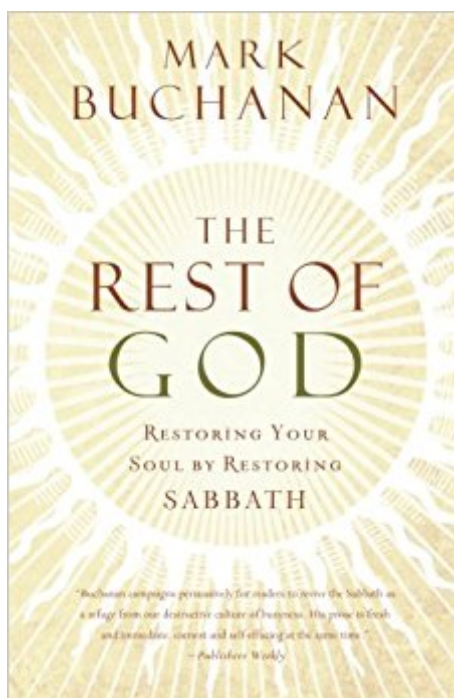


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The Rest Of God: Restoring Your Soul By Restoring Sabbath



Synopsis

Widely-acclaimed author Mark Buchanan states that what we've really lost is "the rest of God—the rest God bestows and, with it, that part of Himself we can know only through stillness." Stillness as a virtue is a foreign concept in our society, but there is wisdom in God's own rhythm of work and rest. Jesus practiced Sabbath among those who had turned it into a dismal thing, a day for murmuring and finger-wagging, and He reminded them of the day's true purpose: liberation—to heal, to feed, to rescue, to celebrate, to lavish and relish life abundant. With this book, Buchanan reminds us of this and gives practical advice for restoring the sabbath in our lives.

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Customer Reviews

In his fourth book, Christian pastor Buchanan delves into the concept of the Sabbath, by which he means both a day and an attitude. He campaigns persuasively for readers to revive the Sabbath as a refuge from our pervasive and spiritually destructive culture of busyness. Buchanan's prose is fresh and immediate, earnest and self-effacing at the same time. Each chapter is peppered with vivid stories from his own childhood and ministries as well as insightful retellings of biblical narratives. Each chapter also ends with a practicum the author calls a "Sabbath liturgy"—something to try out like choreographic notes, "not to be followed slavishly." Indeed, these invitations to put his ideas on living the Sabbath into action are not PowerPoint-style bulleted lists, but brief narrative passages spiced with more stories and engaging insights. The book can be taken as a whole or read piecemeal as rejuvenating brief sermons. It will aid those Christians looking to step off the hamster wheel of modern working lifestyles and find the rest of

God – not just "actual physical, mental, spiritual rest, but also the rest of God – the things of God's nature and presence we miss in our busyness." (Jan. 31) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Mark Buchanan is a pastor, award-winning author, and father of three who lives with his wife, Cheryl, on the West Coast of Canada. Educated at the University of British Columbia and Regent College, his work has been published in numerous periodicals, including Christianity Today, Books and Culture, Leadership Journal, and Discipleship Magazine. He is the author of six books: *Your God Is Too Safe*, *Things Unseen*, *The Holy Wild*, *The Rest of God*, *Hidden in Plain Sight*, and *Spiritual Rhythm*.

This book is exactly what I needed. The Sabbath challenge is not legalistic but is individualistic. Personal sabbath is between you and God with no guilt. The author uses life experience and human character to make understanding biblical principle and the mind of God fruitful. I highly recommend this book for someone who wants to understand the significance of sabbath and then experience it out of biblical understanding. The one and only thing that was a bit distracting, at times: the author is very descriptive and uses words that were probably more commonplace a couple of centuries ago. However, don't let this dissuade you. You will be truly blessed with this read.

Mark Buchanan has opened up a whole new meaning and insight about Sabbath. It is not a law, but a gift from God. It has to do with remembering that God is over all and that he is good, and that he can run the universe without us for a while. Buchanan does not trivialize these truths, he plumbs their depths. He offers Sabbath Liturgies at the end of each chapter - each suggesting activities, practices, or thoughts tied to the previous chapter. I never felt manipulated by his suggestions or put off by his ideas. I did feel challenged, and though once or twice I wrote a note to myself to the effect, "I'll have to think about this," I never threw out the new or challenging idea wholesale. I read this book while on sabbatical, and have gone back to it more than once to re-read my notes, visit my marked pages, and share his thoughts with others. I would definitely recommend this book to any Christian who wants a closer relationship with God and a deeper appreciation for his gift of sabbath.

What a marvelous study of rest! Mark is not only an amazing word-smith who crafts each sentence so it is dripping with relevant description, but a thoughtfully profound biblical teacher who brings

God's design into a place of understood application.

THIS BOOK CHANGED THE WAY I SEE WHY GOD CALLED US TO KEEP A SABBATH REST AND WHY WE NEEDED IT. IN THIS BOOK, THE AUTHOR EXPOSES THE GRAVE CONSEQUENCES WE SUFFER IN OUR MODERN SOCIETY WHERE WE LOOK AT REST AS A CHOICE AT THE BOTTOM OF THE LIST OF PRIORITIES, NOT A NEED. THE ELOQUENT, ENGAGING, COLORFUL, PERSONAL, TREMENDOUSLY AND DEEPLY IMPACTING BIBLICAL ACCOUNTS AND REFERENCES, AS WELL AS THE AUTHOR'S REFLECTIONS ON THEM, MAKES THIS A RECOMMENDED READ FOR ANYONE WHO QUESTIONS OR IS STRUGGLING TO MAKE REST A MOST IN THEIR LIFE.

Have you ever been hungry - really hungry - but for what exactly you did not know? You sat and thought about every possibility, but none of it seemed to fit? Yet the hunger remained. Mark Buchanan's book on Sabbath does two things to our spiritual appetite. First, it stirs in us a deep hunger for something most of us can't pinpoint. Second, it nails it down. We are hunger for rest, we don't know how to do it. We are commanded to keep the Sabbath. Very few of us do. Many of us avoid the Sabbath out of a kind of vague sense that we wouldn't know how to do it properly if we tried. Many of us simply avoid the topic through the haze of overwork and our own sense of task-driven importance. Some of us suffered under a rigid legalism that turned Sabbath into the most burdensome of all the commandments. So, we avoid and ignore. Buchanan has a wonderful way of expressing how to keep the Sabbath without resorting to a rigid legalism and its importance without laying another burden on the backs of the faithful. Sabbath is rest, after all. And Sabbath is a kind of anticipation of heaven - with all of its fulfilled rest, joy, peace, worship, and the presence of God. The right practice of Sabbath fulfills that longing for a certain taste we can't escape but also can't fulfill here in this life. I started this book a couple of years ago, but recently returned to it and restarted it in my own felt need for rest. It has been a tremendous help and encouragement about the value and practice of Sabbath. It's not just one day a week, it is a practice, a disposition toward life and God, an inclination toward creation and relationships. I have valued my time in this book. I greatly valued Buchanan's honesty and wonderful ability to express himself. It is a rich book to read on every level. I highly recommend this book for all disciples - especially those who know they need to taste that thing they have not yet found.

There is a lot of good ideas about Sabbath rest in this book. Unfortunately, the author also uses his

own interpretive spin to make up some of the theories in this book. If you are interested in this subject it is probably worth reading as long as you can use your own discernment.

A must-read for anyone stressed out and overworked. Enter the Rest of God and you will NEVER look back again - I know I haven't!

Mark's personal journey to fleshing out sabbatical practices was intimate and challenging. If you're looking for a book to tell you how to rest, or steps to spiritual disciplines or formation this book isn't for you. But if you're tired and weary and worn out from the busyness of life and want the encouragement of a fellow journeyman then this is for you. Simple reminders of the Father's love and desires for you is plainly written, to spur you on towards love and intimacy with God in the mundane and the exceptional. This book isn't a sprinkler it's more like a soaker hose to your heart

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