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Sabbath Keeping: Finding Freedom in the Rhythms of Rest

Lynne M. Baab

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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.

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Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite guide and reading a e-book. Beside you can solve your trouble; you can add your knowledge by the guide entitled Sabbath Keeping: Finding Freedom in the Rhythms of Rest. Try to make the book Sabbath Keeping: Finding Freedom in the Rhythms of Rest as your friend. It means that it can to become your friend when you feel alone and beside those of course make you smarter than ever before. Yeah, it is very fortuned to suit your needs. The book makes you much more confidence because you can know almost everything by the book. So , we should make new experience in addition to knowledge with this book.

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Playing with family in a very park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Sabbath Keeping: Finding Freedom in the Rhythms of Rest, you could enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh occur its mind hangout folks. What? Still don't buy it, oh come on its identified as reading friends.

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