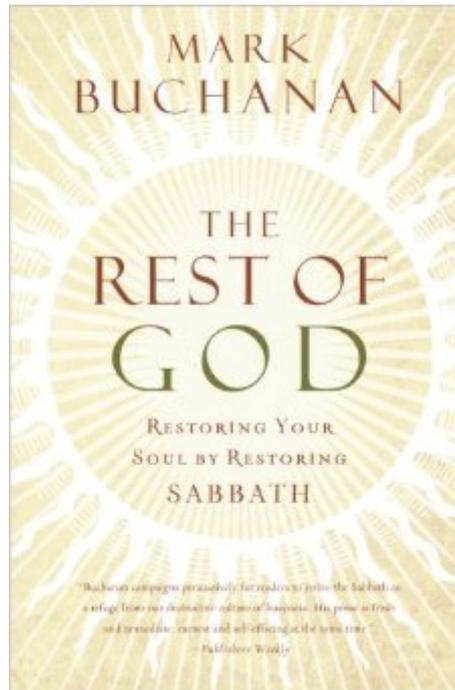


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# The Rest Of God: Restoring Your Soul By Restoring Sabbath



## 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.

## Book Information

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## Customer Reviews

I can't think of too many books I've enjoyed reading as much as The Rest of God. I am not even talking about the content but just the book. I know nothing about the author, Mark Buchanan, beyond what he reveals within the book. I haven't Googled his name and did not read the fancy little printout the publisher sent along with the book. What I do know is that this guy can write. Publishers Weekly says "His prose is fresh and immediate, earnest and self-effacing at the same time." I couldn't agree more. His prose is poetic. It is a joy to read. But of course the actual writing is only one component of a book and, to be honest, a component that is of lesser importance. Of far more importance is the content. I'm glad to say that, on the whole, I found this a compelling and challenging book. Buchanan argues that as Christians we have lost "the rest of God--the rest God bestows." "In a culture where busyness is a fetish and stillness is laziness, rest is sloth." Our culture expects us to work constantly. But God provides us rest in the Sabbath. "Sabbath is both a day and

an attitude to nurture such stillness. It is both a time on the calendar and a disposition of the heart. It is a day we enter, but just as much a way we see. Sabbath imparts the rest of God--the things of God's nature and presence we miss in our busyness." The purpose of this book is "to convince you, in part, that setting apart an entire day, one out of seven, for feasting and resting and worship and play is a gift and not a burden, and neglecting the gift too long will make your soul, like soil never left fallow, hard and dry and spent." He seeks to help Christians understand the importance of developing not just the desire to maintain a Sabbath day but also develop a Sabbath heart. So how do we do this?

Author and pastor Mark Buchanan tells readers why he became a Sabbath keeper rather than a Sabbath breaker --- and it wasn't for any gloriously pious reason. In fact, Buchanan writes that after working for forty straight days and feeling obsessed (driven even), he grew increasingly slothful. Yes, Buchanan was busy. He was also irritable, paranoid, bitter, self-righteous and gloomy. He slowly came to realize that Sabbath-keeping is more than simply a day off; it must morph into an "orientation --- a way of seeing and knowing." States Buchanan, "...it is both time on a calendar and a disposition of the heart." Further, learning to keep the Sabbath well must start with how people think, which, in turn, will lead to a dramatically different direction offered without apology, and invite and embrace a fresh way of living, working and seeing. Buchanan, whose prose is always lyrical, has done a superb job at approaching this oft-worn topic from a singularly unique angle. At first glance, readers may presume that the author's topics are timeworn and tired; these assumptions could not be more erroneous. Every chapter is deliciously ripe with meaning and overflowing with delightful insights on living, working and playing in this world of demands, deadlines and soul-destroying detours. Buchanan redeems every aspect of life by offering a Sabbath-keeping perspective that provides hope, resurrection and renewal to believers who are willing to put off faulty archetypes and, through imaginative faith, walk toward a life unfettered by former societal chains. The author even brings up liturgy --- a term (and practice) many evangelicals may be tempted to squelch --- and explains the term's original meaning, its "other-orderedness" that he shares at the close of each chapter.

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