

thefeed

TBN | UK

BETH REDMAN
NICKY & PIPPA GUMBEL
PSALMS & STRETCHES

Winter 2023/24

Joy to the world!

We love Christmas here at TBN UK. Every year we get to capture beautiful Christmas worship and services, and of course we enjoy all the fun of the festive season.

But we also know that this time of year can be intense. For anyone in church leadership, the schedule can be punishing. Financial strain and the pressure to have a 'perfect Christmas' can bring up so much pain and anxiety for us all.

We hope that this winter edition of The Feed offers a moment of refreshing and encouragement. Nicky and Pippa Gumbel (p4) share their personal stories of finding strength in God's presence. Beth Redman (p12) invites us to bring our authentic selves to God, pain and all. Psalms & Stretches lead us in a moving meditation to psalm 34 to help us take a moment of peace in the chaos, and if you are ready to

relax, we've got you covered with our pick of uplifting Christmas streaming (p7).

As we look towards the new year, we encourage you to be font-footed, seeking God for the 'new thing', with our live, interactive programme Stirring the Waters of Revival (p15).

If your December feels a little more frazzled than festive, remember that on that first Christmas, Jesus wasn't born into a 'perfect' world. He chose to enter this world in a stable, and meet us in our mess. I pray that whatever your circumstances, you would know the peace, joy and hope of Emmanuel, God with us, this Christmas.

Merry Christmas and New Year!



Graham Ormiston
TBN UK

TBN | UK

TV that feeds the soul.

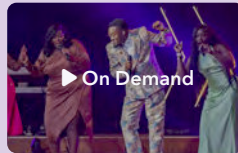
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**"Christmas can
so easily
overwhelm us
but the
message is
simple and
personal.
God loves you."**

– Beth Redman, page 12

A photograph of Nicky and Pippa Gumbel, an older couple, laughing together outdoors. Nicky is on the right, wearing a blue blazer over a dark sweater, and Pippa is on the left, wearing a brown leather jacket over a white shirt. They are both smiling broadly and looking at each other. The background shows a brick building and some greenery.

Nicky & Pippa Gumbel

How to read the Bible in a year

Craig Groeschel called the Bible in One Year **'the best devotional plan ever'**. We caught up with Nicky and Pippa Gumbel to talk about the personal spiritual disciplines that fuel their faith, and how those have developed into a devotional plan that is strengthening believers all over the world.

You both give out a huge amount. What nourishes your faith? How do you encounter God?

Nicky For me the Bible is the main way. I was an atheist and I encountered Jesus through reading the New Testament, and for almost 50 years now, it remains the main way I connect with God. I expect that God will speak to me each day as I read it, and I find that's true.

Every day there are so many verses that speak to my heart, refresh my soul, and strengthen me.

Pippa If I can take one thing out of the Bible each morning that's great, and I try to hang on to that one thing in a busy day.

But I also put on some worship and I play it very loudly, and that's so wonderful to be able to worship God in the kitchen by yourself while you clear up madly.

How did your personal time with God develop into the Bible in One Year devotions?

Nicky In 2006 someone came on Alpha and he and his wife were trying to find a way into reading the Bible. I offered to send our thoughts to them each day - literally just to them. Then we realised, we might as well send them to our congregation. Someone made an app and it started to spread.

Then it was in other languages, and now on the app you can listen to it, there is an express version and even a youth version. I think two million people are doing it. As many people are doing the Bible in One Year as are doing Alpha each year! We've been totally amazed by the impact.

Why are you so passionate about sharing the Bible in One Year?

Pippa The world has been shaken, there is a lot of fear and worry and anxiety. I think it means that we've got to get our roots deeper as things shake more, otherwise we will fall. We've just got to keep our roots really deep.

Nicky I remember hearing Bishop Tom Wright saying that of the people he knew when he was a student, the ones who kept going in the Christian faith are the ones who had a regular pattern of reading the Bible.

People often ask me 'what's the follow up from Alpha?' There are two things we want to encourage: one is that everyone joins a church, and the second is they need food - spiritual food - or they get weak. Whether it's the Bible in One Year or another way, we want to get everyone reading the Bible on a regular basis, not just once in a blue moon.

It can be easy to fall off the wagon with devotional discipline. How do you make sure time with God is always a priority?

Pippa Nicky is the most disciplined person I know, even on Christmas day he'll be locking himself in the study to read the Bible, even if I'm saying, 'there's so much to do!'

Every morning Nicky brings me a cup of tea and I start every day listening to the Bible in One Year.

I have to confess today I fell back to sleep so I had to listen to it again.

I think you must never beat yourself up, you've got to do it in whatever way you can, even if it's putting in your ear pods as you do other things and listening to the word of God, I think that works.

Pippa, you've been through a challenging time with your health. What has your devotional time looked like through that journey?

Pippa The dependence on other people's faith when you're going through a hard time is hugely important, and I know it's the prayers of people that got me through it. I definitely didn't read the Bible every day.

We're not made to be isolated people. We need to have a Christian community around us. Every Monday morning, we have a prayer meeting with our oldest friends, and it makes such a difference, having people around you who are praying.

Nicky It's wonderful, it's an hour of heaven. We're supposed to pray for an hour and we laugh for 57 minutes and pray for 3.

Pippa A little longer, 5 minutes maybe...

Nicky They have been such a support to us. There are times we could not have got through without them. And there was one time where I really don't think I could have survived without that group around praying for us and giving us wise advice, and they still do. Every Monday I'm asking, 'What do we do now? Help!'.

You are working with Christians across all denominations and from every part of the world. What do you see God doing?

Nicky The church is growing fastest and strongest in Africa, Latin America and in China and Asia.

Pippa I find that deeply humbling, that in a lot of places the church has lots of persecution and yet the church is growing and is vibrant.

Nicky One of the Bible in One Year readings I read today is from 1 John:

Do not be surprised, my brothers and sisters, if the world hates you (1 John 3:13 NIV)

Don't be surprised if you get opposition. In Europe, Christianity has been in decline for a long time now.

Being a Christian is a term of abuse almost, we get laughed at or called bigots. But keep going! Where there is persecution, the church is thriving. And there is always a remnant.

Pippa Travelling around the UK, there are amazing churches. With all the churches we've been to, we've been absolutely astounded by all that they're doing. And not only are they full of people worshipping, but they're doing refugee work, they're helping the community. The Church is strong.

Nicky I think the decline of Christianity in the West could turn around, there's a sense that the Holy Spirit is doing a new thing and it's an exciting time to be alive.

Visit tbnuk.link/bible for more information



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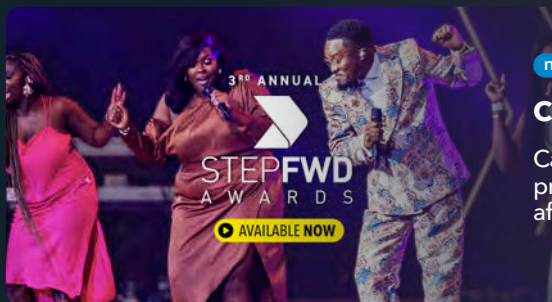
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A man in a plaid shirt and cap playing an acoustic guitar.

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Psalms & Stretches

If you're looking for a way to de-stress this festive season, we've got you covered. We filmed ten short sequences with Psalms & Stretches, a class 'where wellbeing meets worship'.

Gentle exercises are linked with scriptures, breathing, and meditation to

take you into a deeper knowledge of God's word.

With anxiety on the rise and the strains of Christmas and the new year ahead of us, Ruth Carpenter and Emma Wilson share the profound power of combining body, soul and mind in prayer.

The Psalms & Stretches journey



Ruth

Psalms & Stretches is centred around a psalm sequence, which is a moving meditation sequence linking the scripture with gentle exercise. My background is in dance and fitness, and I created the first sequences for myself when I wanted to develop my prayer life and deepen my knowledge of the word.

I started running classes for my church group, where Emma was my pastor.



Emma

After 15 years as a dancer in West End shows, I'd planted a church in Soho with my husband. We had three young children, I was still dancing and teaching, and had also started making films. A film project I was working on went horribly wrong and I had a bit of a breakdown. It was my first time experiencing physical symptoms of anxiety. I was having heart palpitations, I couldn't sleep. I started using Ruth's Psalms and Stretches sequences first thing in the mornings and last thing in the evenings to help me go to sleep. It helped me so much. God used Psalms and Stretches so powerfully in my life to bring healing.

Meditating through repetition



Ruth

There is something really special about physically embodying prayer. We repeat the same psalm sequence for a month, so the movements and scriptures become second nature, allowing us to meditate on the word. As it becomes part of our muscle memory, it truly becomes a moving meditation.



Emma

As we're doing the movements, we invite the Holy Spirit to speak to us through the verses. I find that the revelation of those verses haven't just stayed in my brain but have gone down into me because of the physical embodiment.

I have had huge revelations on verses that I think I know, that I think I understand.

Nurturing body and soul



Ruth

The physical aspect of the class is really accessible. It can be challenging if you want it to be, but it's definitely nourishment, not punishment. Having worked in the fitness industry there is a whole 'no pain no gain' attitude that doesn't help us respect our bodies.



Emma

Having both trained at the hard end of the wedge of dance training, we're both very passionate about that nurturing restorative movement. You can go at your own pace, and there are seated classes available.



Ruth

You can attend classes in person or you can join an online class from home. We've developed instructor training that is allowing Psalms & Stretches to spread all over the UK and internationally. We're launching a class in a prison soon, and we are really excited to see what doors God will open next. It would be wonderful to see Psalms & Stretches available in schools, prisons, gyms, and community groups all over the country.



Emma

We've seen a huge rise in anxiety in the UK. God talks about renewing our minds and we know that using the relationship between our mind, body and spirit is a powerful way to shape new neural pathways. My experience of doing the movements with the verses was a transformation of my mind, and peace started to come.

People come for different reasons, some people come for the physical exercise, and they're surprised by how encouraged they feel spiritually, while others come for the spiritual and meditative side, and they're surprised that they start to feel their stomach muscles.

It's not just exercise, it's metaphorical for what's going on in our spirits, and I think that's what surprises people, that the movements inform their bodies and minds in ways that they hadn't anticipated. They just came for a bit of exercise, and they got a whole lot more.



Ruth

It's very simple but powerful.

We get asked a lot "is it yoga?" - the short definitive answer is **no**. Psalms & Stretches is a movement class that uses a range of stretches and positions from a modern fitness perspective. For a longer answer, read our blog at tbnuuk.link/is-it-yoga



"Taste and see.."
**Hands towards
mouth and look up**



"that the Lord is good"
**Squat and arm
circle upwards**



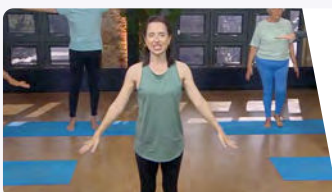
"blessed is the one who
takes refuge in Him"
**Lateral lunge with side
bend and arm wrap
adding a little rotation**



"fear the Lord, you
His holy people"
Step back into lunge



"for those who fear Him"
**Stand on one leg
with arms up**



"...lack nothing."
**Bring arms down and
feet both back on floor.**

Watch 10 sequences now available at tbnuk.link/pas



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TBN UK

Coming up on YouTube

Christmas Crafts

Hosts Faith Child and Emily Martin head into the workshop and the kitchen to test the arts and crafts skills of some of our well known pastors and explore how chefs and bakers prepare for Christmas.

Festive Bakes with Martha Collinson

British baker, food columnist, and previous Great British Bake Off contestant, shares her journey to faith, and shows Emily how to make her favourite Christmas bakes.

tbnuk.link/festive-bakes

Love Always

February is the month of love! Look out for Love Always, an exciting podcast series that TBN UK will be launching on YouTube! The series will feature the love stories of various well known Christian couples. Put 7th February in your diary to watch the first episode to hear how some of your favourite Christian speakers, pastors, influencers, authors, and musicians stay in love.

Watch all these, plus loads more on the TBN UK YouTube Channel

 @TBNUKtv



Shan Ako
Mary Did You Know



Sam Jackson-Reed
O Come Emmanuel



Louise Campion
O Come All Ye Faithful



Rachel Kerr
Silent Night

To get you in the festive spirit we will be releasing a collection of Christmas carols from some very talented singers from the TBN UK catalogue. Look out for Shan Ako's breathtaking performance of Mary Did You Know, Samuel Jackson-Reed's beautiful rendition of O Come Emmanuel and many more.

Watch all these, plus loads more on the TBN UK Music YouTube Channel

 TBN UK Music

Blessed are those who mourn, for they will be comforted.

Beth Redman has shared moments of profound vulnerability and wisdom with us as a regular contributor to *Better Together* on TBN. We caught up with Beth to talk Christmas, community, and the power of bringing our pain to God.



We have loved seeing you on *Better Together*, how did you meet Laurie and the *Better Together* team?

I first met Laurie on a trip we took with several other women from the *Better Together* team to a retreat in Northern California. Laurie was so kind, hospitable and generous. We naturally ended up in long conversations and often either one of us was in tears or roaring with laughter. That's just Laurie, she has an ability to bring people together and draw out the real them and the best them. It's been such a sweet friendship ever since.

There is so much wisdom in every *Better Together* episode. Are there any moments that have stuck with you?

The episode that will stick in my mind forever was filmed in Nashville with CeCe Winans, Kalley Hellingenthal, Brooke Ligertwood, Nicole C Mullen and myself. As we taped, Kalley shared so bravely about the loss of her beautiful daughter Olive. CeCe was clearly finding about out about this in real time. She was so moved and just said we had to stop. She is such a pastor and wanted to minister to Kalley there and then. She ended up singing over her. I don't know if the cameras were rolling or not. The presence of God was tangible and the atmosphere thick with emotion. Jesus said, "blessed are they who mourn for they will be comforted" that was felt as CeCe sang. It was such a powerful moment to be in that circle with such godly women. Kalley invited Jesus and us into her grief and God moved through CeCe's obedience and boldness. A privilege and an encounter hard to put into words.

What have you learned about bringing our pain and grief to God?

Lament is a gift God has given us. Throughout scripture we see raw, big questions like "How long O Lord?", "Where are you?", "Why?" We even see this modelled in Jesus on the cross when He lamented to the Father "my God my God, why have you forsaken me?". Lament is an intimate biblical expression for us in our own pain.

When Habakkuk lamented in anguish, nothing in His circumstances changed immediately, but God in His mercy spoke and gave truth and hope. Habakkuk was empowered to live in the very same situation, profoundly convinced that God heard, was in control and merciful.

To lament is to understand the gift of Grace God has given us. We can go to Him direct as a father and ask the hard questions.



What would you say to someone who is struggling this Christmas?

Anything that is painful or isolating during a normal year is so often magnified brutally at Christmas. Being part of a community can be a real antidote. I love seeing the church make space for people who would otherwise be marginalised or alone. I think being a true Jesus follower is to look around at Christmas and see who we can make space for at our table.

Could you share any words of encouragement for this Christmas season and the new year ahead?

My encouragement would be draw near to God and the promise in scripture is that He will draw near to you!! We serve a God who is not far off, but Emmanuel GOD WITH US. Christmas can so easily overwhelm us but the message is simple and personal. God loves you. He sent His son Jesus to be the Saviour of the world. We can call on Him, seek Him, rest in Him, enjoy Him. We are not alone, but forever loved with an everlasting love!



Watch
Better Together
on TBN UK

tbnuk.link/better-together



ANDRE PIERRE

SHERELLE JOHNSON









LIAM WONG

THE GARDEN



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Stirring the Waters of Revival

The UK has a rich revival history. Over the centuries, God has revived the hearts of His people in Wales, Scotland, Ireland, and England, to the impact of Christ's global Church.

See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. (Isaiah 43)

We've begun to perceive that God is doing a new thing as He has shaped TBN UK over the last year. We first started with a vision to see Jesus proclaimed in every UK home. But with interactive live prayer and worship programmes like Declaration (2021 to 2023) we began to see the power of a nation of Christians coming together to seek God. Then, this year we were amazed to see our Mega Mix YouTube channel reach more online viewers in India, Indonesia, and the Philippines than in the UK!

Stirring the Waters of Revival is a brand-new live programme on Saturday evenings that seeks to lean into both of these elements to bring an interactive night of seeking God in prayer and worship. It will be available on every platform we can manage, reaching the nations. So whether you're in India viewing on YouTube or in Wales watching on TV, there will be a way for you to join in.

We've also chosen our absolute peak viewing time to signify how seriously we are taking this: Saturdays at 8pm (if you want to continue with movie night you can do so via our new apps). Add it to your calendar now!

So what's it all about?

Jesus said that whoever drinks His living water will never be thirsty, and that this water will become in us a spring of water welling up to eternal life (John 4).

Just as Isaac re-dug the wells that Abraham had once dug but had been covered (Genesis 26) we are seeking to re-open these fountains with God's word, repentance, and prayer with fasting, so that the spring of living water will come forth: stirring the waters.

We're excited to be led by Gery Malanda, Jerome and Mabelle Joseph, as well as TBN

UK's own Richard Fleming, with worship led by the anointed Lyanna Austin. We're believing for words of knowledge, prophecies, and the divine healing and restoration of individuals and families around the world.

We can't always see what God is doing, but we believe that God has been preparing thousands of His faithful saints to stir the waters, much as Simeon and Anna were praying and fasting for decades before the birth of Christ.

So will you join us in crying out for God to 'revive us again, that Your people may rejoice in You' (Psalm 85).



Stirring the Waters of Revival

🕒 20:00 📅 Saturdays

📺 Freeview 66 Sky 582

For the earth will be filled with the knowledge of the glory of the Lord, as the waters cover the sea (Habakkuk 2:14)

We're passionate about seeing what God is doing through all denominations and in every region of the UK.

Share what God is doing in your community or subscribe for free future editions of The Feed at

tbnuk.link/feed

“ At points during my illness, TBN UK was such a great comfort to me when I felt so ill and alone. You provide an accessible platform to people in their greatest hour of need and I can't thank you enough.

Elizabeth

“ I wanted to say thank you for supporting me in walking with, seeking God's presence and will, and understanding His word via your TV content.

Kemlyn

“ Thank you so much TBN UK for the work you do. I am in a wheelchair and watching the channel has been great.

Gwynneth

“ I'm a Muslim but the whole interview [I just watched] was amazing.


Milegully

“ During COVID, we switched off mainstream TV and watched TBN UK instead. Through it, we grew spiritually, and that led us to become part of a local church and that is where we serve today! Thank you for all you do.

Gillian

“ I watch TBN UK every morning, it builds my life as a Christian. I thank God I found this channel. God bless you TBN UK.

Jeffrey

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