



For Sabbath s Sake: Embracing Your Need for Rest, Worship, and Community (Paperback)

By J Dana Trent

Upper Room Books, 2017. Paperback. Condition: New. Language: English . Brand New Book. Many Americans balk at the idea of setting aside an entire day for worship, rest, and time with those who matter most to them. In a culture of constant busyness, the lines have blurred between our work and personal lives, and we feel pulled in many directions. Yet we long for more time well spent unrushed time to be alone, relax with friends and family, and grow closer to God. Many of us seem to have forgotten the ancient spiritual practice that can help us regain balance in our lives: sabbath. For Sabbath s Sake dives into the heart of what keeps us from sabbath. With humor and honesty, J. Dana 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 readers find ways to overcome barriers to this spiritual practice, and gives them achievable ways to build sabbath into their own lives.



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