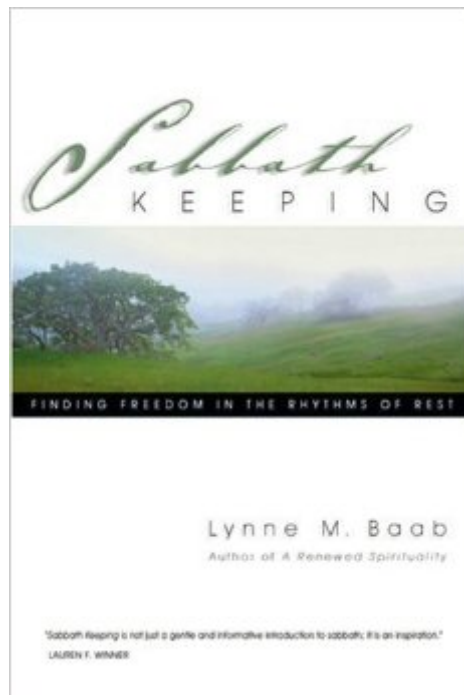


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# Sabbath Keeping: Finding Freedom In The Rhythms Of Rest



## 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

This book is an easy read, but packed full of practical wisdom about keeping the Sabbath. It helped me to see how the ancient tradition of Sabbath-keeping can benefit us in the fast-paced world we live in today. Lynne recognizes the vast differences in each of our lives, and has ideas and

suggestions that we can each apply in the way that works for us. If you want an easy way to understand how observing the Sabbath can bring joy to your life, just set aside a morning to do nothing but sit on the couch with this book and a cup of coffee or tea. You'll be changed after the experience!

We as Americans have gotten so far away from even the thought of taking an entire day to rest, regroup, and be refreshed. It seems to be beyond our imagination that taking such a day could actually make the rest of our week go even better and that we will be not only more productive, but happier and peaceful. I am so grateful to Lynne Baab for writing this book because it helped confirm that having a day of rest is really imperative for our spiritual, emotional, and physical well-being. Since I started my Sabbath days I can truly notice a difference in every one of those areas of my life. And I love how Lynne is not legalistic about how we should conduct ourselves on our personal Sabbath day---that everyone has different needs and styles. Also that our Sabbath practices will change over the years as our circumstances change. I intend on giving away copies of this book to all of my stressed friends who have been raised in this culture to think that if we aren't frantically running around PRODUCING and multi-tasking then we aren't doing anything of worth. We need to stop, take a deep breath, and enjoy a weekly Sabbath where we will find treasures and joys we never knew we could be experiencing! See Isaiah 58:13-14 for a great scripture concerning the Sabbath.

To say that I love this book would be an understatement. Her focus on being instead of doing is a refreshing away of looking at the Sabbath. She does not set up rules to follow, but rather shows you ways to slow down, ways to find the gift of rest that was given by God to humankind. Her comment concerning God loving us for who we are instead of what we do made a deep connection in my heart. As a pastor who works on Sunday, I often find it hard to set aside a day when I can relax without feeling guilty. I too fall into the trap of doing. And yet, a quiet afternoon, a nap in the sunshine, a joyful approach to finding peace is encouraging. In fact, the word celebration as a way of seeing the Sabbath is a special one. A list she included is very helpful when it speaks to activities for your Sabbath

- 1 Does it promote rest and relaxation?
- 2 Does it bring delight and enjoyment?
- 3 Does it give you a sense of holiness and sanctify? (In other words, does it add to your sense of the Sabbath?)

We have let the concept of Sabbath go, filling our lives with busyness and toil. If you are looking to recapture your Sabbath, this is an excellent resource.

This is a terrific book. I especially liked Lynne's example of how she tries to fast from "words" as part of her Sabbath-keeping, since much of her work entails reading/writing/speaking words. I've taken that to heart, and am experimenting with ways to implement it more fully in my Sabbaths.

This book challenged and inspired me all at the same. The author's candid thoughts regarding her own experience with the Sabbath helped me embrace the idea of starting this ritual on my own. It is a great book and worth reading!!

Over the past several years, I've become fascinated by the ancient biblical command of Sabbath, so I've read several books on the subject. And after just a few pages, Lynne Babb's "Sabbath Keeping" quickly became and remains one of my absolute favorites. Baab takes us on a journey through her lifetime of Sabbath reflection, first introduced into her life during a season living in Israel, where culturally-enforced Sabbath rhythms remain firmly entrenched. And the journey for her readers is one filled with grace and inspiration, rather than grit and indoctrination. She does a fabulous job of painting a compelling picture of what Sabbath rest could and should look like without resorting to even a hint of guilt-based motivation. She shares examples from her own life and the lives of many other Sabbath practitioners, while offering readers the freedom to embrace that which is appealing and discard that which is not. I finished the book with a deep desire to pursue some of these new rhythms in my own life, and I would suspect that any reader would have a similar experience. Baab's writing style is simple without being simplistic. It is deeply profound and intellectually stimulating while remaining concise (at only 125 pages). The book is certainly shaped and informed by the Bible, but she allows history and experience to fill in the gaps that the biblical narrative does not specifically address. And her research on the subject of Sabbath is quite comprehensive, as she quotes and borrows helpful thoughts from a number of other Sabbath books published over the past decade or two. I always appreciate an author who doesn't presume that they have the only ideas worth mentioning on a particular topic. While certainly sensitive and respectful of the ancient Jewish sabbath traditions, Baab is unapologetic for writing from a Christian perspective, addressing many of the ways that Jesus challenged the conventional wisdom of his day concerning Sabbath regulations. And she manages to strike that delicate balance of speaking about various perspectives (Saturday vs. Sunday, how long should it be?, etc.) with a gracious and humble tone, while also offering her own opinions when appropriate. Ultimately, I would recommend this book to anyone with even the slightest curiosity about how followers of Jesus might understand and receive the great gift of Sabbath rest in our cultural context which views Sabbath as at least weird and

unnecessary and often as outright counterproductive and wrong-headed. Reading the book was such a pure and simple delight that it felt like a perfect Sabbath practice itself. I'm thrilled to have stumbled upon this gem, would recommend it to anyone, and plan to return to this book again and again as I learn how to more fully receive the grace of God through establishing meaningful and intentional Sabbath practices in my own life. Update: Since reading the book the first time, I led a group of college students through a discussion of this book over the course of a month, and it fostered great reflection and conversation among the students about a topic that was mostly unfamiliar to them. This experience provided yet another affirmation of the quality and depth of this little book. This is truly one of the best books I've read over the past several years, and it receives my highest recommendation.

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