
- ***Student Handbook/Cookbook: Christian Unions making life taste better*** (UCCF, 2008) is a free booklet for those who sign up for the UCCF link up.

## iii) Books

- Stephanie Bushell, ***Jesus in College*** (10publishing, 2008) is a semi-autobiographical reflection on living as a Christian through college life.
- Matt Stuart, ***Studentdom: A guide to student life from application to graduation*** (Kingsway, 2002)
- Krish Kandiah, ***Fresh*** (IVP, 2008) aimed at those starting university, this book with chapter study questions reflects on being a Christian at university, connected with the Freshspace.
- Krish Kandiah, ***Final*** (IVP, 2010) follows the same format as ***Fresh***, but this time is aimed at final year students, reflecting on the challenge of graduating and entering life post-university.



- TH1NK, *The Grad's guide to time with God*, (Nav Press, 2010)

# Young adulthood (20s and 30s)

Though most societies have made a distinction between those in young, middle and later adulthood, 'young adulthood' is increasingly recognised as a distinct stage of life within the contemporary West, with its own preoccupations and lifestyles. This is particularly because whereas a generation ago the traditional 'markers' of adulthood (long-term job, marriage, children, house, settling down) were often passed in quick succession in one's twenties, contemporary adults marry and have children later, may stay later in education, move through a succession of short-term jobs (if work is available) and more often need to save longer to put down a deposit on a house or flat of their own.

Nevertheless, there are very few resources specifically attentive to questions of discipleship and young adulthood. Of those that do exist, the majority assume a pathway through Higher Education and into work (although some of this material may be relevant to those not attending university). As a result of the paucity of resources produced in the UK in particular, a number of overseas (particularly US) publications are also included here, where available through larger internet booksellers or in selected extracts online.

## i) Organisations and websites

- **Graduate Impact** is an initiative of *IFES* which seeks to equip graduates to reach their workplaces for God. Their website includes various study materials and a blog 'a handbook for life after university' <http://www.graduateimpact.org/>

- **Missing Generation** is an initiative of the Young Leaders forum of the Baptist Union of Great Britain, focused on resourcing and developing discipleship and leadership amongst 18-30s. Their website and blog features a number of threads on young adults, discipleship and mission <http://missinggeneration.com/>

## ii) Study/Reflection materials

- IFES have also partnered with the *London Institute for Contemporary Christianity* in producing a booklet: **Transition**, available at <http://www.licc.org.uk/shop/product/transition> .
- **Transition** is a free resource produced by UCCF for recent graduates making the transition from university to the workplace. This can be found here <http://www.uccf.org.uk/final-year/transition.htm>

## iii) Books

- Joanna Sutherland, ***Real Life: Surviving after education*** (IVP 2005)
- Krish Kandiah, ***Final*** (IVP, 2010) reflects on the challenge of graduating and entering life post-university.
- Richard Lamb, ***Following Jesus in the 'Real' World: discipleship in the post-college years*** (IVP, 1995) - written for the American college (i.e. university) context but some useful material
- ***The Graduate A-Z: An A-Z for life after university*** is a recently published joint publication by *Fusion* and the *London Institute for Contemporary Christianity*.

- Bruce Main, *If Jesus were a senior: last-minute preparations for post-college life* (Westminster John Knox, 2003) – as above, but drawing on a wider range of Christian spiritual writing
- Laurent Parks Daloz et al, *Common fire: lives of commitment in a complex world* (Beacon Press, 1997) – coming somewhere between ‘young adulthood’ and ‘midlife’, this US study focuses upon one hundred women and men in their thirties and forties who have been able to sustain a long-term commitment to transforming the world around them. Not specifically a theological study, but co-author Sharon Daloz Parks is a leading writer on faith development theory and the book is attentive to similar questions.

# Work/Career transitions

A significant number of organisations exist which aim to support Christian discipleship in the context of work, whilst a growing number of initiatives focuses on the churches' response to unemployment. A more comprehensive survey is given in *About our Father's Business: a Faith and Work Resources Toolkit*, produced in 2010 by the Churches' Industrial Group Birmingham and St Peter's Saltley Trust.

<http://www.saltleytrust.org.uk/pub/About%20our%20Father's%20Business%202010.pdf>.

As a result, this section offers a small selection of newer resources with a particular focus on work and career transitions.

## Beginning Work (see also 'Young Adulthood')

- Jago Wynne, *Working without wilting: Starting well to finish strong* (IVP, 2009) - aims to equip readers for their first few months of work.

## Unemployment

- Peter Curran has written two short booklets: *Handling Redundancy* (Grove Books, 1995) and *Overcoming Redundancy* (CWR, 2002) though both are currently difficult to find.

## Retirement

- Richard S. Jensen, *Finding the Jewel in job loss: Walking by faith in unemployment* (CLC, 2011)
- Geoffrey Perry, *Approaching Retirement: A-Z thoughts on accepting and enjoying a new lifestyle in retirement*, (Geoffrey T. Perry, 2012)

- John Piper, *Rethinking retirement* (Crossway, 2009)
- David Winter, *The Highway Code of Retirement* (CWR, 2012) follows the same format as the books of a similar title under marriage and parenting.

We note that a number of Christian denominations offer mid-career or retirement preparation courses for ordained ministers and licensed workers, but few similar opportunities for other Christians.

# Marriage

There is a large amount of material in existence on Christian marriage, and it is only possible to scratch the surface here. There are somewhat fewer resources on supporting others through marriage/relationship breakdown.

## i) Organisations and websites

- **Foundations** is a charity based in the Sutton Coldfield that provides resources and puts on courses and workshops relating to marriage, parenting, divorce and preparation for marriage. See their website for more details: <http://www.foundations-westmidlands.org.uk/>
- **Relationship central** is the online base for the marriage, parenting and other courses published by Alpha. See <http://www.relationshipcentral.org/>

## ii) Study/Reflection materials

- **Growing Together**, Andrew Body (Church House, 2007), is also aimed at couples preparing for marriage.
- **Loving for Life**, is a marriage preparation resource run by Mothers' Union, not for couples but, for training those preparing couples for marriage. More information can be found at [http://www.themothersunion.org/loving\\_for\\_life.aspx](http://www.themothersunion.org/loving_for_life.aspx)
- **The Marriage course** (Alpha) is aimed at all married couples, no matter how long they have been married.

- ***The Marriage Preparation course*** (Alpha) is aimed at those soon to be getting married.
- ***Preparing for Marriage***, Peter Jackson (Good Book Company, 2007) is also a marriage preparation course.

iii) Books

- Nicky and Sila Lee, ***The Marriage Book*** (Alpha, 2009 4<sup>th</sup> ed.)
- Michael & Hilary Perrott, ***The Highway Code for Marriage*** (CWR, 2005)
- Christopher Ash, ***Married for God: Making your marriage the best it can be*** (IVP, 2007)
- Timothy Keller with Kathy Keller, ***The Meaning of Marriage*** (Hodder & Stoughton, 2011)
- Katherine & Richard Hill, ***Rules of Engagement: How to plan a successful wedding & how to make a marriage last*** (Lion, 2009)

We have attempted to include more general books of marriage than focus on literature related to marital counselling or other issues.



# Parenting

Like marriage, parenting is a topic on which many books have been written. Parenting courses have been popularly used as a service to the local community outside the church. It is worth considering how much the following resources simply help with the task of parenting as opposed to growing one's faith as a disciple whilst being a parent.

## i) Organisations and websites

- ***Care for the Family*** is an organisation founded by Rob Parsons which provides support to family life. Their website (<http://www.careforthefamily.org.uk/services/>) has lots of helpful articles and downloads for a range of family situations (including for single parents, step-parents and fostering). See also books by Rob Parsons below.
- ***The Mother's Union*** offers a wide variety of resources on parenting – see particularly their parenting programme listed in the following section.

## ii) Study/Reflection materials

- ***Family Time: Parenting Children course***, Mark & Lindsay Melliush. Also ***Family Time: Parenting Teenagers course***, Paul & Christine Perkin. More information can be found at <http://www.new-wine.org/resources/family-time>
- ***Mothers' Union Parenting programme***, like the marriage preparation is for training facilitators of parenting support as opposed to parents

themselves. Various downloadable resources are also available at [http://www.themothersunion.org/parenting\\_programme\\_ukandireland.aspx](http://www.themothersunion.org/parenting_programme_ukandireland.aspx) addressing issues such as staying at home or returning to work.

- ***The Parenting Children/Teenagers Course*** (Alpha) is the course for parents providing support and practical help, there is a separate course for those parenting/caring for 0-10 year olds and 11-18 year olds. More information can be found at <http://www.relationshipcentral.org/>
- ***Putting Parenting to Bed***, Ann Benton (Good Book Company, 2008) is a short parenting course based around key Bible passages.

### iii) Books

- Benjamin Kerns, ***Holy Parenting: Making the common sacred***, (Createspace Independent Publishing Platform, 2012) is particularly written for new parents finding they now struggle to find time to cultivate their faith.
- Nicky & Sila Lee, ***The Parenting Book*** (Alpha, 2009) follows the same format as *the marriage book* by the same authors.
- Rob Parsons and Care for the Family have produced a wide range of books on family life and parenting, the best-known being the 'Sixty Minute' series (e.g., ***Sixty Minute Father/Mother/Family***) and more recently ***How to get your kids through church without them ending up hating God*** (Monarch, 2011)
- Richard Patterson, ***Families with Faith: Survival skills for Christian parents***, (Scripture Union, 2007)

- Michael & Hilary Perrott, *The Highway Code for Parenting* (CWR, 2007)
- Tim Stafford, *Never mind the Joneses: building Christian values into your family* (Authentic, 2004)
- Jo Swinney and Katherine Hill, *Keeping faith: being family when belief is in question* (Scripture Union, 2012)
- Rachel Turner, *Parenting children for a life of faith* (BRF, 2010)
- Rachel Waddilove, *The Baby Book: How to enjoy year one*, (Lion, 2006)
- Rachel Waddilove, *The Toddler Book: How to enjoy your growing child*, (Lion, 2008)
- Scott Turansky & Joanne Miller, *The Christian parenting handbook: 50 heart based strategies for all the stages of your child's life*, (Thomas Nelson, 2013)

# Mid-Life

This is a stage of life which has received very little attention on its own terms; perhaps partly due to the widening diversity of human experience from mid-life onwards, perhaps partly because for those in work during this stage of life it can be a time of considerable busyness, when we are encouraged to reflect and prioritise, but frequently allow ourselves little space to do so. The boundaries of 'mid-life' are also shifting: whereas a century ago many commentators regarded mid-life as beginning in one's mid- to late-30s, the trend towards longer and more active life-spans and the tendency for the post-war generation in particular to wish to remain youthful have pushed popular perceptions of middle age later in the life-span ('sixty is the new forty' as the popular saying goes). Indeed, the tendency to ignore mid-life as a stage of Christian discipleship may reflect this a wider cultural trend to view mid-life negatively: whereas earlier centuries frequently viewed this period as 'the prime of life', more recently 'middle age' has frequently been used as a negative term.

- *The Midlife Christian Woman*, Rosalie Garde blogs at <http://midlifechristianwoman.blogspot.co.uk/> reflecting on the challenges and opportunities of mid-life.
- Harold Koenig, *Aging and God: spiritual pathways to mental health in midlife and later years* (Routledge, 1994) – primarily an academic study aimed at religious professionals
- Joyce Rupp, *Dear heart, come home: the path of midlife spirituality* (Crossroad, 1996)

- Ali Stibbe, *A spacious place: contemplating the second half of life* (BRF, 2012)
- Paul David Tripp, *Lost in the middle: Mid-life and the grace of God* (Shepherd Press, 2004)
- Stephen Arterburn, *Mid-life manual for men (Life transitions)* (Bethany House, 2008)

# 3<sup>rd</sup> and 4<sup>th</sup> age

Rather than treating late adulthood as one single stage – ‘old age’ – many (though not all) observers now distinguish between ‘3<sup>rd</sup> age’ (active later life/early retirement, in one’s late 50s or early 60s to mid-70s) and ‘4<sup>th</sup> age’ (mid-70s onwards, depending on health and other circumstances, into extreme old age). Not everyone likes this terminology – some sociologists have even seen it as a desperate attempt by the first ‘teenagers’ (now into their 60s and 70s) to avoid labelling themselves as elderly! Debates over 3<sup>rd</sup>/4<sup>th</sup> age type terminology also reveal quite different views as to what defines old age: number of birthdays? Increasing infirmity or dependence upon others? Retirement from work?

Although the terms 3<sup>rd</sup> and 4<sup>th</sup> age are not always popular or indeed helpful, there is a growing amount of resourcing and attention to questions of discipleship and mission in relation to ageing. The ageing of both the churchgoing and wider UK populations has certainly played an important part in this. Some of the resources below are for personal use but also for churches to consider their work with those in later life. Because many of the resources listed cover both 3<sup>rd</sup> and 4<sup>th</sup> age issues, we have not separated the material into further subdivisions.

## i) Organisations and websites

- ***The Christian Council on Ageing*** aims to be a Christian voice on issues affecting older people in church and society. See <http://www.ccoa.org.uk/>

- ***The Generations Project, Solihull*** is a new initiative seeking to develop the Church's ministry to care homes and with older people. The resources pages of its website contains links to a number of useful reports and publications, some of which are listed below under 'books'. (<http://www.generationsolihull.org.uk/resources.html>)
- ***The Leveson centre for the study of Ageing, Spirituality and social policy*** has a website of publications and resources in relation to a number of ageing issues. See <http://www.leveson.org.uk/levesoncentre/index.htm>
- ***Methodist Homes (MHA)*** is an organisation which provides support to older people. They are published various resources which are available from their website <http://www.mha.org.uk/publications.aspx>
- ***The Outlook Trust*** aims to equip those wishing to undertake Christian mission and ministry amongst the elderly (<http://outlook-trust.org.uk/>)
- ***PARCHE*** (Pastoral Action in Residential Care Homes for the Elderly) provides information, resources and training to equip churches for ministry in this sphere (<http://www.parche.org.uk/>)
- ***PSALM***, is an organisation providing workshops, seminars and short courses for those in 3<sup>rd</sup> & 4<sup>th</sup> age, and is based in London. For further information see <http://www.psalms.org.uk>
- ***Regenerate-RISE*** (<http://www.regenerate-rise.co.uk/>) is a Christian organisation tackling isolation and social exclusion amongst the elderly.
- The ***Senior Volunteering Network*** is a Christian educational charity aiming to link experienced teachers with agencies needing short-term help, usually overseas (<http://www.svnet.org/>).

- The Baptist Union are developing a project, called **12:1**, a gap year type programme for personal development, particularly aimed at third age baby boomers rather than the typical young person post-education. Further details can be found here:  
<http://www.baptist.org.uk/mission-opportunities.html>

ii) Study/Reflection materials

- ***Discovering Faith in later life***, Mike Colley, is a free resource which reflects practically and theologically on how to best address the spiritual needs of older people. The series, discussing a range of areas, can be found here:  
[http://www.churcharmy.org.uk/,s/sc/OllderPeople/sfc\\_DFiLL.aspx](http://www.churcharmy.org.uk/,s/sc/OllderPeople/sfc_DFiLL.aspx)
- ***From Generation to Generation***, The Jubilee Centre, an organisation for Christian social reform has a series of four Bible studies reflecting on attitudes to the elderly. This can be downloaded for free at  
<http://www.jubilee-centre.org/uploaded/files/From%20Generation%20to%20Generation%20Bible%20Studies.pdf>
- ***A Theology of Ageing; Ageing well***, is a resource of personal reflection on the process of ageing produced by SCOP (Spiritual Care of Older People), the Diocese of Oxford. This can be found at:  
<http://www.oxford.anglican.org/document-manager/view-document-details/6223-scop-theology-of-ageing.html?tmpl=component>
- ***A Mission-shaped Church for Older people? Practical suggestions for local churches*** contains a wealth of resources including material for PCC discussion, training materials and practical ideas. Available to download from <http://www.encountersontheedge.org.uk/further-publications.html>



- ***Happy Birthday Anyway!***, (Church House, 1990) is a study guide based on *Ageing*, a report from the Board of Social Responsibility. Although some of the demographic and social policy information is now out of date, it does provide some helpful reflection on ageing for use with small study groups.
- ***A Lent course for older adults***, written by Ann Morisy, found online at: <http://www.stpancraschurch.org/index.php?id=144>
- ***The Association of Brethren Caregivers*** (USA) have produced a text of worship resources and quotes for older adults, found at: <http://www.caregiverslibrary.org/portals/0/Older%20Adults%20module%202.pdf>
- The ***Baptist Union*** website contains a number of resources for mission related to age and life-stage, particularly for third age, projects ***Fresh Horizons*** and ***Urban Pioneering***. More information can be found here: <http://www.baptist.org.uk/age-specific-mission/the-second-half-of-life/third-age-baby-boomers.html>

### iii) Books

- ***Going on Growing***, produced by the Methodist Church and Church of England, offers a valuable introduction to questions of discipleship and later life: <http://www.churchofengland.org/media/1374769/goinggrowing.pdf>
- Robert Atwell, ***The Contented Life: Spirituality & the gift of years***, (Canterbury Press, 2011)
- Joan Chittister, ***The Gift of years***, (Darton, Longman & Todd, 2008) is a reflection of accepting and celebrating age.

- Brian Grogan, *To Grow in Love: What is God trying to make of us in later years?* (Messenger, 2011)
- Albert Jewell (ed.), *Ageing, spirituality and wellbeing* (Jessica Kingsley, 2004) – with chapters by a variety of contributors providing a useful introduction to research on ageing and spirituality.
- Ian Knox, *Older people and the Church* (T&T Clark, 2002)
- Elizabeth McKinlay, *The spiritual dimension of ageing* (Jessica Kingsley, 2001) – a leading academic study
- Rob Merchant, *Pioneering the Third Age: the Church in an ageing population* (Paternoster, 2003)
- John Piper, *Rethinking Retirement* (Crossway, 2008) challenges those entering retirement to persevere in old age, finishing life for the glory of Christ. A free ebook can be downloaded at <http://www.desiringgod.org/resource-library/books/rethinking-retirement>
- Richard Rohr, *Falling Upward: A spirituality for the two halves of Life*, (Joey Bass, 2011)
- Penelope Wilcock, *Learning to let go: the transition into residential care*, (Lion, 2010)
- James Woodward *Valuing Age* (SPCK, 2008) covers a range of issues relating to the ageing population, a major section looks at responding to and learning from older people.

# Other resources on the life course/ transitions / generation

The following resources are a real mix of items which could not fit into the above life stage/transition categories but which reflect on some of the themes we are interested in such as a 'life-long view' and more general material on life course or transitions and the relationship between generations.

## General Bible and Theology of Age/ing

- J. Gordon Harris, *Biblical perspectives on ageing: God and the elderly* (Fortress, 1987)
- K. Brynolf Lyon, *Toward a practical theology of aging* (Fortress, 1985)
- Stanley Hauerwas et al., *Growing Old in Christ* (Eerdmans, 2003)

## Discipleship and the Life Course/Human Development

- James W. Fowler, *Stages of faith: the psychology of human development and the quest for meaning* (Harper and Row, 1981) – very influential (though not universally accepted) theory of how we develop as 'meaning makers' throughout the life course.
  - For a good summary of critiques of Fowler, see: Jeff Astley, 'Insights from faith development theory and research' at: <http://passingonthefaith.org.uk/docs/Insights%20from%20Faith%20Development%20Theory%20and%20Research.pdf>

- John M. Hull, *What prevents Christian adults from learning?* (SCM, 1985) – perceptive study of adult Christian learning which is attentive to questions of ageing
- J Philip Newell, *One foot in Eden: A Celtic view of the stages of life* (Paulist Press, 1999)
- *Lifelong Faith Associates* is a US-based organisation seeking to develop faith formation in all generations. Their journal is free to download at <http://www.lifelongfaith.com/lifelong-faith-journal.html>
- Susan Sayers, *Living Well* (2007) – a four week café-style course exploring daily life in the context of God’s love. Full resource pack includes CD-ROM with ready-to-use materials and a series of gift books for participants on living well at different life stages (as children, parents, grandparents, godparents, etc)
- Nicola Slee, *Women’s faith development: patterns and processes* (Ashgate, 2004) – based on research interviews
- Thomas Vaughn, *Spiritual Seasons: Discover God’s purpose for each stage of your life* (Chosen, 2005)
- James Estep and Jonathan Kim, *Christian Formation: Integrating Theology and Human development* (B & H, 2011) is a helpful reflection on theories of cognitive, spiritual, faith and psychological development in light of the Bible and Christian theology.
- J.D. and E. E. Whitehead, *Christian life patterns* (Crossroad, 1996)
- Peter Feldmeier, *The Developing Christian: Spiritual growth through the life cycle* (Paulist Press, 2007)

- **“Living your faith discipleship course”** (Diocese of Guildford), module 1 and particularly session 1 reflects upon issues of life stages and the journey of life. <http://www.cofeguildford.org.uk/lifeandfaith/module-1-journey-of-faith/>
- **‘The seven ages of a house group member’, *Open House Magazine 25 (1994)*** – this short article from CPAS is now out of print but contains useful reflections on small groups in relation to different life stages.

### **Discipleship through times of personal transition**

- Mark Earey, ***Worship that cares: An introduction to pastoral liturgy*** (SCM Press, 2012) explores how liturgy and rites can be used in life and community outside of the regular church context, for example marking the transition of retirement or significant points in community life.
- ***Life transitions***, the Evangelical Lutheran Church of America has on their website a number of articles addressing a wide range of life transitions and stages, this can be found at <http://www.elca.org/Our-Faith-In-Action/Life-Transitions.aspx>
- Alan Jamieson, ***A Churchless faith*** (SPCK, 2002) is based on research with those who have sought to continue their spiritual journeying beyond the church.
- Alan Jamieson, ***Chrysalis: the hidden transformation in the journey of faith*** (Paternoster, 2007) explores processes of change and transformation in personal faith and worldview, and how to accompany people through them.
- Jeff Manion, ***The Land Between: Finding God in difficult transitions*** (Zondervan, 2010) is a book reflecting on undesired transitions, covering

topics such as unemployment, business failure, ill-health and post-graduate uncertainty.

- Romney Moseley, *Becoming a self: critical transformations before God* (Abingdon, 1991) brings theories of psychological development into conversation with spiritual writing on Christian transformation.
- Philip Richter and Leslie J Francis, *Gone but not forgotten: a study of church leaving and returning* (Darton, Longman & Todd, 1998) is a study of faith journeys in and out of church.

### The Church and Generations

- Graeme Codrington & Sue Grant-Marshall, *Mind the gap* (Portfolio Penguin, 2011) does not specifically deal with Christian discipleship but offers a helpful way into the theme of generations.
- Sylvia Collins-Mayo, Bob Mayo, Sally Nash with Christopher Cocksworth, *The Faith of Generation Y* (Church House, 2010)
- Jason Gardner, *Mend the gap: can the Church reconnect the generations?* (IVP, 2008)
- David Hilborn and Matt Bird, *God and the Generations* (Paternoster, 2002)
- Gordon Lynch, *Generation X and the search for meaning* (2002) – also a talk by the author available at <http://www.greenbelt.org.uk/media/talks/13855-gordon-lynch/>
- Ann Morisy, *Borrowing from the future: a faith-based approach to intergenerational equity* (Continuum, 2011)

- Sara Savage, Sylvia Collins-Mayo, Bob Mayo with Graham Cray, ***Making sense of Generation Y*** (Church House, 2006)
- Lucy Moore, ***All Age Worship*** (BRF, 2010)
- Sandra Millar, ***Worship together: Creating all age services that work*** (SPCK, 2012)
- WC Roof, DA Roozen and JA Carroll (eds), ***The post-war generation and establishment religion: cross-cultural perspectives*** (Basic Books, 1998) is more of an academic study but is included because of the scarcity of other material on the faith of the baby-boomers.
- John Westerhoff, ***Will our children have faith?*** (Thomas Moore Press, 2000) – a classic study on passing on faith to future generations.

## Other

- ***The Journey of Life***, in 2002 Saddleback Church (led by Rick Warren, author of *The Purpose Driven Life*) gave a sermon series covering issues such as mid-life transitions, parenting and finishing well with your parents found at <http://www.saddlebackresources.com/The-Journey-Of-Life-C885.aspx>
- Three episodes of Melvyn Bragg's BCC Radio 4 series 'In our Time' deal offer an accessible way into changing understandings of 'childhood', 'youth' and ageing' and are available to listen free at:
  - Childhood - <http://www.bbc.co.uk/programmes/p0054653>
  - Youth - <http://www.bbc.co.uk/programmes/p00548x7>
  - Ageing - <http://www.bbc.co.uk/programmes/p00545c0>

