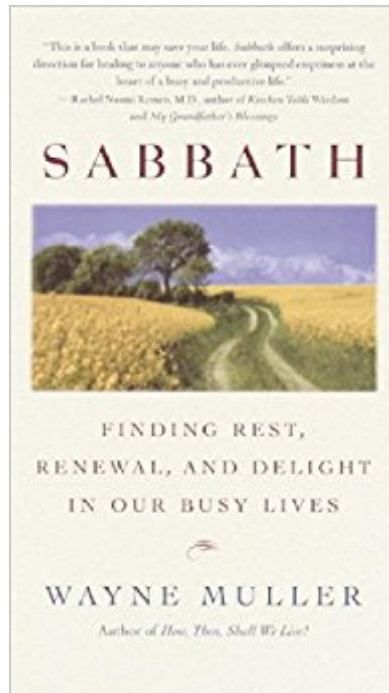


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# Sabbath: Finding Rest, Renewal, And Delight In Our Busy Lives



## 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

This book is a exploration into the concept of "Sabbath" and its importance in world religions. Muller describes Sabbath rituals in the Jewish faith and discusses scriptural references to the Sabbath (from Christian and Buddhist, as well as Jewish texts), especially those concerning why it is celebrated at all. He argues that we all need time set aside as a Sabbath for rest, happiness, and consecration. He embellishes the text with poems and stories about the Sabbath practices of friends. Many of the chapters close with a "Practice" section, in which Muller describes actions you can take to put the ideas from the chapter into practice. In an early chapter, Muller declares that all religions have some form of Sabbath. This didn't quite sound correct to me-while Muslims often

gather in a mosque together for Friday noon prayers, the day is otherwise unlike a Judeo-Christian Sabbath, since there is no feeling that worshipers should refrain from work or commerce on that day. And Buddhists and Hindus certainly don't have a regular day set aside each week for religious observance and rest. But Muller goes on to explain that he is taking the term "Sabbath" to mean a time set aside from ordinary worldly pursuits, and that in a more general sense "Sabbath" need not refer to an entire day, but could be just a few minutes in which the mind is engaged in meditation, prayer or devotion. By this measure, the five daily Muslim prayers, Buddhist meditation, and Hindu pujas would all qualify as Sabbath time. Muller argues that such time is necessary to appreciate fully our capabilities as caring people. Reading this book has opened my eyes to new ways of celebrating the Sabbath.

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