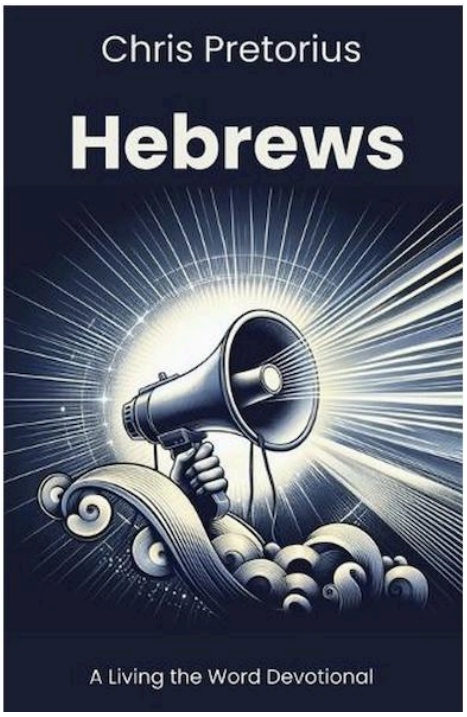
Book Review

Hebrews

by Chris Pretorius

There are some books of the Bible that seem to ask us to slow down. *Hebrews* is one of them. Rich in imagery and encouragement, it speaks of Christ, faith, perseverance, hope and the mysterious ways in which God draws near. Yet it can also feel like difficult territory to navigate.



Chris Pretorius' *Hebrews*, part of the *Living the Word* series, offers a companionable way into this complex book of Scripture. Published in 2024, the book works passage by passage through Hebrews, seeking to bring its ancient words into conversation with everyday faith. Each reflection includes Scripture, an accessible meditation, prayer and a spiritual challenge.

For spiritual directors, there is something particularly interesting about this approach. The book invites us not simply to understand Hebrews, but to allow Scripture to become something we live with. This is close to the heart of spiritual direction, creating space for the person before us to notice what is happening within them, to listen more deeply, and to recognise where God may already be present.

Pretorius writes in an accessible and conversational style. His reflections frequently take an everyday image or experience and use it as a doorway into the biblical text. In the opening reflection, for example, he imagines the difference between receiving letters from someone and eventually having that person arrive in person. It becomes a way of opening up Hebrews' profound claim that God has spoken to us through the Son.

It is this movement, from Scripture into lived experience, that makes the book potentially useful for spiritual directors. Hebrews repeatedly speaks of paying attention, persevering, drawing near, not drifting, and keeping our eyes fixed on Jesus. These are deeply resonant themes for anyone accompanying another person on their spiritual journey.

The notion of spiritual drifting particularly caught my attention. Hebrews warns us about neglecting what we have heard. Pretorius uses the image of a ship gradually moving off course. For those engaged in spiritual direction, this raises an interesting question: *What happens when we stop paying attention to the movements of our inner life?* Spiritual drifting does not necessarily announce itself dramatically. Sometimes it may look like busyness, disconnection, discouragement, or simply losing sight of what once mattered deeply.

This is perhaps one of the gifts of Hebrews; it continually calls the reader back to attention.