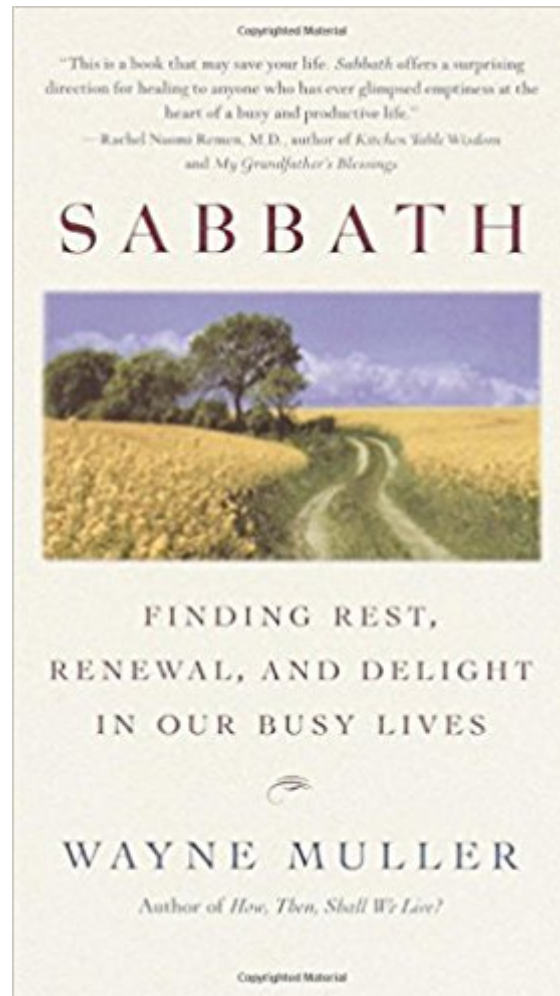


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# Sabbath: Finding Rest, Renewal, And Delight In Our Busy Lives



## Synopsis

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 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. We need not even schedule an entire day each week. 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.

## Book Information

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## Customer Reviews

It's sad that we need a book to remind us of the importance of scheduling time to rest and worship. But because we can work, shop, achieve, and otherwise stay busy every hour of every day of the week, we do. The statement, "I am so busy" has become a frighteningly common lament, according to author Wayne Muller. Our perpetual state of busyness represents a war on our natural rhythms that demand quiet and renewal in order to be emotionally, spiritually, and creatively fertile. Honoring the Sabbath need not be a commitment to a specific day of the week, explains Muller. In fact, it can be a yearlong retreat or a morning walk--"anything that preserves a visceral experience of life-giving nourishment and rest." Far more than an interesting concept, this is a good read. Each chapter is

provocative and fluid, with topics such as "Fear of Rest," "Dormancy," and "The Way of Enough." At the end of his chapters, Muller offers stories, poems, or practices that speak to the themes of the Sabbath. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

Taking the Jewish Sabbath tradition as his starting point, Muller (How, Then, Shall We Live?) uncovers the basic pattern of all living things to follow a rhythm of exertion and rest. Human beings are not exempt from the physical need for rest, and it is the author's contention that we have a deep spiritual need to regularly experience joy and to rest from our labors. Although he explicates from the Sabbath, Muller, an ordained minister, is not Jewish; he is merely appreciative of the Jewish tradition. In treating his subject, he touches on the ways in which many faithsAincluding Christianity, Islam and BuddhismAalso encourage a rhythm of work and rest. Muller does not limit Sabbath practice to a seven-day pattern but encourages his readers to create their own uniquely suitable Sabbath practicesAdaily, weekly or according to some other pattern. Each chapter ends with a couple of brief tales that exemplify an aspect of sacred rest, followed by practical suggestions for integrating a Sabbath spirit into daily life. Muller's insights are applicable within a broad spectrum of faiths and will appeal to a wide range of readers, from the eclectically spiritual to those practicing Judaism or professing Christianity. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Get this book. You deserve it. You deserve to read, rejuvenate, and slow down. Wayne Muller might be the best writer in the world of 'self-help' out there. He never tells you what to do. He just talks about things simply, and you make your own, guided choices. You find yourself reading his books, nodding your head, thinking, "Yes, yes! This is how I feel! This is the help I need!" He explains why our civilization has gotten to the point of being disconnected and stressed out, and gently guides you back to center. You don't need to take 5 yoga classes a week or be gluten free to rest and and enjoy Sabbath--there are 'Sabbath Moments' in every day. My husband and I created a Sabbath ritual because of this book. Every Friday night at 10 p.m. until the next day (Saturday) at 1 p.m., we shut off our cell phones and don't use the computer or watch television. It's just 15 hours of quiet, restful rest! Knowing that no one can contact us, 'bother' us, interrupt our time together and with ourselves. Our family has caught on--they know not to bother us or that if they leave a message we'll get back to them later that day or Sunday. I cannot recommend this book enough. I've bought it for couples and individuals as presents, wedding presents, birthday presents. Everyone loves and appreciates it. And he weaves in 'rest' as a concept throughout history, talking about historical

patterns, religious groups of all kinds. You'll be glad you bought this for yourself.

A genuine work on the value of a day of rest. It's so easy to get caught up on the busy-ness of life that we neglect that quiet time we need to re-set and renew our energy. Muller's book guides you into a habit of renewal.

I think this is a terrific little book. I have given it as a gift to many friends, especially those who are always "too busy" to relax. Every short chapter is both relaxing and inspiring. I also have my college students read passages of it when the end of the semester tensions rise. I also like the ecumenical aspect of it; it refers to many religious traditions that all tell us to step back and rest one day a week--or more.

This is one of the best, most important books ever written. It is life changing. It is precious and I always keep it at hand because picking it up and reading in it anywhere lowers me BP noticeably and puts me into a peaceful state. It is a JOYOUS read and I have been recommending to everyone I know. I have put the concept of keeping a Sabbath into practice and I love what it is doing for my state of mind and emotions. Sabbath is a gift and so is Wayne Muller. (And no, I'm not related to the man; I've never even met him.)

I can read this book over and over, and sometimes need to. Wayne Muller gives you multiple ways of seeing that we all need a break, a rest, an organized Sabbath. I love Muller's suggestions to take a Sabbath hour or afternoon. He makes it seem accessible. Also, I love his mix of different faith traditions. Seems so welcoming. He says that we need to know we are blessed, right here and right now--he says we all need to "step back and see that it is good" and a quote from Mark 2:27 "You are not made for the Sabbath; the Sabbath is made for you." Even though I am not a Bible reader, his quotes are good. He quotes from Jewish, Buddhist and Christian traditions. Nice read.

this is a beautiful book, and much needed in our too busy world. I love how Mr. Muller explains that God does not want us to be overwhelmed, constantly busy, and working ourselves into the ground. These are words of comfort that need to be spoken. This well written book has helped me to slow down and honor the Sabbath time. It is truly a 'lifesaver' and I recommend it very highly. Mr. Muller has produced a work that is perfect for our time.

Muller draws from a variety of sources to paint a multifaceted vision of our need to return to the Source. Our thirst can never be quenched unless we draw and drink deeply. This well is really within us, but we have different ways of spiritually nourishing our being. Remember is to 're-member' what is our essence of becoming. The author wonder fully breathes life into a holy space-time whose Fruit is Joy.,.

It is well researched and draws from our daily experience as well. Muller is a Minister of the Gospel and a therapist and can see what our Western Culture is doing to us with all of our Busyness! The chapters run about three pages, made for us in the fastlane, yet solid content and wisdom! Thank you!

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