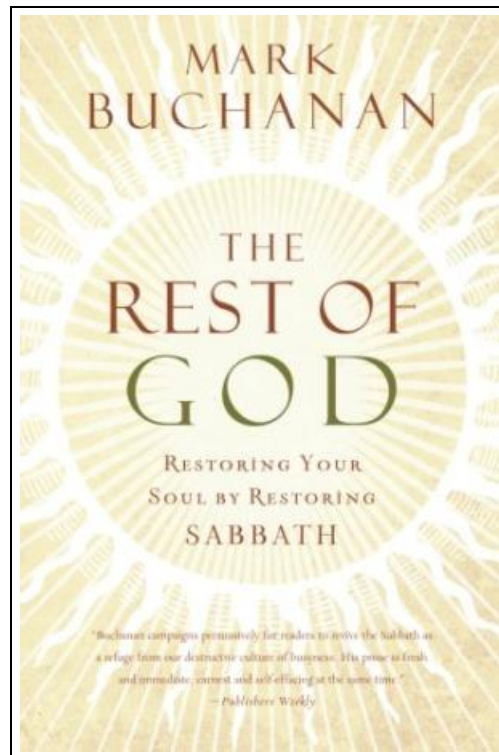


## The Rest of God: Restoring Your Soul by Restoring Sabbath



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## THE REST OF GOD: RESTORING YOUR SOUL BY RESTORING SABBATH



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Thomas Nelson. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 8.1in. x 5.3in. x 1.1in. Most of us feel utterly ransacked: were waylaid by endless demands and stifling routines. Even our vacations have a panicky, task-like edge to them. If I only had more time, is the mantra of our age. But is this the real problem? Widely acclaimed author Mark Buchanan states that what we've really lost is the rest of God—the rest God bestows and, with it, that part of himself we can know only through stillness. Stillness as a virtue is a foreign concept in our society, but there is wisdom in God's own rhythm of work and rest. Sabbath is elixir and antidote. It is a gift for our sanity and wholeness—to prolong our lives, to enrich our relationships, to increase our fruitfulness, to make our joy complete. Jesus practiced Sabbath among those who had turned it into a dismal thing, a day for murmuring and finger-wagging, and he reminded them of the day's true purpose: liberation—to heal, to feed, to rescue, to celebrate, to lavish and relish life abundantly. The gift of Sabbath is essential to our full humanity and faith, says Buchanan. Far from being some starved and dour day only to be endured, Sabbath is a day wide and bright, brimming with laughter, enough to lend beauty to all our other days. Readers will be changed forever by this pivotal book. It seems very unsabbath-like to describe a book about Sabbath with the adverb urgently—but we urgently need this book. Mark Buchanan shows us that our busyness is killing us—killin' us—and that Sabbath is our best cure, our best path for rest and reverence and discipleship. --LAUREN WINNER, Best-selling author of *Girl Meets God* and *Mudhouse Sabbath* With the easiness of long intimacy and...



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