

# LIVE FROM REST

England & Wales · Charity number 1191530

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-09-29

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Flat A  
36 Horsell Road  
London  
N5 1XP

**Phone** 01772 977476

**Email** [hello@livefromrest.com](mailto:hello@livefromrest.com)

**Website** [www.livefromrest.com](http://www.livefromrest.com)

## Activities

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**Objects:** "TO ADVANCE THE CHRISTIAN FAITH FOR THE PUBLIC BENEFIT MAINLY, BUT NOT EXCLUSIVELY, BY MEANS OF SPIRITUAL ENCOURAGEMENT AND TEACHING THROUGH A CHRISTIAN MEDITATION APP, WEBSITE AND PODCASTS."

**Activities:** To advance the Christian Faith for the public benefit mainly, but not exclusively, by means of spiritual encouragement and teaching through a Christian meditation app, website and podcasts.

## Classification

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- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Religious Activities, Other Charitable Purposes
- **Who:** The General Public/mankind

## Geography

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- Throughout England

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-09-30	£2,404	£2,415	-	-
2023-09-30	£10,154	£16,055	-	-
2022-09-30	£14,912	£9,693	-	-
2021-09-30	£19,633	£18,889	-	-

## Trustees

Name	Role	Appointed
<b>Dr JOHN ALLAN BIBBY</b>	Chair	2020-07-01
Dr Jonathan Dixon		2020-07-01
Lynda Brooks		2020-07-01

**LIVE FROM REST**

England & Wales - Charity number 1191530

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# Accounts

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# Live From Rest

Charity number: 1191530

## Annual Report 2024



**Meditation, rooted in the way of Jesus**

# Objectives and Activities

## Charitable objective - as set out in the governing document:

*“To advance the Christian faith for the public benefit mainly, but not exclusively, by means of spiritual encouragement and teaching through a Christian meditation app, website and podcasts.”*

## Our Mission

Life for too many is a struggle. So often we adopt a lifestyle that is frantic and busy and we then long for the next day off, for the next vacation or to simply get beyond the next deadline.

We all too easily find ourselves living simply FOR rest.

Yet for those who know God, life can and should be lived FROM rest! Our meditation app and our various other resources are all designed to help people find and **maintain a place of peace**. It is from this place that we actually become so much more productive and our lives can become more joyful and fruitful.

Our hope is that the app and resources will help enable people find the **rhythm of rest** that God always intended. Meditation is known to have significant health benefits such as reduced blood pressure, improved pain management and better sleep.

Numerous studies have shown a strong association between meditation and drastic improvements in psychological problems including anxiety, depression and eating disorders. Meditation has also been a significant factor for many in overcoming addictions.

The LIVE FROM REST app and resources on our website are available completely free, and they are benefitting many individuals, both in their physical and mental health, and spiritual journeys.



# A word from our co-founder

## **Dr Steve Smith:**

As we reflect on this past year, I'm once again struck by the quiet yet meaningful ways Live From Rest continues to reach people.

In a world that feels increasingly restless, it is a privilege to offer a space rooted in the peace and presence of Christ.

Our simple mission remains unchanged: to help people draw near to God and find rest in Him.

Thank you for being part of this journey—your support makes it possible for us to keep sharing this gift of stillness and spiritual renewal.



## **ACHIEVEMENTS AND PERFORMANCE**

This year saw a steady and consistent stream of new downloads, with 2,400 additional users engaging with the app. Daily and monthly usage figures continue to show that Live From Rest is being used regularly as a source of spiritual grounding and peace.

We've continued to receive encouraging feedback from users, including a number of 5-star reviews that affirm the gentle impact of the app. A modest number of Lucinda Smith's book "The Red Thread" have also been sold via the platform, adding a rich, reflective dimension to our offering.

In addition, a new online course has been written by Dr Steve Smith entitled "The Fight For The Night", designed to help people struggling with sleep. We hope this resource will support many and also generate income to sustain the wider work of the charity in the coming year.



# Reference/administration details

**UK Registered Charity Number:**

1191530

**Registration History:**

Registered as a CIO on 29 September 2020

**Principal address:**

36A Horsell Road, London N5 1XP

**Trustees:**

Dr John Bibby: Chair

Dr Jonathan Dixon

Mrs Lynda Brooks

**Founders:**

Dr Stephen Smith

Joshua Smith

**Accountants for Independent Examination of Accounts:**

Hart Wright Accounting

24 Hall Drive, Sutton-in-Craven

BD20 7NH

**Website:**

livefromrest.com

**Email:**

hello@livefromrest.com

**Social media:**

@livefromrest

## Structure, governance and management

**Organisation type:** Charitable Incorporated Organisation

**Governing document:** The Constitution of Live From Rest

**Recruitment and appointment of Trustees:**

Trustees are recruited and appointed by the existing Board of Trustees and are representative of medical, professional, business, and charitable Christian service backgrounds.



# Examples of some 5-star reviews

## Reviews of the Live From Rest app...

Exactly what I was looking for. So easy and intuitive to use, I love having meditation and Bible time first thing and last thing to bookend my day.  
This is exactly what I was looking for!!

I was thrilled to find this app via a friend. I'd been meditating for a while and love it but I particularly like that these meditations are based in Christian scripture. I get the benefits of meditation and stillness while also being with God.

So thankful for this App. Supports my engagement with God. Recently had some trouble sleeping due to some anxiety I was experiencing but was signposted to this app "Live from rest" and has really helped me get back into a healthy and relaxed sleeping pattern again.

The mindfulness meditation helped me to calm my mind, discipline myself in effective breathing, practicing gratitude, resetting thought processes and gave me a lot peace whilst doing it so I'd highly recommend it, especially if you are a Christian. Thanks a lot Steve 🙏🌞🧘👉👉

Beautiful meditations based on the Bible. I use the app frequently as they provide meditations on many topics and of various lengths, to suit any time or situation. Thank you!



Charity Registration No. 1191530

**LIVE FROM REST**

**RECEIPTS AND PAYMENTS ACCOUNTS**

**FOR THE YEAR ENDED  
30 September 2024**

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Notes to the Financial Statements	5

**CHARITY INFORMATION**

**Trustees**

Dr John Bibby (Chair)  
Lynda Brooks  
Dr Jonathan Dixon

**Charity number**

1191530

**Address**

Live From Rest  
Basement Flat  
26A Horsell Road  
London  
N5 1XP

**Independent Examiner**

Simon Hart  
Hart Wright Accounting  
24 Hall Drive  
Sutton in Craven  
BD20 7NH

**30/09/2024**

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I report to the charity trustees on my examination of the accounts of Live From Rest ('the CIO') for the year ended 30 September 2024, which are set out on pages 3 to 5.

**Responsibilities and basis of the report**

As the charity trustees of the CIO you are responsible for the preparation of the accounts in

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Simon Hart  
Hart Wright Accounting  
24 Hall Drive  
Sutton in Craven  
BD20 7NH

Date: 23rd July 2025

**Receipts and Payments Account**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2024</u> £	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2023</u> £
<b>Receipts</b>						
Income from App providers			-	844		844
Individual Donations	1,699		1,699	1,002	1,600	2,602
Income from Sale of Books	254		254	522		522
Grant Income			-			-
Income from Events			-	6,186		6,186
Loan in	450		450			-
<b>Total Receipts</b>	<b>2,404</b>	<b>-</b>	<b>2,404</b>	<b>8,554</b>	<b>1,600</b>	<b>10,154</b>
<b>Payments</b>						
App Development costs	907		907	2,070	1,430	3,500
Cost of Sales - Books			-	380		380
Payroll and Contractors Fees	1,200		1,200	2,358	1,600	3,958
Other Staff Costs			-			-
Office Costs			-			-
IT and Communications	8		8	1,748		1,748
Advertising			-			-
Accountancy and independent examination	300		300	300		300
Bank charges			-			-
Cost of Events			-	6,169		6,169
<b>Total Payments</b>	<b>2,415</b>	<b>-</b>	<b>2,415</b>	<b>13,025</b>	<b>3,030</b>	<b>16,055</b>
	2					
<b>Net Receipts / (Payments)</b>	(12)	-	(12)	(4,471)	(1,430)	(5,901)
<b>Cash Funds at 01/10/2023</b>	62	-	62	4,533	1,430	5,963
<b>Cash Funds at 30/09/2024</b>	<b>50</b>	<b>-</b>	<b>50</b>	<b>62</b>	<b>-</b>	<b>62</b>

**Receipts and Payments Account**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2024</u> £	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2023</u> £
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IT and Communications	8		8	1,748		1,748
Advertising			-			-
Accountancy and independent examination	300		300	300		300
Bank charges			-			-
Cost of Events			-	6,169		6,169
<b>Total Payments</b>	<b>2,415</b>	<b>-</b>	<b>2,415</b>	<b>13,025</b>	<b>3,030</b>	<b>16,055</b>
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<b>Net Receipts / (Payments)</b>	(12)	-	(12)	(4,471)	(1,430)	(5,901)
<b>Cash Funds at 01/10/2023</b>	62	-	62	4,533	1,430	5,963
<b>Cash Funds at 30/09/2024</b>	<b>50</b>	<b>-</b>	<b>50</b>	<b>62</b>	<b>-</b>	<b>62</b>

**30/09/2024**

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**Statement of Assets and Liabilities**

<b><u>Cash funds</u></b>	<b>30/09/2024</b>	<b>30/09/2023</b>
	£	£
Cash Account	50	62

Approved by the Trustees on 25th July 2025 and signed on its behalf by



Dr John Bibby  
**Trustee**

**Notes to the Financial Statements****1 Accounting Policies**

The Financial Statements have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

**2 Funds**

Unrestricted funds are income funds which are to be spent on the Charity's general purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used.

**3 Related party transactions**

There were no related party transactions in this financial period

**4 Restricted funds**

	<u>b/f</u>	<u>Income</u>	<u>Expenditure</u>	<u>Transfers</u>	<u>c/f</u>
App Development	1,430	-	1,430	-	-
Payroll Contribution		1,600	1,600	-	-
	<u>1,430</u>	<u>1,600</u>	<u>3,030</u>	<u>-</u>	<u>-</u>

**LIVE FROM REST**

England & Wales - Charity number 1191530

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# Accounts

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# LIVE FROM REST

Charity Number: 1191530

## 2023 Annual Report

Meditation,  
rooted in the way of Jesus



# OBJECTIVES AND ACTIVITIES

Charitable objects as set out in the governing document:

**'To advance the Christian faith for the public benefit mainly, but not exclusively, by means of spiritual encouragement and teaching through a Christian meditation app, website and podcasts.'**

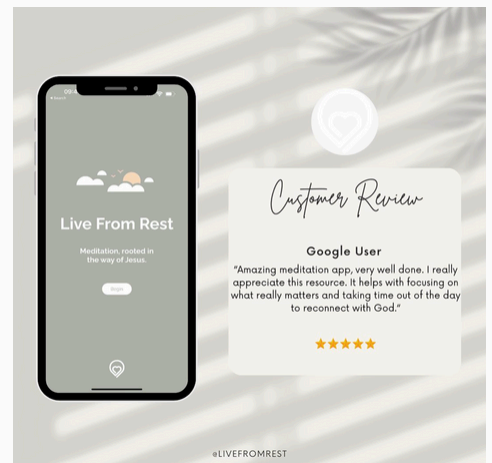
## OUR MISSION



Life for too many is a struggle. So often we adopt a lifestyle that is frantic and busy and we then long for the next day off, for the next vacation or to simply get beyond the next deadline. We all too easily find ourselves living simply FOR rest. Yet for those who know God, life can and should be lived FROM rest! Our meditation app and our various other resources are all designed to help people find and **maintain a place of peace**. It is from this place that we actually become so much more productive and our lives can become more joyful and fruitful. Our hope is that the app and resources will help enable people to **find the rhythm of rest** that God always intended.

Meditation is known to have significant health benefits such as reduced blood pressure, improved pain management and better sleep. Numerous studies have shown a strong association between meditation and drastic improvements in psychological problems including anxiety, depression and eating disorders. Meditation has also been a significant factor for many in overcoming addictions.

The LIVE FROM REST app and resources on our website are available completely free, and they are benefitting many individuals, both in their physical and mental health, and spiritual journeys.



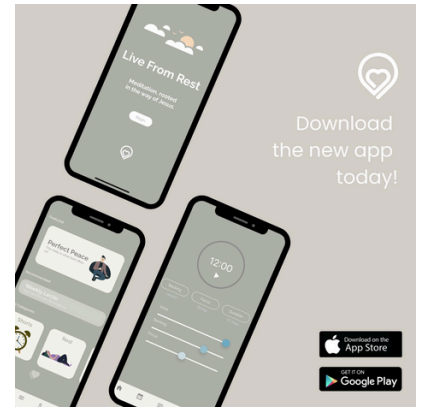
### WORD FROM CO-FOUNDER DR STEVE SMITH

Welcome to the annual report for Live From Rest. This year, we continue to celebrate the wonderful impact our app has had worldwide, as many have found rest and freedom from strife through our unique approach to meditation rooted in the way of Jesus. Our ministry has reached hearts and minds across the globe, offering a haven of peace and spiritual renewal. As we look to the future, we are excited to develop new resources for the app, including potential translations into other languages and comprehensive courses that further deepen the journey of transformation and rest in Christ. Thank you for your continued support and partnership in this vital ministry.

# ACHIEVEMENTS AND PERFORMANCE

## NEW APP LAUNCH

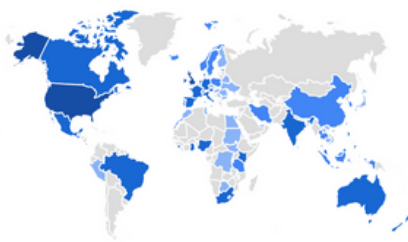
We were excited to launch the new updated version of our app in May. We worked hard to make the interface appealing and easy to use, and we have added new elements such as Lectio meditations and featured sections, an activity calendar and the ability to save favourite meditations for easy access. We will continue to expand the range of meditations and resources available on the app. We have had some encouraging feedback from people telling of their enjoyment in using the new app and we are looking forward to seeing more people benefitting from the app in the coming year.



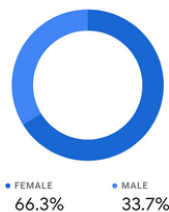
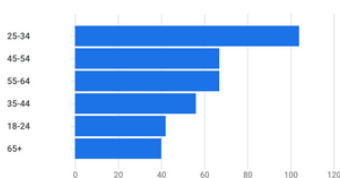
'Just love this app. Wish more people knew about it! Changed my life on many levels.'



'I have accessed deep pools of peace and healing using this app. Beautifully put together, brimming with options and powerful tools to help you access the freedom and transformation that Jesus wants us to receive.'



COUNTRY	USERS
United Kingdom	1.3K
United States	986
Canada	75
South Africa	74
Australia	29
Germany	23
India	18



During the last year, we have seen **1100 new users** to the app and it has been used in **78 different countries** across the world. As in previous years, our main user demographic is female between the ages of 25-34, though we have regular users from across the age spectrum. We are currently seeing an average of 90 users a day on the app and we hope this will increase in 2024. We have recently enhanced our social media campaign and continue to develop this. We hope that this will draw more users to the app.

## The KEYS Project

We are pleased to have formed an association agreement with The KEYS Project, which is a charity working with churches to provide a holistic, community-based programme of medical, spiritual and community support, helping people escape drug and alcohol addiction. Meditation can be a very helpful tool for those in recovery and the Live From Rest app has been widely used, both in recovery meetings and by individual clients being supported by the programme.

## AIMS FOR 2024

Looking ahead, we are hoping to make the app available in a range of languages, to make it even more easily accessible around the world. We are in the early stages of producing a French version and we hope to develop this further in 2024 as well as exploring the options of other languages. We also aim to expand our selection of meditations and resources which we will be promoting on our social media channels.

## REFERENCE AND ADMINISTRATION DETAILS

**UK Registered Charity Number:**

1191530

**Registration History:**

Registered as a CIO on the 29th September 2020

**Principal address:**

216 South Meadow Lane  
Preston  
PR1 8JP

**Trustees:**

Dr John Bibby – Chair  
Dr Jonathan Dixon  
Mrs Lynda Brooks

**Founders:**

Dr Stephen Smith  
Joshua Smith

**Accountants for Independent Examination of Accounts:**

Hart Wright Accounting  
24 Hall Drive  
Sutton-in-Craven  
BD20 7NH


**Website:**

[www.livefromrest.com](http://www.livefromrest.com)

**Email:**

[hello@livefromrest.com](mailto:hello@livefromrest.com)

**Social media:**

   @livefromrest

## STRUCTURE, GOVERNANCE AND MANAGEMENT

**Organisation Type:** Charitable Incorporated Organisation (CIO)

**Governing Document:** The Constitution of Live From Rest

**Recruitment and Appointment of Trustees:**

Trustees are recruited and appointed by the existing Board of Trustees and are representative of medical, professional, business, and charitable Christian service backgrounds.

**Charity Registration No. 1191530**

**LIVE FROM REST**

**RECEIPTS AND PAYMENTS ACCOUNTS**

**FOR THE YEAR ENDED**

**30/09/2023**

**LIVE FROM REST**  
**FOR THE YEAR ENDED 30/09/2023**

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**CHARITY INFORMATION**

**Trustees**

Dr John Bibby (Chair)  
Lynda Brooks  
Dr Jon Dixon

**Charity number**

1191530

**Address**

Live From Rest  
216 South Meadow Lane  
Preston  
PR1 8JP  
Lancs

**Independent Examiner**

Simon Hart  
Hart Wright Accounting  
24 Hall Drive  
Sutton in Craven  
BD20 7NH

I report to the charity trustees on my examination of the accounts of Live From Rest ('the CIO') for the year ended 30 September 2023, which are set out on pages 3 to 5.

**Responsibilities and basis of the report**

As the charity trustees of the CIO you are responsible for the preparation of the accounts in

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Simon Hart  
Hart Wright Accounting  
24 Hall Drive  
Sutton in Craven  
BD20 7NH

Date: 12 January 2024

**Receipts and Payments Account**

	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>	<b><u>Total</u></b>	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>	<b><u>Total</u></b>
	<b><u>Funds</u></b>	<b><u>Funds</u></b>	<b><u>2023</u></b>	<b><u>Funds</u></b>	<b><u>Funds</u></b>	<b><u>2022</u></b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b><u>Receipts</u></b>						
Income from App providers	844		844	2,313		2,313
Individual Donations	1,002	1,600	2,602	8,940		8,940
Income from Sale of Books	522		522	1,159		1,159
Grant Income			-	-	2,500	2,500
Income from Events	6,186		6,186	-		-
			-			-
<b>Total Receipts</b>	<b>8,554</b>	<b>1,600</b>	<b>10,154</b>	<b>12,412</b>	<b>2,500</b>	<b>14,912</b>
<b><u>Payments</u></b>						
App Development costs	2,070	1,430	3,500	87	1,070	1,157
Cost of Sales - Books	380		380	1,896		1,896
Payroll and Contractors Fees	2,358	1,600	3,958	3,764		3,764
Other Staff Costs			-	100		100
Office Costs			-	303		303
IT and Communications	1,748		1,748	1,612		1,612
Advertising			-	560		560
Accountancy and independent examination	300		300	300		300
Bank charges			-	1		1
Cost of Events	6,169		6,169			
<b>Total Payments</b>	<b>13,025</b>	<b>3,030</b>	<b>16,055</b>	<b>8,623</b>	<b>1,070</b>	<b>9,693</b>
<b>Net Receipts / (Payments)</b>	<b>(4,471)</b>	<b>(1,430)</b>	<b>(5,901)</b>	<b>3,789</b>	<b>1,430</b>	<b>5,219</b>
<b>Cash Funds at 01/09/2022</b>	<b>4,533</b>	<b>1,430</b>	<b>5,963</b>	<b>744</b>		<b>744</b>
<b>Cash Funds at 30/09/2023</b>	<b>62</b>	<b>-</b>	<b>62</b>	<b>4,533</b>	<b>1,430</b>	<b>5,963</b>

**Statement of Assets and Liabilities**

<b><u>Cash funds</u></b>	<b>30/09/2023</b>	<b>31 Aug 2022</b>
	£	£
Cash Account	62	5,963

Approved by the Trustees on 23rd July 2024 and signed on its behalf by



Dr John Bibby  
**Trustee**

**Notes to the Financial Statements**

**1 Accounting Policies**

The Financial Statements have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

**2 Funds**

Unrestricted funds are income funds which are to be spent on the Charity's general purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used.

**3 Related party transactions**

There were no related party transactions in this financial period

**4 Restricted funds**

	<b>b/f</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers</b>	<b>c/f</b>
App Development	1,430	-	1,430	-	-
Payroll Contribution		1,600	1,600	-	-
	<b>1,430</b>	<b>1,600</b>	<b>3,030</b>	<b>-</b>	<b>-</b>

**LIVE FROM REST**

England & Wales - Charity number 1191530

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# Accounts

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Charity Number: 1191530

# Live From Rest

2022

# Annual Report

Meditation,  
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[hello@livefromrest.com](mailto:hello@livefromrest.com)

   @livefromrest

## Structure, governance and management

**Organisation Type:** Charitable Incorporated Organisation (CIO)

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**Recruitment and Appointment of Trustees:**

Trustees are recruited and appointed by the existing Board of Trustees and are representative of medical, professional, business, and charitable Christian service backgrounds.

# Objectives and activities

## Charitable objects as set out in the governing document:

“TO ADVANCE THE CHRISTIAN FAITH FOR THE PUBLIC BENEFIT MAINLY, BUT NOT EXCLUSIVELY, BY MEANS OF SPIRITUAL ENCOURAGEMENT AND TEACHING THROUGH A CHRISTIAN MEDITATION APP, WEBSITE AND PODCASTS.”

## Our Mission

Life for too many is a struggle. So often we adopt a lifestyle that is frantic and busy and we then long for the next day off, for the next vacation or to simply get beyond the next deadline. We find ourselves longing and living FOR rest. Yet for those who know God, life can, and should be lived FROM rest!

Many people, including Christians, are suffering from anxiety and stress, yet we are told many times in the Bible that we can have peace in God, despite what is going on around us.

## App

Our app, which is free to download and use, with no subscriptions or ads, provides meditations and prayers focused on God's word and is designed to help people find and maintain a place of peace.

We believe that when living from this place of trust and surrender, founded on God's truth, our lives can be much more joyful and fruitful.

The app has been used successfully in a national Christian based detox project (KEYS community detox project), and has been a helpful tool for many people in their journey of freedom from addiction. It has had many downloads on both the Apple App Store and Google Play and the consistently positive reviews testify to the beneficial impact this app is having on many around the world.

The app has been, and continues to be, instrumental in helping many people find greater depth in their walk with God alongside significantly improved mental health, especially in relation to freedom from anxiety and depression.

We also have an increasing number of other resources available through our website including online courses, teachings, a blog, a book and a podcast.



# Achievements and performance in 2022

We have gained 2.8k new users to the app across Android and IOS in 2022 and we hope to further increase this in 2023 with the introduction of a new updated version of the app.

## Book release

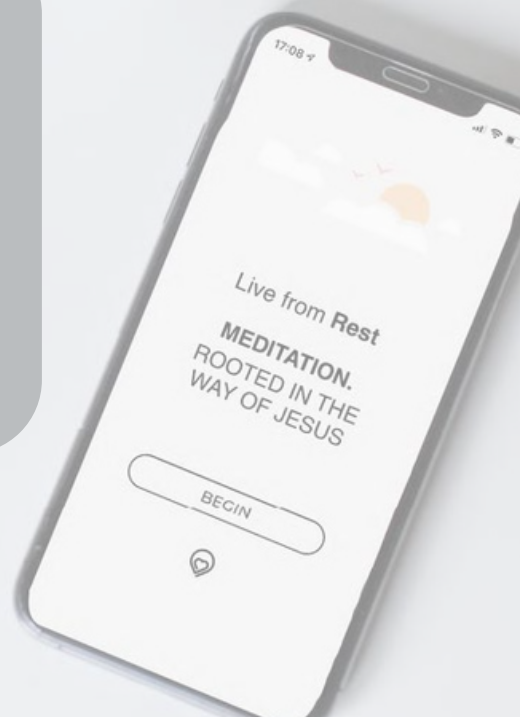
Our first book, **The Red Thread: Finding Home in the Heart of God** written by Lucinda Smith was released in March 2022 and has been well received with many sales and positive reviews.

The book aims to help us understand our true identity as children of our Heavenly Father and explores themes of hope and freedom. Hope for all of us who love God, but who find ourselves struggling with fears and insecurities, and freedom from the things that hold us back from living the abundant life promised by Jesus.



## Updated version of the app

We have been working on a new version of the app which is due to be released in early 2023. Our goal is to make it more functional and even easier to use. We will continue to produce new content to keep the app fresh and provide further resources such as a webinar to help people who struggle with poor sleep. We are excited to see people benefiting from this update in 2023 and beyond.



Charity Registration No. 1191530

## RECEIPTS AND PAYMENTS ACCOUNTS

FOR THE YEAR ENDED  
30/09/2022

**LIVE FROM REST**  
**FOR THE YEAR ENDED 30/09/2022**

**CONTENTS**

Charity Information	1
Independent Examiners Report	2
Receipts & Payments Account	3
Statement of Assets and Liabilities	4
Notes to the Financial Statements	5

**CHARITY INFORMATION**

**Trustees**

Dr John Bibby (Chair)  
Linda Brooks  
Dr Jon Dixon

**Charity number**

1191530

**Address**

Live From Rest  
216 South Meadow Lane  
Preston  
PR1 8JP  
Lancs

**Independent Examiner**

Simon Hart  
Hart Wright Accounting  
24 Hall Drive  
Sutton in Craven  
BD20 7NH

I report to the charity trustees on my examination of the accounts of Live From Rest ('the CIO') for the year ended 30 September 2022, which are set out on pages 3 to 5.

**Responsibilities and basis of the report**

As the charity trustees of the CIO you are responsible for the preparation of the accounts in

I report in respect of my examination of the CIO's accounts carried out under section 145 of the Act. In carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act

**Independent examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- (1) accounting records were not kept in respect of the CIO as required by section 130 of the Act; or
- (2) the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Simon Hart  
Hart Wright Accounting  
24 Hall Drive  
Sutton in Craven  
BD20 7NH

Date: 23rd December 2022


**Receipts and Payments Account**

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2022</u> £	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>2021</u> £
<b><u>Receipts</u></b>						
Income from App providers	2,313		2,313	11,561		11,561
Individual Donations	8,940		8,940	8,072		8,072
Income from Sale of Books	1,159		1,159	-		-
Grant Income		2,500	2,500	-		-
			-			-
<b>Total Receipts</b>	<b>12,412</b>	<b>2,500</b>	<b>14,912</b>	<b>19,633</b>	<b>-</b>	<b>19,633</b>
<b><u>Payments</u></b>						
App Development costs	87	1,070	1,157	5,128		5,128
Cost of Sales - Books	1,896		1,896			-
Payroll and Contractors Fees	3,764		3,764	1,987		1,987
Other Staff Costs	100		100	162		162
Office Costs	303		303	500		500
IT and Communications	1,612		1,612	3,734		3,734
Advertising	560		560	7,378		7,378
Accountancy and independent examination	300		300			-
Bank charges	1		1			-
<b>Total Payments</b>	<b>8,623</b>	<b>1,070</b>	<b>9,693</b>	<b>18,889</b>	<b>-</b>	<b>18,889</b>
<b>Net Receipts / (Payments)</b>	<b>3,789</b>	<b>1,430</b>	<b>5,219</b>	<b>744</b>	<b>-</b>	<b>744</b>
<b>Cash Funds at 01/09/2021</b>	<b>744</b>	<b>-</b>	<b>744</b>			<b>-</b>
<b>Cash Funds at 30/09/2022</b>	<b>4,533</b>	<b>1,430</b>	<b>5,963</b>	<b>744</b>	<b>-</b>	<b>744</b>

**Statement of Assets and Liabilities**

<b><u>Cash funds</u></b>	<b>30/09/2022</b>	<b>31 Aug 2021</b>
	£	£
Cash Account	5,963	744

Approved by the Trustees on 28th December 2022 and signed on its behalf by

  
Dr John Bibby  
**Trustee**

**Notes to the Financial Statements**

**1 Accounting Policies**

The Financial Statements have been prepared on a receipts and payments basis in accordance with Section 133 of the Charities Act 2011.

**2 Funds**

Unrestricted funds are income funds which are to be spent on the Charity's general purposes.

Restricted funds are subject to specific conditions by donors as to how they may be used.

**3 Related party transactions**

There were no related party transactions in this financial period

**4 Restricted funds**

	<b>b/f</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers</b>	<b>c/f</b>
App Development		2,500	1,070	-	1,430
	-	2,500	1,070	-	1,430

**LIVE FROM REST**

England & Wales - Charity number 1191530

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# Accounts

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CHARITY NUMBER: 1191530

**LIVE FROM REST**

2021

**ANNUAL  
REPORT**

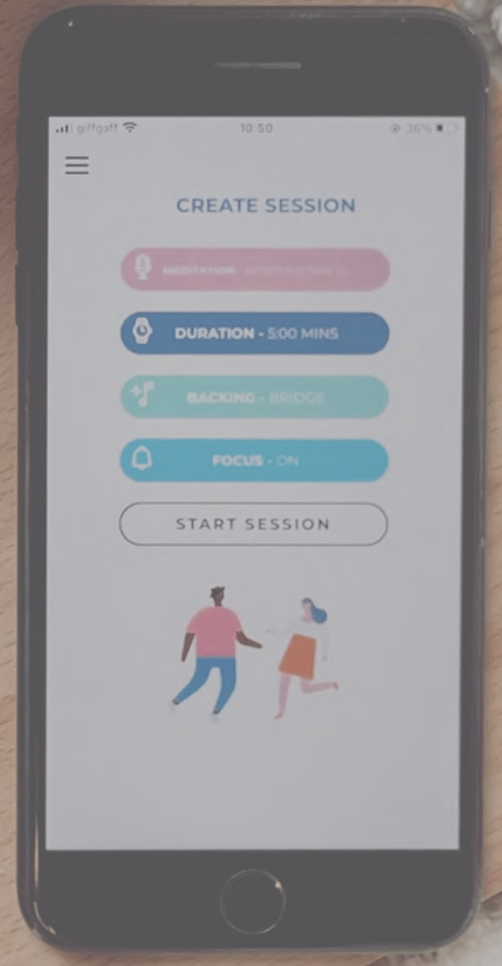
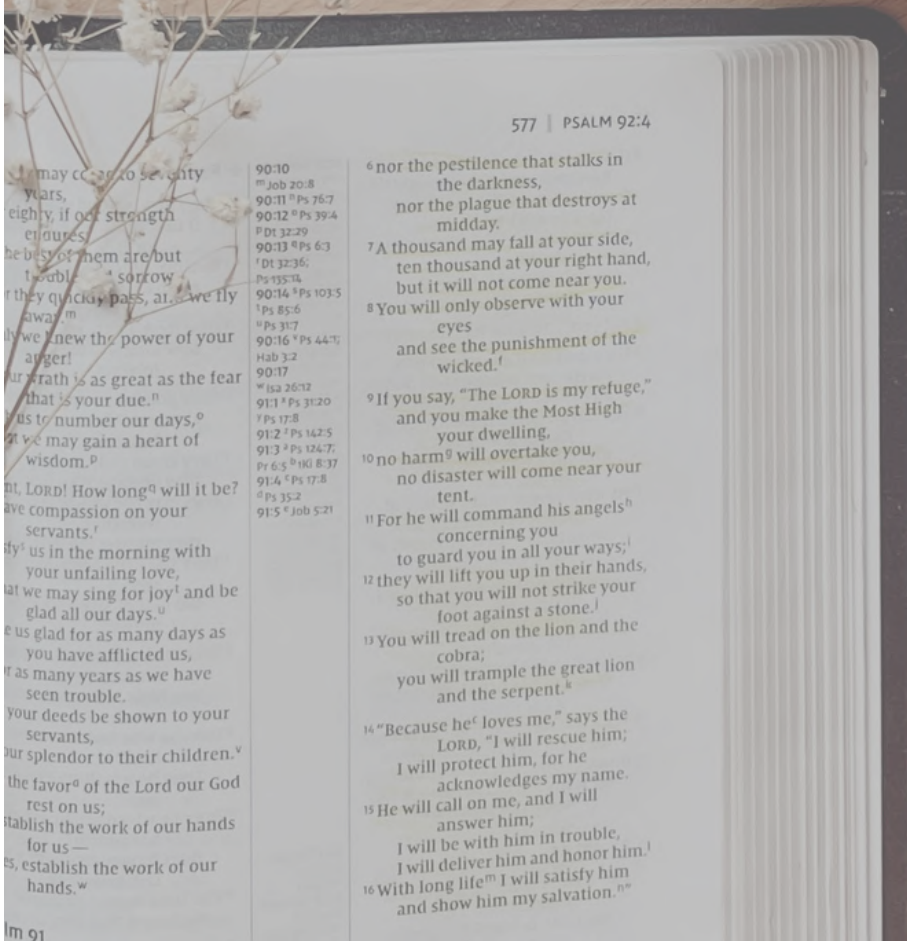
**MEDITATION ROOTED IN  
THE WAY OF JESUS**

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# INTRODUCTION

- 2 Introduction
- 3 Who We Are
- 6 Our Mission
- 7 2021 Achievements
- 9 App Performance
- 10 App Audience
- 11 Structure, Governance, and Management
- 12 Reviews
- 14 Financial Report



# INTRODUCTION

## FROM FOUNDER DR STEVE SMITH:

I am delighted to share with you our first annual report since Live From Rest became a UK registered charity in September 2020.

Our Christian meditation app was initially launched on both the Apple App store and Google Play in 2018, since when there have been many thousands of downloads across the world. We have been inundated with grateful emails and messages of support, not to mention hundreds of five-star ratings and reviews. It has also been extremely gratifying to read many thankful testimonies. These include people having dramatically reduced anxiety or finding new depths of peace since using the app. Phrases such as “life changing” are not infrequent! This has clearly demonstrated to us that this app has been, and continues to be, instrumental in helping many people find greater depth in their walk with God alongside significantly improved mental health, especially in relation to freedom from anxiety and depression.

Early in 2019 we clearly felt called by God to make the Live From Rest app and our web based resources entirely free for God's people. At that time chose to seek charitable status in the UK and we expect to achieve 'Not For Profit' status in the USA very soon.

Our resources include a number of online courses, teachings, a blog and a podcast. We continue to receive positive feedback for all these, which is spurring us on to develop more! Furthermore, a book which helps us to know our true identity as children of God, has been written by one of our team and this will be published by LFR in 2022. More on that later!

We believe that what Live From Rest offers is unique in several respects. The meditations give space in which users can develop the beneficial discipline of ‘mindfulness’. This is in the context of knowing the presence of God and meditating on life-changing Biblical truth and promises, with resulting joy, peace and freedom from the various forms of negativity that so easily plague God’s children.

Thanks to the very generous support of certain individuals, the initial set up costs of LFR have mostly been met. I am pleased to present our accounts at the end of this report, which document all our transactions to date. These have been independently checked by our chartered accountant.

Moving forwards, we will continue to seek God for funding. Our goal is for a significant re-build of the app in 2022 which will make it more functional and even easier to use. We also want to continue producing new content to keep the app fresh. We have ideas and plans for new courses and website-based material that we are keen to produce. Furthermore, we would love to advertise LFR in order to further promote the app and our resources, but this will be dependent upon adequate funds. It is also our goal to produce resources in other languages.

I trust you will find this report inspiring and encouraging.

The Lord bless you!

Steve

## WHO WE ARE

### THE LIVE FROM REST TEAM

#### The Live From Rest founders: Steve Smith and Joshua Smith

Father and son, Steve and Josh Smith together created the Live From Rest app. They are both passionate about helping people walk in true freedom and live from a place of 'being' rather than 'doing', which is how Live From Rest was birthed.

Steve is a medical doctor, specialising in treatment of addictions and part of the goal of Live From Rest, is to aid users in their quest for better mental health. Josh and Steve maintain that they developed the app because they themselves needed it. To this day they continue to use it!



**JOSHUA SMITH**



**DR STEVE SMITH**

Author and speaker, Lucinda is the writer of the Live From Rest blog and some of our small group courses too. She is passionate that people understand their true identity as sons and daughters of a loving Heavenly Father. Her first book will be published by Live From Rest in early 2022. Lucinda is also Steve's wife and Joshua's mother!



**LUCINDA SMITH**



**KARA SMITH**

Kara is Josh's wife and her gentle voice has been a great asset to the App. As well as being a busy mother, Kara is also an experienced life coach and counsellor.

Hanna joined the Live From Rest team in the Summer of 2021. Her role involves helping to create visuals for social media platforms and seeking media promotional opportunities for Live From Rest. Hanna is also an accomplished poet and spoken word artist. We are hoping to have her comforting voice on some of the meditations in 2022.



**HANNA GLOVER**

## OUR TRUSTEES

We are extremely grateful for the wise direction and support that we get from our three experienced and godly trustees. They each share a passion for the values of Live From Rest.



**DR JOHN BIBBY**

John (Chair) is a retired General Practitioner and is the wellbeing lead for his local medical committee in Yorkshire.



**LYNDA BROOKS**

Lynda has had many years of healthcare experience as a nurse manager. She currently works as a life and medical coach.



**DR JON DIXON**

Jon is a General Practitioner in Yorkshire. He is also a GP appraiser and keen to mentor and support colleagues struggling with work pressures.

## OUR APP DEVELOPERS



**BEN LAWRENCE**

Ben lives in Brighton, on the south coast of England. He has many years of experience in app development and is the developer behind the Apple version of our App.



**DAN SORENSEN**

Dan is studying computer science at Durham University in the north of England. We are so grateful to Dan for developing the Android version of our app.

## OUR MISSION

*IN A WORLD OBSESSED WITH DOING,  
WE ARE DISCOVERING THE ANCIENT ART OF BEING*

Life for too many is a struggle. So often we adopt a lifestyle that is frantic and busy and we then long for the next day off, for the next vacation or to simply get beyond the next deadline. We find ourselves longing and living FOR rest. Yet for those who know God, life can, and should be lived FROM rest!

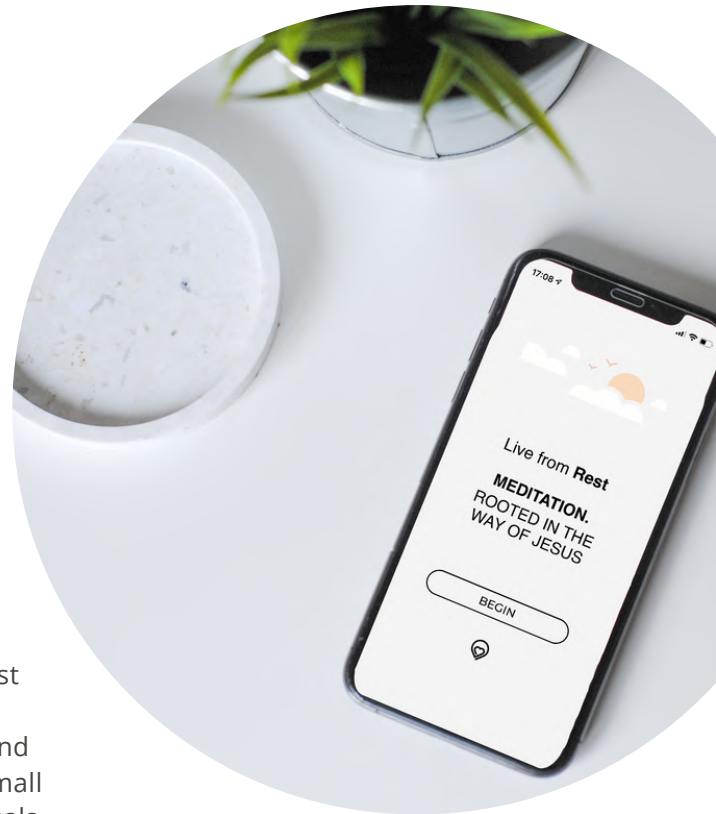
Our meditation app and our various other resources are all designed to help our users find and maintain a place of peace. It is from this place that we actually become so much more productive. When we learn to “let go and let God” life becomes more joyful and fruitful.



## 2021 ACHIEVEMENTS

### THE APP

App - the development and release of the “Live From Rest” Christian Meditation app, which has had thousands of downloads on both the Apple App Store and Google Play. Consistently positive reviews testify to the beneficial impact this app is having on many around the world (**see page 10**). From our online app analytics, we can reliably estimate that we have about 2000 regular users of the app.



### ONLINE COURSES

A key part of what we offer beyond the Live From Rest app is free resources to help people achieve a more centred and restful life. Our video courses are free and unpack various topics. Whilst being designed for a small group setting, they can of course be used by individuals. Positive feedback received in relation to the courses is also a great source of encouragement to the team.

### PODCASTS

33 podcasts had been released by the end of September 2021. The podcasts explore life lived from rest and include many interviews as well as reflections given by Steve. They have had thousands of plays across the world, on numerous platforms (such as Spotify and Apple Podcasts).

### BLOGS

Lucinda had released 13 blog posts by the end of September 2021. These have proved to be an encouragement and inspiration to many.

### SOCIAL MEDIA

Our Instagram and Facebook pages continue to be a great way for many to connect with inspiring and thought-provoking content about the importance and value of living from rest. We see significant engagement with our posts.

## OUR FIRST 'LIVE FROM REST' BOOK

### ***The Red Thread: Finding Home in the Heart of God by Lucinda Smith***

Understanding our true identity as children of our Heavenly Father is considered by us to be perhaps the most important path to true and lasting contentment. Over the last year, Lucinda has written her first book, to be released by Live From Rest in March 2022.



### Praise for The Red Thread

*"The Red Thread is written by a fellow traveller who's walked through deep waters and learned the tender mercies of God. This book will nurture, comfort and feed the thirsty soul."*

**Mike Raiter – Director, Centre for Biblical Teaching, Melbourne, Australia**

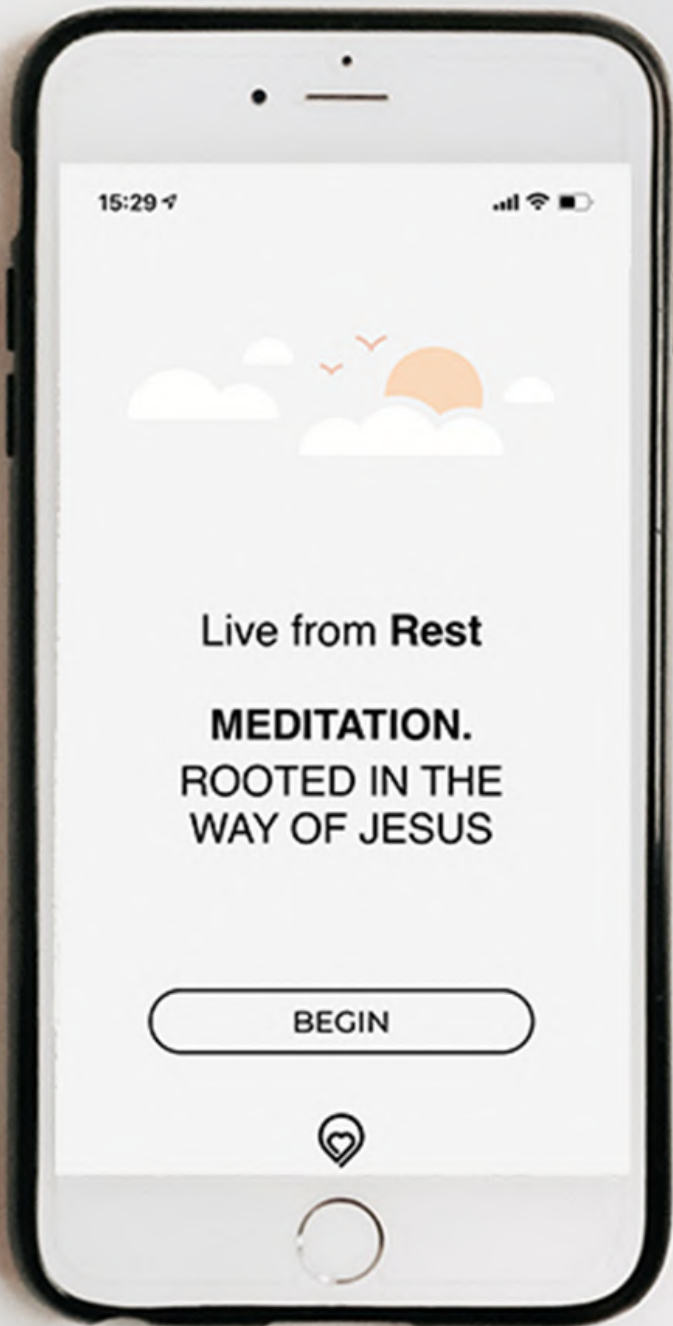
*"With the pressure in current age of social media to only present to the world what is polished and perfected, this book gives space to be vulnerable and authentic in the arms of our loving Father and teaches what it truly means to live an abundant life."*

**Emma Bourquaye – Founder of Girlgotfaith.com**

# APP DOWNLOADS

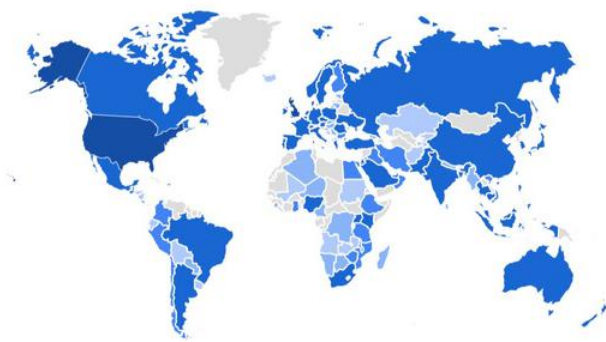
In 2021 alone we have gained nearly 4K new users on our app across both IOS and Android. We have seen a big increase in engagement on the app as well.

We hope to continue this growth into the next calendar year.



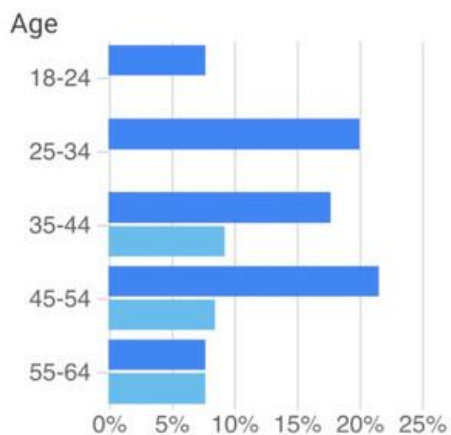
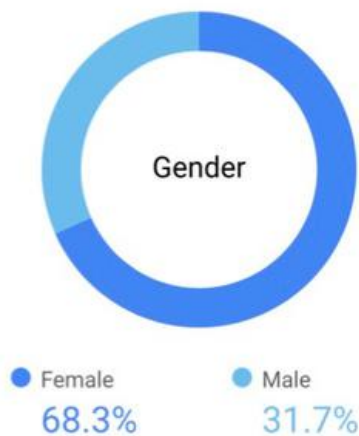
## APP AUDIENCE

### An overview of our app audience by demographics and location:



COUNTRY	USERS
United States	8K
United Kingdom	6.8K
Canada	550
Australia	174
India	124
Germany	123
New Zealand	100

Online app analytics show the many thousands of app downloads in numerous countries across the world.



Our users are predominantly female (in keeping with western church demographics), with users across the age ranges.

## Organisation Type

Charitable Incorporated Organisation (CIO)

## Governing Document

The Constitution of The KEYS Project

## Charitable Objectives

The objectives of The KEYS Project as recorded within its constitution are as follows:

*“To advance the Christian Faith for the public benefit mainly, but not exclusively, by means of spiritual encouragement and teaching through a Christian meditation app, website and podcasts.”*

## Recruitment and Appointment of Trustees

Trustees are recruited and appointed by the existing Board of Trustees and are representative of medical, professional, business, and charitable Christian service backgrounds.

## Investment Policy

Live From Rest does not have any investments

## Registration History:

Registered as a CIO on the 29th September 2020  
UK Registered Charity Number: 1191539

## Registered address:

Preston Minster  
Church Street  
Preston  
PR1 3BT

**Website:** [www.livefromrest.com](http://www.livefromrest.com)

**Email:** [hello@livefromrest.com](mailto:hello@livefromrest.com)

   @livefromrest

## Trustees

Dr John Bibby – Chair  
Dr Jonathan Dixon  
Mrs Lynda Brooks

## Project Director

Dr Steve Smith

## Accountants for Independent

Examination of Accounts:  
Hart Wright Accounting  
24 Hall Drive, Sutton-in-Craven,  
BD20 7NH

## Bank:

Santander UK  
Bridle Road, Bottle, Merseyside,  
L30 4GB

## REVIEWS

We have received many encouraging reviews of the Live From Rest app via the App Store (average 5\*) and Google Play (average 4.8\*). Here are just a few:

### APP STORE REVIEWS



#### **Beautifully designed**

This app is everything I've been looking for! It enables me to take time out from busy-ness. The sessions are really manageable - anything from 1 min to 25 mins, I usually pick a 10 min session and then add on another one because I don't want to stop! The backing tracks are well chosen and take me to places I feel peaceful... the beach, the mountains or inside a cathedral. Brilliant when stuck at home!! I love the focus on a single verse with a truth about life and relationship with God. The sessions set me up for a time of prayer which I struggled with before as I was too easily distracted or not in the right mindset. So glad to have been recommended this app. Thank you to the developers and their team!



#### **Comfort amongst the pain**

Such an amazing app. Really helped me through some of the most challenging times in my life. Particularly with anxiety and grief. I HIGHLY recommend this wonderful app



#### **Highly recommended**

I've tried a few Christian Meditation Apps, but this is the best I've found. Lovely clear voices which are soothing and therapeutic to listen too. I love that you can tailor the background music and sounds. I am a Mental Health Practitioner and recommend this to clients. Hearing meditations which are totally Christian is wonderful and being able to choose by topic, length etc is so helpful. Mental Health issues are covered too which is a much needed resource. Excellent quality and professionally done with warmth in the tones. Would have no hesitation in recommending this App.



#### **Peace on tap!**

My husband and I love this app and have recommended it to lots of friends. A wonderful resource for taking some 'Sabbath' rest time and deeply ingesting scriptural truths. I love all the adjustable features- the time, background noise and the different voices (we like Joshua most!) Thank you for providing this valuable tool for peace and connection with God!

## GOOGLE PLAY REVIEWS



I love love from rest! I find it particularly useful in quieting my mind down to go to sleep. It is great to have a meditation app where the focus is Jesus and connecting with him. The choice of voice, background music, theme and balance of sounds make it nice and customisable to what you want as well.



I am enjoying using this app. Works well and helps me to focus in the mornings. I would recommend this to anyone who would like to try Christian meditation but is unsure where to begin.



Lovely app. A real blessing and so grateful for it. I use it every day and it really helps me in my Christian walk.



This is my favorite App probably after The Bible App. I have been blessed countless times by hearing and joining the deep Christian meditations of this Brethren from Live for Rest. The best off all: Most of the time i can really feel the presence of the Lord in my heart when i meditate on the word of God. Thank you guys so much for giving the body of Christ such a great gift with this App.



A great addition to my quiet time. Helps me to be still and rest in the Lord.



A lovely app that has really helped strengthen my faith.

## FINANCIAL REPORT

We are pleased to present here our financial report for our first year as a registered UK charity.

Our accounts have been independently examined by our accountants (Hart Wright Accounting), in accordance with the UK Charity Commission regulations.



**Section A**

**Independent Examiner's Report**

**Report to the trustees/  
members of**

Charity Name  
Live From Rest

**On accounts for the year  
ended**

30/09/2021

**Charity no  
(if any)**

1191530

**Set out on pages**

1-4

*(remember to include the page numbers of additional sheets)*

**Respective  
responsibilities of  
trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

The charity's trustees consider that an audit is not required for this year under section 144 of the Act and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the applicable Directions given by the Charity Commission (under section 145(5)(b) of the Act, and
- to state whether particular matters have come to my attention

**Basis of independent  
examiner's statement**

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.


**Independent  
examiner's statement**

In connection with my examination, no material matters have come to my attention (other than that disclosed below \*) which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

*\* Please delete the words in the brackets if they do not apply.*

**Signed:** 

**Date:** 28/10/21

**Name:** Simon Hart

**Relevant professional  
qualification(s) or body  
(if any):**

FCCA

<b>Address:</b>	Hart Wright Accounting; 24 Hall Drive; Sutton In Craven. BD20 7NH

**Section B Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of any items that the examiner wishes to disclose.**



Live From Rest	1191530
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<b>CC16a</b>
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## Receipts and payments accounts

For the period from	29/09/2020	To	30/09/2021
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### Section A Receipts and payments

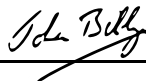
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
<b>A1 Receipts</b>					
Income from App providers	11561	-	-	11,561	-
Individual Donations	8072	-	-	8,072	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total (Gross income for AR)</b>	<b>19,633</b>	<b>-</b>	<b>-</b>	<b>19,633</b>	<b>-</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>19,633</b>	<b>-</b>	<b>-</b>	<b>19,633</b>	<b>-</b>
<b>A3 Payments</b>					
	-	-	-	-	-
App development	5,128.00	-	-	5,128.00	-
Payroll & Contractor Fees	1,987.00	-	-	1,987.00	-
Other Staff Costs	162.00	-	-	162.00	-
Office Costs	536.00	-	-	536.00	-
IT and Communication Costs	3,698.00	-	-	3,698.00	-
Advertising	7,378.00	-	-	7,378.00	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>18,889.00</b>	<b>-</b>	<b>-</b>	<b>18,889.00</b>	<b>-</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>18,889</b>	<b>-</b>	<b>-</b>	<b>18,889</b>	<b>-</b>
<b>Net of receipts/(payments)</b>	<b>744</b>	<b>-</b>	<b>-</b>	<b>744</b>	<b>-</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
<b>Cash funds this year end</b>	<b>744</b>	<b>-</b>	<b>-</b>	<b>744</b>	<b>-</b>

## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Bank Current account	744	-	-
			-	-
		-	-	-
	<b>Total cash funds</b>	<b>744</b>	<b>-</b>	<b>-</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
<b>B2 Other monetary assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B3 Investment assets</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B4 Assets retained for the charity's own use</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
<b>B5 Liabilities</b>	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-

Signed by one or two trustees on behalf of all the trustees

Signature



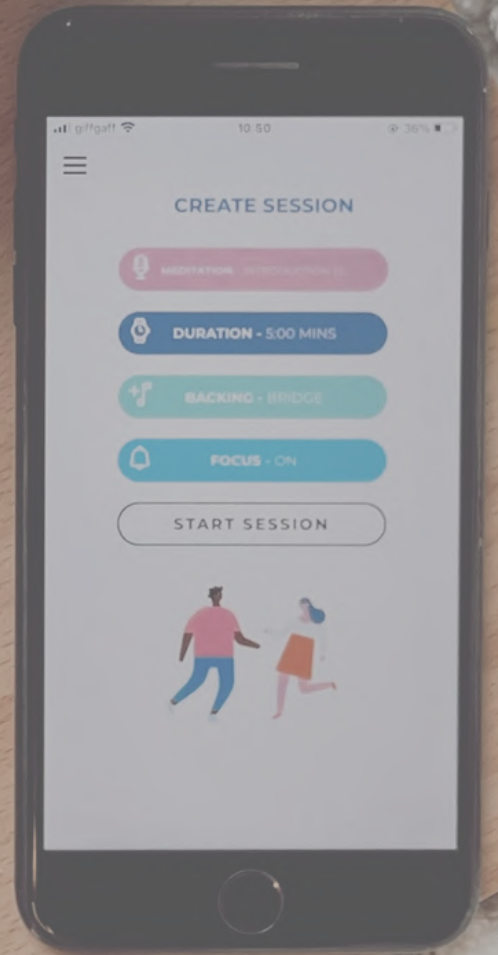
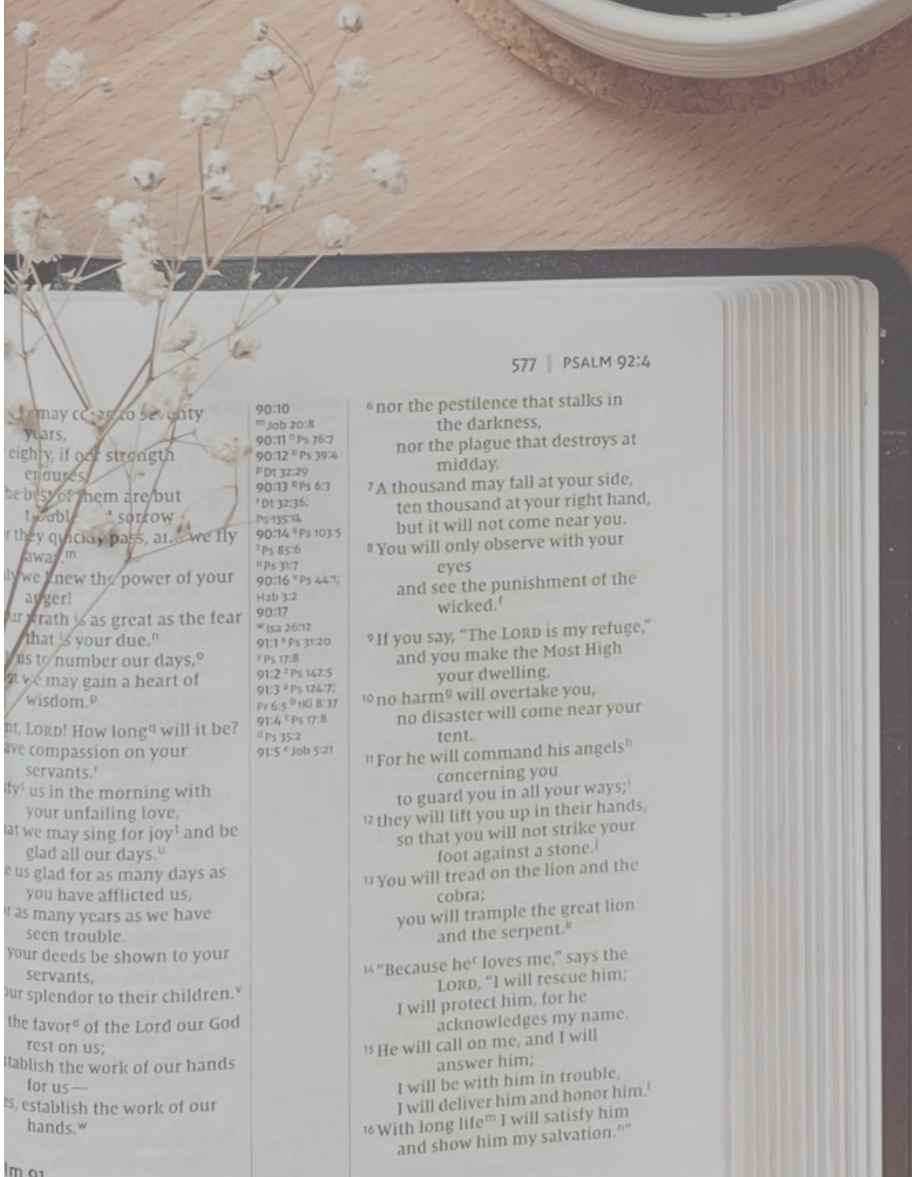
Print Name

DR JOHN BIBBY (CHAIR)

Date of approval

15th DEC 2021

# MEDITATION ROOTED IN THE WAY OF JESUS



**MEDITATION ROOTED IN  
THE WAY OF JESUS**

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