



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

By Mark Buchanan

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 abundant. The gift of Sabbath is essential to our full humanity and faith, says Buchanan. Far from being...



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