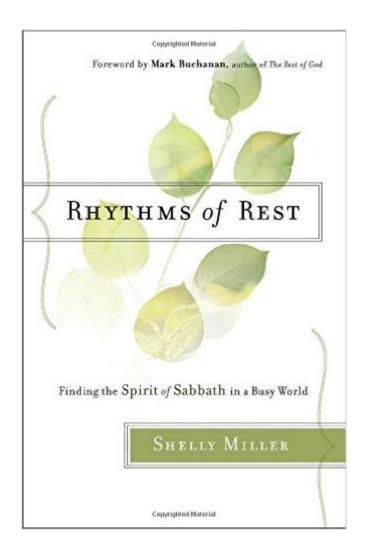
The book was found

Rhythms Of Rest: Finding The Spirit Of Sabbath In A Busy World





Synopsis

An Inspiring, Practical Guide to Finding Rest and Getting Closer to God Sabbath-keeping not only brings physical refreshment, it restores the soul. God commands us to "remember the Sabbath," but is it realistic in today's fast-paced culture? In this warm and helpful book, Shelly Miller dispels legalistic ideas about Sabbath and shows how even busy people can implement a rhythm of rest into their lives--whether for an hour, a morning, or a whole day. With encouraging stories from people in different stages in life, Miller shares practical advice for having peaceful, close times with God. You will learn simple ways to be intentional about rest, ideas for tuning out distractions and tuning in God, and even how meals and other times with friends and family can be Sabbath experiences. Ultimately, this book is an invitation to those who long for rest but don't know how to make it a reality. Sabbath is a gift from God to be embraced, not a spiritual hoop to jump through.

Book Information

Paperback: 224 pages

Publisher: Bethany House Publishers (October 4, 2016)

Language: English

ISBN-10: 0764218433

ISBN-13: 978-0764218439

Shipping Weight: 9.4 ounces (View shipping rates and policies)

Best Sellers Rank: #229,052 in Books (See Top 100 in Books) #306 in Books > Religion & Spirituality > Worship & Devotion > Ritual #3103 in Books > Christian Books & Bibles > Worship & Devotion #3670 in Books > Christian Books & Bibles > Christian Living > Spiritual Growth

Download to continue reading...

Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives Pussycats: Why The Rest Keeps Beating The Rest, And What Can Be Done About It Everyday Witchcraft: Making Time for Spirit in a Too-Busy World 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) 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 Boat Navigation for the Rest of Us: Finding Your Way by Eye and Electronics Keys to the Spirit World: An Easy To Use Handbook for Contacting Your Spirit Guides Sacred Rhythms Participant's Guide: Spiritual Practices that Nourish Your Soul and Transform Your Life Rhythms of Life: The Biological Clocks that Control the Daily

Lives of Every Living Thing Cutting Rhythms: Shaping the Film Edit Mining Coal and Undermining Gender: Rhythms of Work and Family in the American West Rhythms of Recovery: Trauma, Nature, and the Body The Golden Number: Pythagorean Rites and Rhythms in the Development of Western Civilization Natural Rhythms: A Sacred Guide into Nature's Creation Secrets Sacred Rhythms: Arranging Our Lives for Spiritual Transformation (Transforming Resources) The Spirit of Islamic Law (The Spirit of the Laws Ser.) The Spirit of Zoroastrianism (The Spirit of ...) Wild Feminine: Finding Power, Spirit & Joy in the Female Body

Dmca