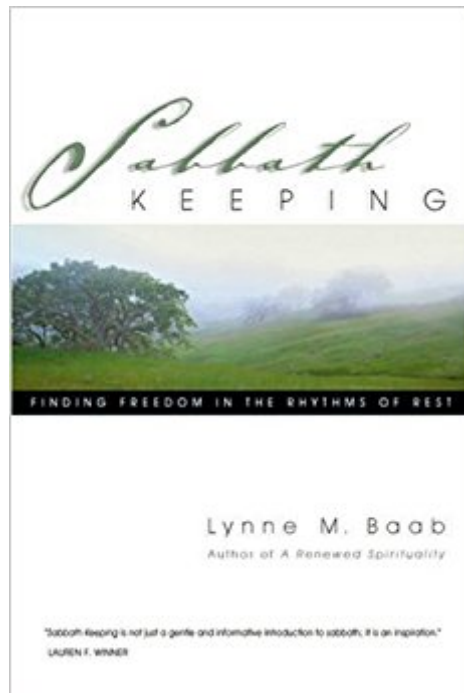




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Sabbath Keeping: Finding Freedom In The Rhythms Of Rest



Synopsis

Let's give ourselves an A for effort. We keep our minds so preoccupied with work projects that we act and think on autopilot. We keep our kids so occupied with activities that they need day planners before grade school. We keep our schedules so full with church meetings and housekeeping and even entertaining that down-time sounds like a mortal sin. When we fail to rest we do more than burn ourselves out. We misunderstand the God who calls us to rest--who created us to be people of rest. Let's face it: our rest needs work. Sabbath recalls our creation, and with it God's satisfaction with us as he made us, without our hurried wrangling and harried worrying. It also recalls God's deliverance of the Israelites from Egypt, and with it God's ability to do completely what we cannot complete in ourselves. Sabbath keeping reminds us that we are free to rest each week. Eighteen months in Tel Aviv, Israel, where a weekly sabbath is built into the culture, began Lynne M. Baab's twenty-five-year embrace of a rhythm of rest—*as a stay-at-home mom, as a professional writer working out of her home and as a minister of the gospel.* With collected insights from sabbath keepers of all ages and backgrounds, Sabbath Keeping offers a practical and hopeful guidebook that encourages all of us to slow down and enjoy our relationship with the God of the universe.

Book Information

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Customer Reviews

Starred Review. In a gentle, concise style, Baab (*A Renewed Spirituality*) recommends a weekly day of rest as a gift from God that teaches Christians about grace. Although rules and puritanical solemnity have tarnished Sabbath-keeping in the United States, Baab commends the practice as a

balm for frazzled moderns: "The frantic pace, the exhaustion that accompanies it and the resulting emptiness call us back to a rhythm that includes stopping and resting." While Sabbath-keeping is commanded in the Bible, God intends it as a reminder of freedom and abundant life. Baab suggests that Christians customize their Sabbath: All are called to cease from work, but one person's work could be another person's play. (Baab also says the Sabbath may involve freedom from multitasking, technology, media, shopping, competition, talking and anxiety.) Also, she says, the day for the observance does not matter, as long as it is consistent. Baab covers the scriptural reasons for Sabbath observance, but the best sections of this work deal with the personal and the practical. Her account of living (and keeping the Sabbath) in Iran, Israel and the United States instructs and fascinates. One particularly helpful chapter about creating a Sabbath celebration offers tips about making the day special. Winsome, passionate and persuasive, this will convince many Christians of the continuing relevance of the Fourth Commandment. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"Rest. Delight. Are such things even possible in the 21st century? "Absolutely, believes Lynne M. Baab, author of *Sabbath Keeping: Finding Freedom in the Rhythms of Rest*. 'The meaning of the word Sabbath is "stop, cease, desist, pause, rest,'" she points out. 'The Sabbath is a concrete, practical, doable way to build rest into our schedules.'" (As cited in Margaret Renkl, "A Day of Rest," *Ladies' Home Journal*, June 09) Baab weaves a compelling argument for incorporating Sabbath keeping into one's personal life. Baab has taken a subject that could potentially be guilt-inducing and treated it with gentleness. (*Christian Library Journal*, June 2007) "Winsome, passionate and persuasive, [Sabbath Keeping] will convince many Christians of the continuing relevance of the Fourth Commandment." (*Publishers Weekly*, December 20, 2004 (starred review)) "I chose to read this manuscript out of sheer longing and delight because the idea and the reality of sabbath keeping is so compelling to me these days. It is a wonderful book that articulates all the questions that we wonder about and then explores the sabbath as a discipline that soon becomes one of God's greatest gifts to us as human beings. It is a gift that is, as Lynne so eloquently describes it, full of grace, freedom and abundance. Reading this book made me love God more because he thought to craft a gift that is so beautiful and extravagant but also so practical and necessary. The sabbath is a discipline that will save our lives." (Ruth Haley Barton, cofounder of The Transforming Center, spiritual director, author of *Invitation to Solitude and Silence*) "I've tried so many times to be a better sabbath keeper--but I'm just too busy. And so are my family and friends. We've made a virtue out of being overworked and then rationalizing that as faithfulness.

Lynne Baab's book not only called me up short but also called me back to a biblically sound and graciously practical reconsideration of God's gift of sabbath. This is the best book on sabbath that I've seen, and my life is changing after having read it." (Dr. Stephen A. Hayner, Columbia Theological Seminary)"Sabbath is not just a day off. It is a way of life, a gift of grace. To rest, to sabbath, to stop--these are ways of acknowledging and receiving that gift. Drawing from the wisdom of the best thinkers on this subject and her own deep experience of the power in 'stopping,' Lynne Baab guides us to a place of rest. She exhorts us to walk in the 'rhythms of rest,' and to realize that keeping sabbath is a way of affirming the deep love of God that cannot be earned through frenetic activity. I recommend this practical and life-giving book." (Keri Wyatt Kent, author of *God's Whisper in a Mother's Chaos*, *The Garden of the Soul* and *Breathe: Creating Space for God in a Hectic Life* (2005))"Dorothy Bass once wrote that the commandment to observe sabbath is the only one people brag about breaking--being busy is equated with being significant. Lynne Baab has rediscovered the gift of sabbath keeping and offers wise counsel on the importance of doing nothing." (John Ortberg, author of *If You Want to Walk on Water, You've Got to Get Out of the Boat*)"Every voice prodding us to keep the sabbath in these hectic times is urgently needed. Lynne Baab's voice is clear; her suggestions apply to a great diversity of people; her own practice offers an excellent model. Keeping the sabbath changed my life; I pray that you too know the freedom of its rest." (Marva Dawn, author of *Keeping the Sabbath Wholly and Unfettered Hope*)"Finally we have a book on the sabbath that avoids the polemics of sabbath law and recovers the biblical and practical experience of sabbath rest. Lynne Baab reminds us that we do not just keep the sabbath as a religious ritual, but the sabbath keeps us as a gracious gift of renewal. Regardless of one's tradition, this is a book that will provide both a theological and practical guide for creating an intentional sabbath experience. This is a 'one size fits all' prescription for maintaining spiritual fitness in a secular culture running at a 24-7 rate. Read it, practice it, and find rest for your soul." (Ray S. Anderson, Senior Professor of Theology and Ministry, Fuller Theological Seminary)"Lynne Baab is passionate about the sabbath. Having personally experienced the spiritual enrichment of sabbath keeping, she writes to entice the reader to gratefully accept God's gracious invitation to sabbath rest and renewal. She explores Jewish and Christian sabbath traditions and writings, plus practices of her friends and her family, in this gentle yet challenging book that is practical and practicable. It comes from her heart and will speak to yours. It could change your lifestyle and enhance your relationship with God!" (Don Postema, author of *Catch Your Breath and Space for God*)"Sabbath Keeping is not just a gentle and informative introduction to sabbath; it is an inspiration. Without question, this is the best book I've read in years on the art and discipline of keeping sabbath. We live in an age of hurry, an age of

multitasking and stress; we could not need Lynne Baab's book more." (Lauren F. Winner, author of Girl Meets God and Mudhouse Sabbath)

Great read

It was delightful to find a well researched and scholarly work to be so readable. I read the book fairly rapidly and with few breaks.

Very easy to read. The writer's personal experience with Shabbat is also very inspiring. The practical suggestions on keeping Shabbat are also very helpful.

WE had a Lenten study on this book. It got us thinking about how we choose Sabbath time, defining Sabbath time, and how to improve the Sabbath time we take today.

Great book. Arrived in great condition. Very happy with the purchase. Thanks!

I've always been uncomfortable with the notion that Sabbath keeping is not required for Christians. But I never looked into it farther before. Well, whether or not it is required, I'm thinking it was instituted along with creation for good reason, and I'm now working on getting it implemented in my own life.

Great study, our church had groups discuss.

We are using this in a group and loving it.

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