



# Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World

*Shelly Miller*

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# Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World

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## **Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World** Shelly Miller **An Inspiring, Practical Guide to Finding Rest and Getting Closer to God**

Sabbath-keeping not only brings physical refreshment, it restores the soul. God commands us to "remember the Sabbath," but is it realistic in today's fast-paced culture? In this warm and helpful book, Shelly Miller dispels legalistic ideas about Sabbath and shows how even busy people can implement a rhythm of rest into their lives--whether for an hour, a morning, or a whole day. With encouraging stories from people in different stages in life, Miller shares practical advice for having peaceful, close times with God. You will learn simple ways to be intentional about rest, ideas for tuning out distractions and tuning in God, and even how meals and other times with friends and family can be Sabbath experiences.

Ultimately, this book is an invitation to those who long for rest but don't know how to make it a reality. Sabbath is a gift from God to be embraced, not a spiritual hoop to jump through.

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