



Rooted Loved Affirmed

FRANCES MILES

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Have you ever considered how your family, background, and Relationships have shaped you? Through relatable stories and personal reflection, 'Rooted, Loved, Affirmed' explores the universal need to be acknowledged and encouraged. Discovering that we are truly known and deeply loved by God can transform us - and our relationships!

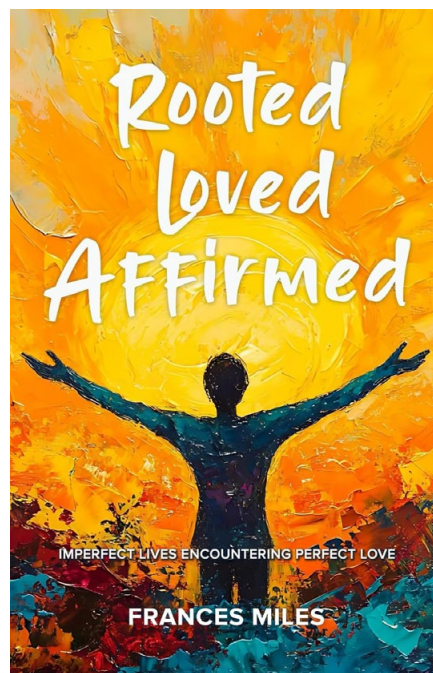
For twenty years, the author has pondered the importance of how family backgrounds and relationships shape us. At last she has put pen to paper!

Plentiful use is made of story-telling in this book: stories from the bible, well-known characters in history, the author's own family experiences, as well as people she has encountered quite casually. From these stories, Frances draws the conclusion that being 'rooted, loved and affirmed' is vital for every human being.

She brings our attention to words spoken by God at the baptism of Jesus: 'You are my son. With you I am well pleased' and offers her conviction that this affirmation was crucial to the ministry of Jesus.

Each chapter ends with 'A Thought for Today', encouraging reflection.

In terms of childhood upbringing, my wife and I are polar opposites. However, both of us have found this



book stimulating and helpful as it has enabled us both to reflect on the fact that our deepest security has been found through a relationship with Christ.

Alongside the book, Frances has prepared a study guide in six sessions, based on the main themes in the book. These sessions lead into bible study and personal reflection. They also include suggestions for practical action, both personal and as a group.

In a decade when we have become acutely aware of the high levels of mental health problems affecting our teenagers, often accompanied by their struggle for identity, this is a very timely book, especially for

parents, teachers and all who have close relationships with children and young people as they travel through their formative years.

Frances conveys a clear message, running through the book, that being rooted and affirmed in God's love is all powerful, whatever the circumstances of our upbringing. Once opened, it is difficult to put this book down! It is eminently readable, engaging and thought-provoking.

Reviewed by Rev Gordon Newton, Supernumerary Minister in the Westminster Circuit

Frances Miles' varied professional career has included working on the Senior Leadership Team for the Christian charity Stewardship. Since 2022, she has focused on charity work and supporting her family and husband, Rev Tony Miles, who is Superintendent Minister at Methodist Central Hall Westminster, where Frances is an active member.