



*edited by*

**HENRY MORGAN & ROY GREGORY**

The  
**GOD**

You Already Know

Developing your spiritual  
and prayer life

Over the last few years, the 'Soul Space' initiative at the Greenbelt Festival has provided spiritual direction for people wanting to talk about their faith journeys, and a prayer corner where a variety of ways into prayer may be explored. This highly readable volume has been compiled by two of the spiritual directors involved in this work.

*The God You Already Know* opens by looking at how to recognize and build upon our own experience of God, and how we might learn from those times when God seems silent and absent. It then offers the stories of a number of people who have found helpful ways of praying in particular circumstances, in sections headed 'God in our passions', 'God in our pain' and 'God in the midst of life'.

'Our work has led us to believe that most people know most of what they need to know about God already; they don't need new information, but they do need encouragement and confidence to trust their own instincts. We believe that God created us to pray and that therefore it is a natural activity of which we all have some experience.'

*From the Editors' introduction*

**HENRY MORGAN** left Anglican parish ministry in 1992 to set up the Annunciation Trust, which supports and encourages the ministry of spiritual direction. He is the current Chair of Spiritual Directors in Europe.

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