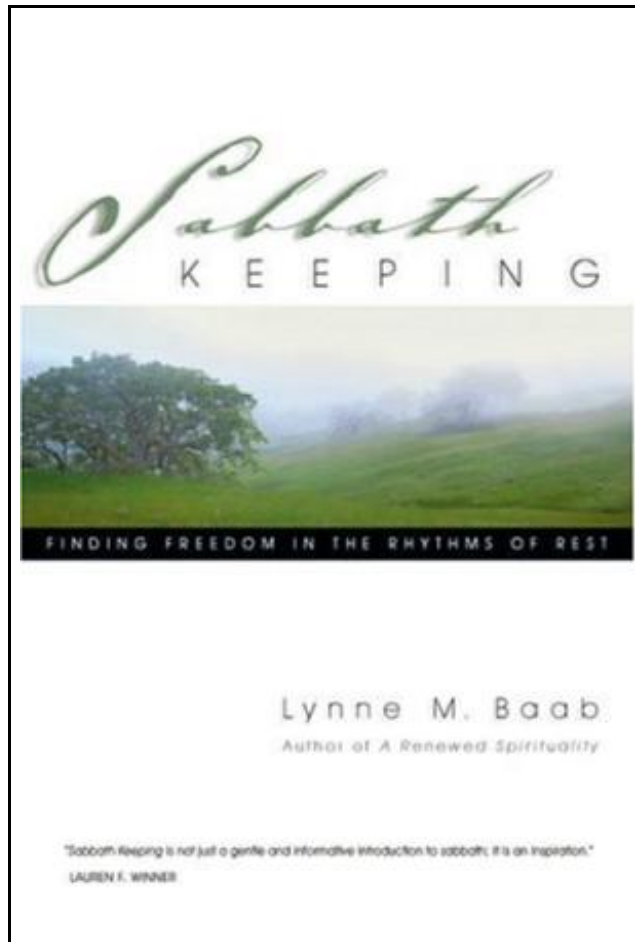


## Sabbath Keeping: Finding Freedom in the Rhythms of Rest



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InterVarsity Press, United Kingdom, 2005. Paperback. Book Condition: New. 203 x 140 mm. Language: English . Brand New Book. Let's give ourselves an A for effort. We keep our minds so preoccupied with work projects that we act and think on autopilot. We keep our kids so occupied with activities that they need day planners before grade school. We keep our schedules so full with church meetings and housekeeping and even entertaining that down-time sounds like a mortal sin. When we fail to rest we do more than burn ourselves out. We misunderstand the God who calls us to rest--who created us to be people of rest. Let's face it: our rest needs work. Sabbath recalls our creation, and with it God's satisfaction with us as he made us, without our hurried wrangling and harried worrying. It also recalls God's deliverance of the Israelites from Egypt, and with it God's ability to do completely what we cannot complete in ourselves. Sabbath keeping reminds us that we are free to rest each week. Eighteen months in Tel Aviv, Israel, where a weekly sabbath is built into the culture, began Lynne M. Baab's twenty-five-year embrace of a rhythm of rest as a stay-at-home mom, as a professional writer working out of her home and as a minister of the gospel. With collected insights from sabbath keepers of all ages and backgrounds, Sabbath Keeping offers a practical and hopeful guidebook that encourages all of us to slow down and enjoy our relationship with the God of the universe.

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