

Sabbath Finding Rest Renewal And Delight In Our Busy Lives
Wayne Muller

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The studies in this guide will help you to learn more about what sabbath is and how to practice it. More people of all ages are finding the sabbath to be a gift from God that brings a renewed awareness of who God is and who we are as God's beloved children. Come and discover God's gift of rest.

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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 ...

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Sabbath Finding Rest, Renewal, and Delight in Our Busy Lives Finding Rest, Renewal, and Delight in Our Busy Lives By ... 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 ...

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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. ...
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Sabbath is time for sacred rest; it may be a holy day, the seventh day of the week, as in the Jewish tradition, or the first day of the week, as for Christians. But Sabbath time may also be a Sabbath afternoon, a Sabbath hour, a Sabbath walk--indeed, anything that preserves a visceral experience of life-giving nourishment and rest.

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Buy a cheap copy of Sabbath: Finding Rest, Renewal, and... book by Wayne Muller. 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... Free shipping over \$10.

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Get this from a library! Sabbath : finding rest, renewal, and delight in our busy lives. [Wayne Muller] -- A meditation on the need for a day of rest, against the background of a growing commercialization of Sunday. The author analyzes the rhythm of labor and rest, by which all living beings are ...

Sabbath : finding rest, renewal, and delight in our busy ...

On one hand, there was beautiful, practical advice about "finding rest, renewal, and delight in our busy lives." The book was true to its subtitle. On the other hand, the main title may be misleading to readers. "Sabbath" suggests a Biblical, Judeo-Christian approach to rest.

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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 ...

Sabbath | Cokesbury

Sabbath Finding Rest, Renewal and Delight in our Busy Lives. About this book: In the relentless busyness of modern life, we have lost the rhythm between action and rest. When action is universally prescribed as more useful than rest, we inevitably lose our way.

Books and CDs | Author & Speaker Wayne Muller

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.

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