

"This is a book that may save your life. *Sabbath* offers a surprising direction for healing to anyone who has ever glimpsed emptiness at the heart of a busy and productive life."

—Rachel Naomi Remen, M.D., author of *Kitchen Table Wisdom*  
and *My Grandfather's Blessings*

# S A B B A T H



FINDING REST,  
RENEWAL, AND DELIGHT  
IN OUR BUSY LIVES



WAYNE MULLER

*Author of How, Then, Shall We Live?*

# Sabbath Finding Rest Renewal And Delight In Our Busy Lives

**J. Dana Trent**



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

Sabbath Wayne Muller, 2013-09-11 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 Praise for Sabbath Muller's insights are applicable within a broad spectrum of faiths and will appeal to a wide range of readers Publishers Weekly One of the best spiritual books of the year Spirituality and Health Wayne Muller's call to remember the Sabbath is not only rich wise and poetic it may well be the only salvation for body and soul in a world gone crazy with busyness and stress Joan Borysenko author of *Minding the Body Mending the Mind* and *A Woman's Book of Life* This is a book that may save your life Sabbath offers a surprising direction for healing to anyone who has ever glimpsed emptiness at the heart of a busy and productive life Rachel Naomi Remen M.D. author of *Kitchen Table Wisdom* Religion, Diversity and Conflict International Academy of Practical Theology. Meeting, 2011 While religion can be a source of healing peace and reconciliation it can also be a trigger if not an underlying cause for conflict between peoples of varying beliefs With that awareness the International Academy of Practical Theology convened its 2007 meeting around the theme of Religion Diversity and Conflict From the multiple seminars lectures and studies presented at that meeting a selection was chosen for this book Representing contributions from four continents and drawing upon perspectives from African traditional religions Judaism Islam and Christianity the book offers a rich introduction to the problems and promises of religion in dialogue with 21st century diversity Religion Diversity and Conflict will serve as a veritable primer on the field of practical theology Series International Practical Theology Vol 15 **Sacred Time** Christine Valters Paintner, 2021-02-19 We live in a world where there never seems to be enough time for all we want and need to do In *Sacred Time Embracing an Intentional Way of Life* Christine Valters Paintner guides us as we move beyond our own lives and embrace a world that urges us toward rest reflection and growth In *Sacred Time* Paintner abbess of the online Abbey of the Arts shows us how by becoming in tune with the rhythms of the natural world we can live more intentionally and experience a conversion toward a more expansive way of being Paintner introduces us to the eight cycles of sacred time that exist in our everyday lives These cycles that can ground us through our busy lives are breath rhythms of the day weekly rhythms and Sabbath rest waxing and waning lunar cycles seasons of the year seasons of a lifetime ancestral time and cosmic time Each cycle encourages us to mindfully

consider the time that passes as quickly as each breath and as slowly as the passing of generations Within each cycle we find wisdom from sacred tradition and the saints including St Benedict St Ignatius of Loyola and St Hildegard of Bingen room for growth and the presence of the Divine Along the way we are also given scriptural guidance and we are invited to spiritual practices and creative explorations that will help deepen our understanding of each cycle allow that understanding to take root in our lives and expand our lives beyond the pressures of each day      *Planning Sabbaticals* Robert C. Saler,2019-11-01 Sabbaticals are becoming increasingly common practice in congregations and while there are many books on helping pastors prepare for their time away there are no texts that approach the experience with the congregation in mind from start to finish This guide for congregations and their pastors draws on nearly two decades of wisdom from the Lily Endowment Clergy Renewal Program and helps draw the conversation away from a pastor centric model and towards a holistic congregational framework for thinking about how the entire community can benefit from a pastor s sabbatical

*Understanding Our Story* Rebecca Letterman,Susan Muto,2017-02-28 *Understanding Our Story* presents a concise introduction to the original transformative thinking of Adrian van Kaam CSSp PhD 1920 2007 While many books are available on spiritual formation and Christian disciplines no other author of our time has offered such a holistic and comprehensive explanation of Christian formation and its relationship to the human spirituality of all persons *Understanding our Story* culls the most seminal ideas and vocabulary from van Kaam s eleven volumes on formation science formation anthropology and formation theology and provides examples of his theoretical practical research drawn from everyday life Scripture Christian writers and van Kaam s life story itself In doing so it makes his extensive work available to scholars in the field of spiritual formation and gives all readers the opportunity to utilize his insightful thinking to more fully understand the myriad ways in which God reforms and transforms lives into the image of Christ In the pluritraditional world in which we live where so many faith and formation traditions demand our attention van Kaam s formative spirituality provides a means of respectful dialogue with formationally relevant truths from others and of wise appraisal of ideas that are and are not conducive to and compatible with the Christian revelation      *For Sabbath's Sake* J. Dana Trent,2017-10-01 Discover a spiritual practice that helps you maintain spiritual emotional physical and mental health We toiled on computers seven days per week rising as early as 4 00 a m to squeeze in spiritual quiet time before we both retreated to our respective laptops typing the days and weekends away Though I grew up keeping Sundays sacred six years into our marriage we d fallen into the trap of using the Lord s Day to catch up At its worst our church attendance was less than 50 percent I began for the first time in my life to understand why people don t attend church services J Dana Trent chapter 1 In our culture of constant busyness most of us feel like we re never caught up The lines between home and work have blurred as we stay tethered to our mobile devices and computers Many people use weekends to catch up on errands and other work that doesn t get done during the week God s commandment to Remember the Sabbath day and keep it holy seems like a relic from a simpler time Many Americans balk at

the idea of setting aside a whole day for worship rest and time with those who matter most to them Yet we long for more time to spend on what matters most unrushed time to rest reconnect with friends and loved ones and deepen our relationship with God An ancient spiritual practice exists that can help restore balance to our lives the practice of keeping sabbath But how exactly do we manage to build time for sabbath into our busy lives Dana Trent explores this question in *For Sabbath's Sake* With humor and honesty Trent reveals her own struggles with setting apart a day devoted to God rest and community This book traces the rich history of sabbath helps you find ways to overcome barriers to this spiritual practice and suggests achievable ways to build sabbath into your life

**Flunking Sainthood Every Day** Jana Riess, 2014-12-01 Over one year recounted in *Flunking Sainthood* Riess failed twelve different spiritual practices To her surprise though she learned something important even from the ones she failed most spectacularly This new 365 daily devotional readers who are looking for spiritual growth will find guidance arranged according to monthly practices such as gratitude generosity prayer Sabbath keeping and hospitality Each day's reading has a reflection from a contemporary or classic spiritual thinker a short scripture verse and a brief prayer reflection or follow up action This daily devotional helps us know that there is great compassion for all of us who are flunking sainthood as we learn that spiritual growth is a lifelong journey without a fixed destination Jana Riess is the author of *The Twible and Flunking Sainthood* A Year of Breaking the Sabbath Forgetting to Pray and Still Loving My Neighbor which was named by Publishers Weekly as one of the best religion books of the year This book is about how to relax in our imperfections trust God's grace and take authentic and practical steps toward deepening maturity in faith Sharon Garlough Brown author of *Sensible Shoes* This devotional will stimulate your brain companion your soul and inspire you Lauren F Winner author of *Mudhouse Sabbath* and *Still* In addition to being a sagely writer Jana is an avid quote collector Here are 365 gems full of mojo in insight for normal folks like us along with a simple challenge to make each day a wonderful experience of falling forward Brian D McLaren author of *We Make the Road by Walking* Refreshingly realistic about our human imperfections and heartily confident of grace Marjorie Thompson author of *Soul Feast* Jana is a thoughtful wise and compassionate guide to the life of the spirit and this book will be a daily gift to all of us who are flunking sainthood but hope to raise our GPA Greg Garrett author of *The Other Jesus* Relax spiritual slackers Somebody else has done all the reading Now you have a book of poetic inspiration Bible verses current bestsellers and ancient thinkers one for each day Skip a day No guilt Don't understand You'll catch up What's the point Try doing it anyway Seriously hilariously Lillian Daniel author of *When Spiritual But Not Religious Is Not Enough*

**Embracing Rhythms of Work and Rest** Ruth Haley Barton, 2022-10-11 For pastors and leaders the possibility of living in balanced rhythms of work and rest feels elusive Ruth Haley Barton offers hard won wisdom regarding rhythms of Sabbath grounds us in God's intentions in giving us the gift of sabbath and provides practical steps for embedding Sabbath rhythms into our churches and organizations

**Emotionally Healthy Spirituality Expanded Edition Workbook plus Streaming Video** Peter Scazzero, Geri Scazzero, 2021-12-21

Peter Scazzero learned the hard way you can't be spiritually mature while remaining emotionally immature. In the Emotionally Healthy Spirituality Workbook Expanded Edition DVD digital downloads sold separately, Peter outlines a roadmap for discipleship with Jesus that is powerfully transformative. He unveils what's wrong with our current definition of spiritual growth and offers not only a model of spirituality that actually works but seven steps to change that will help you experience authentic faith and hunger for God. Though Peter was an experienced pastor of a growing church, his life and faith remained emotionally unhealthy. Like so many in the church, he routinely avoided healthy conflict in the name of keeping the peace, ignored and suppressed emotions, used work for God as an excuse to run from God, lived without limits. In this updated and expanded workbook, Peter helps you unpack core biblical principles to guide you into an experience of lasting beneath the surface transformation in your relationship with Christ. The workbook includes session introductions, group discussion questions, application, and between sessions personal study. This workbook is Part One of the Emotionally Healthy Discipleship Course that also includes the bestselling books *Emotionally Healthy Spirituality* and *Emotionally Healthy Spirituality Day by Day*. Join us for a powerful journey that will walk you through a door that will change forever the way you love God, others, and yourself. Designed for use with the *Emotionally Healthy Spirituality Video Expanded Edition* sold separately. Streaming video access code included. Access code subject to expiration after 12/31/2027. Code may be redeemed only by the recipient of this package. Code may not be transferred or sold separately from this package. Internet connection required. Void where prohibited, taxed, or restricted by law. Additional offer details inside.

**Beginning Again** Mary C. Earle, 2004-10 Discover how to use St. Benedict's concepts of stability, obedience, and conversion to live spiritually even in the midst of illness.

**Blessed Connections** Judith Schwanz, 2008-01-15 No pastor sets out to fail, but statistics say 15 to 20 percent of pastors leave pastoral ministry within the first five years. One seminary administrator said that every person he had heard of leaving the ministry had done so because of a relationship failure. We cannot escape relationships in ministry, yet few seminaries offer courses in how to build healthy relationships. The assumption is that the type of person who is called to ministry will have all the people skills they need, which sadly is not always true. In *Blessed Connections*, seminary professor Judith Schwanz focuses on the person of the minister and the relational system of the minister's life. She spotlights three areas of connection: relationship with self, relationships with other people, and relationship with God. Attending to these three primary connections will strengthen the pastor and cushion her or him against the pressures and stresses of daily ministry. *Blessed Connections* is ideal for seminary students and new pastors and includes Assessment Journal questions at the end of each chapter for personal application.

**Getaway with God** Letitia Suk, 2016-11-29 What if a simple day away could transform your life? Does spending time with God sound like just one more thing to check off an ever-increasing to-do list? How are you supposed to fit in anything that threatens to be more time-consuming? Too often, there's simply no room to experience the intimacy, grace, and peace that God offers us. *Getaway with God* does more than invite you to step away from life's pressures to take a personal

retreat It shows you exactly why you must for your sake and for your family's With grace and warmth Letitia Suk provides step by step guidance and the necessary tools to enable any woman on any budget to plan time away whether it's a quick half day break or a weeklong time of restoration You'll find detailed steps for preparation including descriptions of different kinds of retreats and how to choose the best one for you and you'll learn ways to bring the renewal you experience home with you Practical appendixes identify retreat centers nationwide and provide exercises and prayers to kick start your getaway with God No matter what your season in life the time for retreat is now Getaway with God is a gem Karen Burton Mains author of Open Heart Open Home director of Hungry Souls

**The Kitchen Devotional**, 2024-12-03 Nothing satisfies our hunger for good food and good friends like sharing a home cooked meal And nothing satisfies our hunger for God like time spent in prayer or reflecting on his Word Combine the two and you have a recipe that will delight your soul Through 90 readings and more than 50 recipes The Kitchen Devotional offers you a daily serving of faith and encouragement You'll enjoy reading about gathering with family and friends lessons learned in the kitchen the ministry of hospitality feasting on the Word the ingredients of a memory the recipe for soul care Whether you're the consummate host the ultimate foodie or just someone who loves spending time in the kitchen or gathered around the dinner table you'll savor the timeless truths found in these pages

**Leadership Paradigms in Chaplaincy** Joel Graves, 2007 This dissertation argues that business people clergy lay persons and many chaplains do not understand the leadership and management dynamics of chaplaincy and this lack of knowledge has a direct impact on how chaplaincy is done and not done in certain areas In chaplaincy and many churches leadership management and ministry have a synergistic effect when they come together in response to a problem or crisis An understanding of chaplaincy dynamics scope methods possibilities and issues in relation to this effect is vital to this growing field in four areas Helps prepare people for ministry as chaplains whether clergy or lay benefits those already in chaplaincy ministry helps clergy reexamine their ministry to determine if they are where God wants them serves to teach everyone including upper level management and senior church leaders of the roles actual or potential that chaplains can fill in response to the growing needs of people

*Sharing Possessions* Luke Timothy Johnson, 2011-01-24 This book is written as an exercise in theological reflection on one of the knottiest questions imaginable the connection between being a Christian and the way we own and use things When we turn to thinking about money and possessions we find ourselves in murky waters The things we own and use like our sexuality lie close to the bone of our individual and collective sense of identity So writes respected scholar Luke Timothy Johnson in his introduction to *Sharing Possessions* What Faith Demands Stepping purposefully into the murky waters of owning and sharing Johnson endeavors to clarify and define the ambiguous concept of human possession especially in relation to God's divine ownership and to discern the Bible's teaching on the mystery of human possessing and possessiveness This second edition reflecting thirty years of Johnson's further thinking on the subject features chapters expanded with fresh insights helpful new study questions for each chapter and a substantial epilogue

updating the work All who found in Luke Johnson s treatment of possessions as part of the mystery of human existence a deeper and more fruitful approach to the problems of wealth and poverty will find in this new edition continued critical reflection and fresh insight Those for whom this is a first encounter will find out what made it worth reissuing after thirty years Sondra Ely Wheeler Wesley Theological Seminary      *Your Inner Eve* The Reverend Dr. Susan Newman,2005-01-25 In the refreshingly candid Oh God the Reverend Dr Susan Newman a United Church of Christ minister and senior adviser for religious affairs to the mayor of Washington D C showed African American women of faith how to reconcile their spiritual and sexual selves Now in this empowering new book written with her accessible blend of comforting straight talk and down to earth humor Dr Newman encourages you to discover your Inner Eve the original you that embodies the feminine expression of God s Spirit This Inner Eve is the keeper of self esteem intuition and creative nature She is your best self your champion your protector She is not afraid she is not ashamed she is strong and vital to your well being As Dr Newman reveals negative feelings such as emptiness self doubt and self hatred can be overcome by nurturing and strengthening your Inner Eve An awakened Inner Eve inspires women to take action improve their lives and find their voice Emboldened by the Inner Eve women can see how their gifts can change their life and the world around them      CPR for the Soul Tom Stella,2017-11-14

*A Path to Belonging* Mary Kay DuChene,Mark Sundby,2022-07-12 Loneliness or the feeling of being cut off from others is an epidemic among people in America Studies have shown that up to half of Americans are lonely While some may think that clergy have a strong built in community this is not often the case According to leadership development consultants Mary Kay DuChene and Mark Sundby clergy are as lonely as the general population In *A Path to Belonging Overcoming Clergy Loneliness* DuChene and Sundby argue that clergy need to address their experience of loneliness First loneliness can interfere with leadership effectiveness Second it offers a ministry opportunity to connect with people around the topic of loneliness But clergy must first deal with their own loneliness and begin to experience the healing balm of social connection Each chapter begins with a case study that illustrates an aspect of clergy loneliness DuChene and Sundby draw on original research on loneliness among clergy across denominations first administering the state of the art inventory to measure loneliness and then following up with qualitative interviews They also draw on years of experience working directly with clergy and congregations The authors then offer tools and remedies for the path toward a healthy sense of contentment and belonging The book also explores what judicatory leaders congregations and friends and family of clergy can do to support clergy By normalizing and reframing loneliness however *A Path to Belonging* not only suggests ways to overcome the loneliness present in ministry DuChene and Sundby propose an even larger vision Perhaps clergy can also help the congregations they serve become social connectors in their communities and thereby begin to solve the epidemic of loneliness in the United States      *Finding Your Voice in the Psalms* Elizabeth J. Canham,2013-04-01 Have you ever railed in anger about some situation in your life and wondered if something horrible might happen because you dared express your



rage to God Or after some trauma have you experienced the horrible sense of God s absence If you ve had these or other feelings and wondered what to do with them the Psalms provide a good way for you to pray about any situation Canham an Episcopal priest who specializes in teaching and spiritual guidance explores 7 themes found in the Psalms hearing God s word in stillness and silence finding stability in God s faithfulness dealing with disappointment anger and pain resting in God s grace celebrating creation touching the holy in the ordinary discovering joy and learning to praise Discover the beauty and power of the Psalms Learn how to write your own psalm about your present experience desire need hope or joy Canham says In this book I want to share my delight in the Psalms and offer models for praying with them I write for all the heart hungry people of God who must live and pray in the midst of very busy lives An excellent resource for anyone wanting to deepen their relationship with God Consider using this book for individual or small group study or sharing it with your prayer partner

**Rethinking Constantine** Edward L. Smither, 2014-02-14 What happens to the church when the emperor becomes a Christian Seventeen hundred years after Constantine s victory at Milvian Bridge scholars and students of history continue to debate the life and impact of the Roman emperor who converted to faith in the Christian God and gave peace to the church This book joins that conversation and examines afresh the historical sources that inform our picture of Constantine the theological developments that occurred in the wake of his rise to power and aspects of Constantine s legacy that have shaped church history

## Decoding **Sabbath Finding Rest Renewal And Delight In Our Busy Lives**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sabbath Finding Rest Renewal And Delight In Our Busy Lives**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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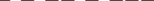
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