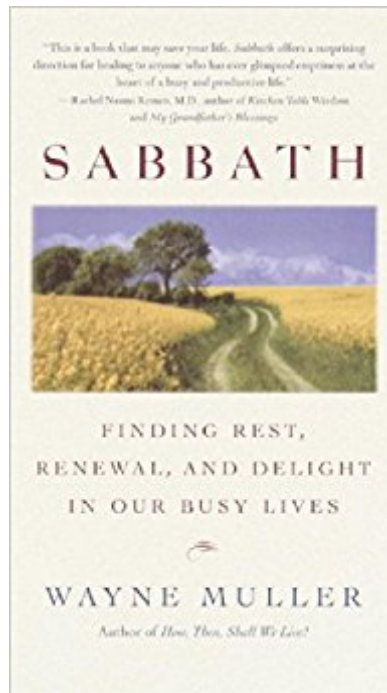




The book was found

Sabbath: Finding Rest, Renewal, And Delight In Our Busy Lives



Synopsis

In today's world, with its relentless emphasis on success and productivity, we have lost the necessary rhythm of life, the balance between work and rest. Constantly striving, we feel exhausted and deprived in the midst of great abundance. We long for time with friends and family, we long for a moment to ourselves. Millennia ago, the tradition of Sabbath created an oasis of sacred time within a life of unceasing labor. Now, in a book that can heal our harried lives, Wayne Muller, author of the spiritual classic *How, Then, Shall We Live?*, shows us how to create a special time of rest, delight, and renewal--a refuge for our souls. We need not even schedule an entire day each week. Sabbath time can be a Sabbath afternoon, a Sabbath hour, a Sabbath walk. With wonderful stories, poems, and suggestions for practice, Muller teaches us how we can use this time of sacred rest to refresh our bodies and minds, restore our creativity, and regain our birthright of inner happiness.

Book Information

Paperback: 256 pages

Publisher: Bantam; 1 edition (September 5, 2000)

Language: English

ISBN-10: 0553380117

ISBN-13: 978-0553380118

Product Dimensions: 5.2 x 0.7 x 9.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (144 customer reviews)

Best Sellers Rank: #29,465 in Books (See Top 100 in Books) #21 in [Books > Christian Books & Bibles > Christian Living > Holidays](#) #24 in [Books > Religion & Spirituality > Worship & Devotion > Ritual](#) #130 in [Books > Religion & Spirituality > Worship & Devotion > Devotionals](#)

Customer Reviews

This book is a exploration into the concept of "Sabbath" and its importance in world religions. Muller describes Sabbath rituals in the Jewish faith and discusses scriptural references to the Sabbath (from Christian and Buddhist, as well as Jewish texts), especially those concerning why it is celebrated at all. He argues that we all need time set aside as a Sabbath for rest, happiness, and consecration. He embellishes the text with poems and stories about the Sabbath practices of friends. Many of the chapters close with a "Practice" section, in which Muller describes actions you can take to put the ideas from the chapter into practice. In an early chapter, Muller declares that all religions have some form of Sabbath. This didn't quite sound correct to me-while Muslims often

gather in a mosque together for Friday noon prayers, the day is otherwise unlike a Judeo-Christian Sabbath, since there is no feeling that worshipers should refrain from work or commerce on that day. And Buddhists and Hindus certainly don't have a regular day set aside each week for religious observance and rest. But Muller goes on to explain that he is taking the term "Sabbath" to mean a time set aside from ordinary worldly pursuits, and that in a more general sense "Sabbath" need not refer to an entire day, but could be just a few minutes in which the mind is engaged in meditation, prayer or devotion. By this measure, the five daily Muslim prayers, Buddhist meditation, and Hindu pujas would all qualify as Sabbath time. Muller argues that such time is necessary to appreciate fully our capabilities as caring people. Reading this book has opened my eyes to new ways of celebrating the Sabbath.

[Download to continue reading...](#)

Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World The Cult of the Amateur: How blogs, MySpace, YouTube, and the rest of today's user-generated media are destroying our economy, our culture, and our values Our Lives As Torah: Finding God in Our Stories Pussycats: Why The Rest Keeps Beating The Rest, And What Can Be Done About It Exploring Our Hebraic Heritage: A Christian Theology of Roots and Renewal Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Boat Navigation for the Rest of Us: Finding Your Way by Eye and Electronics The Way of Rest: Finding The Courage to Hold Everything in Love A Place of Quiet Rest: Finding Intimacy with God Through a Daily Devotional Life Cat: Cats: Kittens: How to Take Care of Your Cat: Advice from a Cat Person: Everything You Need to Know from First Days to the Rest of Their Lives Mindful Matrimony: Enriching Your Marriage for the Rest of Your Lives Dataclysm: Love, Sex, Race, and Identity--What Our Online Lives Tell Us about Our Offline Selves Human Transit: How Clearer Thinking about Public Transit Can Enrich Our Communities and Our Lives When Our Grown Kids Disappoint Us: Letting Go of Their Problems, Loving Them Anyway, and Getting on with Our Lives The Fatherless Daughter Project: Understanding Our Losses and Reclaiming Our Lives Writing as a Way of Healing: How Telling Our Stories Transforms Our Lives Near-Death Experiences, The Rest of the Story: What They Teach Us About Living and Dying and Our True Purpose The Greatest Dump Dinners In History: Delicious, Fast & Easy Dump Dinner Recipes You Will Love (For People With Busy Lives) Vaccine Epidemic: How Corporate Greed, Biased Science, and Coercive Government Threaten Our Human Rights, Our Health, and Our Children

Contact Us

DMCA

Privacy

FAQ & Help