

Resources on Sabbath

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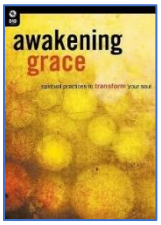
or search for and request items using the online catalog

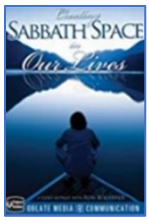
DVDs:



AWAKENING GRACE: SPIRITUAL PRACTICES TO TRANSFORM YOUR SOUL (101088) Author: LeRoy, Matt and Summers, Jeremy. In this ten-session DVD study, come together with your community of disciples in a journey of spiritual transformation and see how God's grace forms your lives into Christ's image. It offers a simple and creatively engaging approach to the ancient practices that open hearts to God's transforming work. Sessions: A foundation (6 min.); 2) Scripture (7 min.); 3) Prayer (7 min.); 4) Worship (7 min.); 5) Mercy and justice (7 min.); 6) **Sabbath** (8 min.); 7) Creation care (6 min.); 8) Covenant friendship (7 min.); 9) Generosity (8 min.); 10) Creative expression (10 min.). Includes sample participant book. Age: Adult. 73 Minutes.

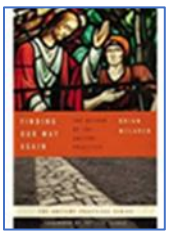


BREATHE: MAKING ROOM FOR SABBATH (102164) Author: Shirer, Priscilla. In this five-session DVD study, Priscilla Shirer discusses Sabbath and the importance of building margin into our lives for God. Sessions: 1) The freedom of Sabbath (36 min.); 2) Stops along the Sabbath journey (22 min.); 3) Double-portion Friday (33 min.); 4) Coming into focus (35 min.); 5) Sabbath margin (16 min.). Includes five copies of the member book which includes notes for the leader. CLOSED CAPTIONED. Age: Adult. 142 Minutes.

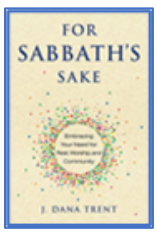


CREATING SABBATH SPACE IN OUR LIVES (103079) Author: Rolheiser, Ron. Filmed at a three-day event at King's House Retreat and Renewal Center in Belleville, IL, this DVD contains a ten-session program that can be used for adult faith formation, small group faith sharing groups, or for private spiritual renewal. Sessions: 1a (23 min.) & 1b (30 min.) -- Sabbath as the first retreat; 2a (30 min.) & 2b (23 min.) -- Obstacles to Sabbath; 3a (34 min.) & 3b (24 min.) -- Showing up for the wedding feast and taking the ointment; 4a (30 min.) & 4b (28 min.) -- Sabbath as solitude and reconciliation; 5a (27 min.) & 5b (30 min.) -- Sabbath: The rest in God. The accompanying CD-ROM includes printable leader and participant materials for each session. Age: Adult. 279 Minutes.

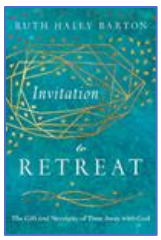
Books:



FINDING OUR WAY AGAIN: THE RETURN OF THE ANCIENT PRACTICES (811002) Author: McLaren, Brian. A growing number of Christians are turning to early spiritual practices as a means of tending their souls. For centuries, believers have eagerly submitted to disciplines such as fixed-hour prayer, fasting, sacred meals, **observing the Sabbath**, or pilgrimage to create everyday sacredness. In this book, Brian McLaren serves as a guide to a wide variety of these disciplines, showing how they form character, awaken us to life, and help us to experience God, and each other, in new and fresh ways. Part of 'The Ancient Practices' Series. Includes questions for personal or small-group use. Age: Adult. 215 Pages.



FOR SABBATH'S SAKE: EMBRACING YOUR NEED FOR REST, WORSHIP, AND COMMUNITY (818093) Author: Trent, J. Dana. With humor and honesty, J. Dana Trent admits her own struggles with setting apart a day for God, rest, and community. She helps us overcome barriers to sabbath and suggests practical ways to make sabbath a regular part of our lives. Chapters: Q-Tips and Botox; Sabbath roots; Sabbath, culture, and the economy of frenzy; A different calling; Sabbath as rest; Sabbath as worship; Sabbath as community; My sabbath journey (what I've learned so far); Crafting your sabbath plan; Resources for your sabbath journey. Age: Adult. 142 Pages.



INVITATION TO RETREAT: THE GIFT AND NECESSITY OF TIME AWAY WITH GOD (818162) Author: Barton, Ruth Haley. Chapters: Invitation to retreat; Strategic withdrawal; Just flop down; The sources of our exhaustion; Finding your rhythm on retreat; Sweet hours of prayer; Letting go of your grip; Relinquishing false-self patterns; Space for discernment; Invitation to recalibrate; Finding spiritual freedom; Remember the signs; In returning and rest you shall be saved. Age: Adult. 149 Pages.



JOY TOGETHER: SPIRITUAL PRACTICES FOR YOUR CONGREGATION (814096) Author: Baab, Lynne. Chapter titles: Discipline? No thanks!; Thankfulness; Fasting; Contemplative prayer; Contemplative approaches to Scripture; Hospitality; **Sabbath**; Spiritual practices and congregational discernment; Are spiritual practices legalistic? Are they a form of self-help?; Receptivity -- the gift of spiritual practices; Communicating strategically about spiritual disciplines. Each chapter includes questions for reflection, discussion, or journaling and a bibliography. Age: Adult. 203 Pages.



MOMENTS & DAYS: HOW OUR HOLY CELEBRATIONS SHAPE OUR FAITH (816248) Author: Van Loon, Michelle. This book explores the gift of time and takes a look at holidays in the Jewish and Christian calendars -- their stories, structures, and histories -- and offers suggestions on how you, your family, and your congregation can ponder their significance. Chapters: Measuring time, being measured by time -- the calendar; In the beginning -- introduction to the Jewish calendar; Day of yes, **day of rest -- the Sabbath**; Into freedom -- Passover, unleavened break, first fruits; Fifty days and first fruits -- Shavuot; May you be in scribed in the Book of Life -- Rosh Hashanah, Feast of Trumpets; Atonement and mercy -- Yom Kippur; God with us, us with God -- Sukkot / Feast of Tabernacles; Stones of remembrance -- Jewish history's holy days; From here to there -- introduction to the Christian calendar; Longing for home -- Advent; Welcoming the Word made flesh -- Christmas; The Light to the world -- Epiphany; Ashes to ashes -- Lent; Walking toward the cross with Jesus -- Holy Week; Living in resurrection time -- Easter; Signs, wonders, and new community -- Pentecost; Right here, right now -- Ordinary Time; Conclusion -- it's about time. Includes glossary and recipes. Age: Adult. 213 Pages.



PRACTICING YOUR PATH: A BOOK OF RETREATS FOR AN INTENTIONAL LIFE (812086) Author: Whitcomb, Holly. This book offers seven one-day retreats that can be followed in the privacy of your own home or in the company of other spiritual seekers. Each retreat focuses on one component of classical Christian spirituality: **Practicing Sabbath**; Practicing Hospitality; Practicing Prayer and Action; Practicing the Fast; Practicing Giving Back to God; Practicing Your Call; Practicing Accountability. Age: Adult. 125 Pages.



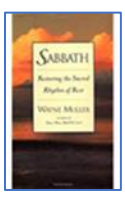
RUTHLESS ELIMINATION OF HURRY (820036) Author: Comer, John Mark. Staying Emotionally Healthy and Spiritually Alive in Our Current Chaos. Chapters: Hurry - the great enemy of spiritual life; A brief history of speed; Something is deeply wrong; The solution isn't more time; The secret of the easy yoke; What we're really talking about is a rule of life; What are the spiritual disciplines again?; Silence and solitude; Sabbath; Simplicity; Slowing; A quiet life. Supplemental resources available online at https://johnmarkcomer.com/blog/unhurry Age: Adult. 286 Pages.



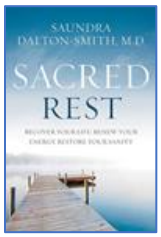
SABBATH AS RESISTANCE: SAYING NO TO THE CULTURE OF NOW (817295) Author: Brueggemann, Walter. New Edition with Study Guide. Walter Brueggemann shows readers how keeping the Sabbath allows us to break the restless cycle of 'more' and focus on what is truly important: God, other people, all life. He offers world-weary Christians a glimpse of a more fulfilling and simpler life through Sabbath observance. Chapter titles: Sabbath and the First Commandment; Resistance to anxiety (Ex. 20:12-17); Resistance to coercion (Deut. 5:12-14); Resistance to exclusivism (Isa.56:3-8); Resistance to Multitasking (Amos 8:4-8); Sabbath and the Tenth Commandment. Includes guide for a six-session study. Age: Adult. 130 Pages.



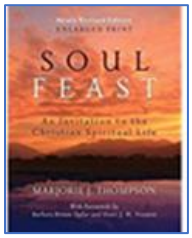
SABBATH KEEPING: FINDING FREEDOM IN THE RHYTHMS OF REST (805001) Author: Baab, Lynne. Six months in Iran and eighteen months in Israel, where all activity stops on every seventh day, began the author's twenty-five-year embrace of a rhythm of rest--as a stay-at-home mom, as a professional writer working out of her home, as a student and as a vocational minister of the gospel. With collected insights from Christian history and sabbath keepers of all ages and backgrounds, this book offers a practical and hopeful guide for all of us to slow down and enjoy our relationship with the God of the universe. Four Jewish sabbath prayers are provided. Includes discussion questions. Age: Adult. 132 Pages.



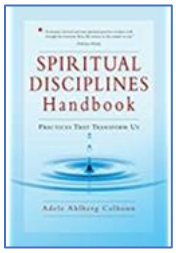
SABBATH: RESTORING THE SACRED RHYTHM OF REST (814208) Author: Muller, Wayne. Sections include: rest, rhythm, time, happiness, wisdom, consecration, a Sabbath day. Includes stories, poems, and practices to explore Sabbath practices. Age: Adult. 241 Pages.



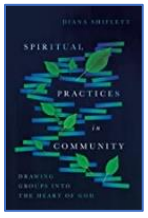
SACRED REST: RECOVER YOUR LIFE, RENEW YOUR ENERGY, RESTORE YOUR SANITY (818083) Author: Dalton-Smith, Saundra. Chapters: Living the burned-out life; The secret life of the well rested; The rest you've been missing; Physical rest; Mental rest; Emotional rest; Spiritual rest; Social rest; Sensory rest; Creative rest; Give it a rest; Finding a sweet place to land; The gift of boundaries; The gift of reflection; The gift of freedom; The gift of acceptance; The gift of exchange; The gift of permission; The gift of cessation; The gift of art; The gift of communication; The gift of productivity; The gift of choice; The gift of faith; I choose my best life. Age: Adult. 223 Pages.



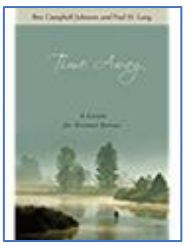
SOUL FEAST: AN INVITATION TO THE CHRISTIAN SPIRITUAL LIFE (816040) Author: Thompson, Marjorie J. Newly Revised Edition. Enlarged Print. The author offers her understanding of what Christian spirituality is and how it may be nurtured among active people in contemporary life. She discusses prayer, spiritual reading, worship, fasting, **Sabbath**, spiritual direction, self-examination, hospitality, and developing a rule of life. Includes a group study guide. Age: Adult. 177 Pages.



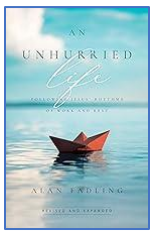
SPIRITUAL DISCIPLINES HANDBOOK: PRACTICES THAT TRANSFORM US (806160) Author: Calhoun, Adele Ahlberg. The author discusses the following disciplines, providing reflection questions and spiritual exercises: accountability partner, Bible study, breath prayer, care of the earth, celebration, centering prayer, chastity, community, compassion, confession/self-examination, contemplation, contemplative prayer, control of the tongue, conversational prayer, covenant group, detachment, devotional reading, discernment, discipling, examen, fasting, fixed-hour prayer, gratitude, Holy Communion, hospitality, humility, inner-healing prayer, intercessory prayer, journaling, justice, labyrinth prayer, liturgical prayer, meditation, memorization, mentoring, practicing the presence, prayer of recollection, prayer partners, praying Scripture, prayer walking, rest, retreat, rule for life, **Sabbath**, secrecy, self-care, service, silence, simplicity, small group, solitude, spiritual direction, spiritual friendship, stewardship, submission, teachability, truth telling, unity, unplugging, witness, worship. The appendices include ideas for using the disciplines in personal, small group, and congregational settings. Age: Adult. 293 Pages.



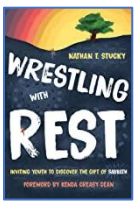
SPIRITUAL PRACTICES IN COMMUNITY: DRAWING GROUPS INTO THE HEART OF GOD (819014) Author: Shiflett, Diana. Diana Shiflett discusses more than 30 spiritual practices and shares instructions on how to use and teach them with others. Chapters: Introduction - going deeper together; Leading spiritual practices; Practicing silence with others; Exploring Scripture together; Simple prayers that transform community; Processing life together; Active prayer with one another; Sharing life on life; They rhythm of life in community; Corporate discernment; Conclusion - getting started. Includes index of spiritual practices and bibliography. Age: Adult. 178 Pages.



TIME AWAY: A GUIDE FOR PERSONAL RETREAT (816111) Author: Johnson, Ben Campbell and Lang, Paul. Chapter titles: What is a retreat?; Why go on a retreat?; Preparing for a retreat; Creating a plan for your retreat -- a half-day or day retreat, when plans don't work out, an overnight retreat, a five-day retreat; Retreat at a monastery; Entering the silence; Returning from time away -- 15 watchwords; Lesson plans for a class on personal retreats; A retreat leader's resource. Age: Adult. 143 Pages.



UNHURRIED LIFE: FOLLOWING JESUS' RHYTHMS OF WORK AND REST (821125) Author: Fadling, Alan. Chapters: A frenetic life; An unhurried apprentice; Productivity – unhurried isn't lazy; Temptation – unhurried enough to resist; Unhurried enough to care; Unhurried enough to pray; Rest – the rhythm of creation; Suffering – unexpected unhurrying; Maturity – growing up takes time; Spiritual practices for unhurrying; An eternal life. Includes discussion questions and notes for a group study. 208 Pages.



WRESTLING WITH REST: INVITING YOUTH TO DISCOVER THE GIFT OF SABBATH (819079) Author: Stucky, Nathan. Chapters: Wrestling with rest - whoever said this was easy?; Rest is for the weak, and you'll die without it; Anxious for rest, anxious at rest; On the seventh day, God rested; Jesus and Sabbath; What do we do now?; What is practical theology? Includes bibliography and index. Age: Adult. 230 Pages.