



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

Shelly Miller

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This book is for anyone who is weary--who longs for rest but doesn't know how to make it a reality. Shelly Miller, a sought-after mentor on Sabbath-keeping, shows how even busy people can implement a rhythm of rest into their lives--from small windows of time to a whole morning or day. With encouraging stories from people in different stages in life, Miller shares practical advice for not only finding physical refreshment but also restoring your soul. You will learn:

- Simple ways to be intentional about rest
- Ideas for tuning out distractions and tuning in to God
- How meals and other times with friends and family can be Sabbath experiences

Sabbath is a gift from God to be embraced, not a spiritual hoop to jump through. Discover how genuine rest is possible today.

Praise for Rhythms of Rest:

"Into our culture of chronic tiredness comes a fresh voice in Shelly Miller. This book breaks all your preconceived notions about Sabbath. She makes rest not only obtainable but also the option you'll pick first from a full agenda."

-Mark Batterson, New York Times bestselling author of *The Circle Maker* and lead pastor of National Community Church

"Shelly Miller writes from her soul--one that has been seeking rest in the midst of heavy transition and the busyness of life. She shares with honesty and beauty what she has discovered. What you learn will help you love God more deeply."

-Margaret Feinberg, author of *Live Loved and Fight Back With Joy*

"I didn't realize how thirsty my soul was for rest until I read this stunning book. Shelly Miller has found a secret door that leads to true rest--a door discovered right in plain sight--and with exquisite prose, she invites you to walk inside. Don't miss this book."

-Jennifer Dukes Lee, author of *The Happiness Dare* and *Love Idol*

"Learning to practice Sabbath has been transformational in my life. It has led me out of striving and simply surviving into deeper grace, joy, and peace. Shelly Miller is extending an invitation straight from the heart of God himself that we all need more than ever in our busy world."

-Holley Gerth, Wall Street Journal bestselling author of *You're Already Amazing*

"For a generation fatigued by the abuse of hurry, Shelly Miller casts a hopeful vision of what life could look like if we learned to receive Sabbath as a gift rather than a rule. Rhythms of Rest offers a relieved exhale for the weary, worn-out soul. I'm deeply grateful for this message."

-Emily P. Freeman, author of *Simply Tuesday: Small-Moment Living in a Fast-Moving World*

"This book is a labor of love and a gift to all who desire deeper engagement with God's blessing of rest through Sabbath. Weaving personal story with scriptural insight, Shelly writes with a rhythm that gently

guides your soul to slow down . . . notice . . . breathe . . . be. Through the years, Shelly has cultivated an online community of faithful friends who practice Sabbath with intentionality. This book brings that community to you and invites you in, with arms wide open."

-Deidra Riggs, author of Every Little Thing and One: Unity in a Divided World

"Set aside your to-do list. Put off the errands. Ignore the pile of laundry and the dusty mantel. Shelly Miller's Rhythms of Rest offers both a delightful respite and life-transforming wisdom you can't afford to miss. Awaken to the gift of Sabbath--God's invitation to rest in him. Let Rhythms of Rest be your first step in answering yes."

-Michelle DeRusha, author of Spiritual Misfit and 50 Women Every Christian Should Know

"In Rhythms of Rest, Shelly Miller invites us into more than a Sabbath. She invites us into Jesus' heart. She reminds us that rest is really a state of being: of belonging, of knowing we are loved. In a culture wearied by the rat race, Miller's poetic voice is a much-needed breath of life."

-Emily T. Wierenga, founder of The Lulu Tree, a nonprofit based on radical rest, and author of Atlas Girl and Making It Home

"Shelly Miller is the rest mentor you didn't even realize you were looking for."

-Myquillyn Smith, author of The Nesting Place and co-founder of Hope Writers

"Rhythms of Rest is a lyrical, beautiful invitation to experience the peace of heart so many of us desperately crave but can't seem to find. I thought a book on the subject of Sabbath might be a sleeper, but Miller manages to captivate the reader in refreshing and surprising ways. I loved this book!"

-Heather Kopp, author of Sober Mercies: How Love Caught Up With a Christian Drunk

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

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From Reader Review Rhythms of Rest: Finding the Spirit of Sabbath in a Busy World for online ebook

Teresa Staton says

This book was given to me as a sweet gift during an intensely busy season, one in which I had thrown out all notions of keeping what little I knew about Sabbath. Sometimes we end up with the right book at the right moment, and this was one of those books for me. I really liked Shelly Miller's voice in this work. She has authored the Sabbath Society blog for several years and has worked during that time to continually implement "rhythms of rest" in her life, yet she doesn't come across as authoritative. It's more like the reader enters into a conversation about Sabbath. I don't think Miller is passive, but she leaves a lot of the interpretation of the fourth commandment to the reader. It was a refreshing read- someone agreeing with God that we need regular rest, and it's okay to take it.

I would recommend this book to anyone who has questioned what to do with the commandment to observe Sabbath, and especially to those who feel too busy to observe Sabbath.

This was a quiet, enjoyable read, and I'm hopeful Shelly Miller will pen more books.

Sarah K says

As usual, my five point review:

When you think about the concept of Sabbath, what are your initial reactions? I don't think American Christians practice Sabbath very well. I know I don't--though I have tried to change routines of my week so that things like grocery shopping and cleaning don't get pushed to Sundays after church. When I've talked to my friends about Sabbath, words that come up often include legalistic, difficult, rigid. What I love about Rhythms of Rest is that Shelly Miller encourages us, as Christians, to push back against these notions and embrace the rest of Sabbath through grace.

What exactly does that mean, embracing the rest of Sabbath through grace? Miller encourages flexibility and grace with the hows of Sabbath in your life. She doesn't read the Bible as saying that we need to do x, y, and z to experience and practice Sabbath rest. As I am rereading that, I realize that could look to some as a misinterpretation of scripture... but I don't think it is. The timing of your Sabbath can vary depending on your profession, family life, and weekly schedule. God isn't legalistic and His call to rest may vary depending on your stage of life: caring for babies can't stop on Sundays, after all. Those in ministry work on Sundays, so their day of rest should be a different day. The author gives lots of great examples of how you can rest in Sabbath, and also encourages you to seek God to see how He is calling you to do so.

The examples are one of the best parts of this book. Each chapter includes various stories and situations (many gleaned from the author's Sabbath Society) about Sabbath rest, challenges, and suggestions. The suggestions are simple (move your chores to Saturday, make soup on Saturday to eat on Sunday, etc.) but they are powerful: great illustrations of how one act can set the stage for rest.

The end of the book has a section with questions for each chapter. I think these questions could be used in a variety of ways: a Bible study or small group (maybe even read some of the scripture passages in each chapter to enhance your discussion), personal journaling, family conversation... lots of options! Though Miller provides simple suggestions for change, these questions are not simple--many are deep and thought-provoking.

My one caution with the book has to do with how the author interprets the hows and whys of hard life situations, like miscarriage and illness. She shares so many personal stories from her own life (like her desire

to move to London) and from her friends, acquaintances, and participants in her Sabbath Society. Her understanding and explanation of the situations can be a little harsh and perhaps(!) not entirely Biblical. At the very least, her views, to me, are not theologically sound and could be discouraging, triggering, or offensive to some people. I'm not saying she's right or wrong--it's hard to know without more information. But putting them in print seems a little iffy to me, and was my one hang up with the book. Overall though, I found Rhythms of Rest to be encouraging and challenging. I would definitely recommend it to others. To sum it up...

Following God's call to Sabbath has become something I have felt more convicted about in recent years, especially since the birth of my son. My husband and I work full time so it's hard to get everything done around the house AND spend quality time as a family on the weekend AND carve out space for the Lord. I've especially been thinking about how I want to model my faith for my son. I think practicing Sabbath and teaching rest is so important.

Recently I read an article about Sabbath that has GREAT suggestions for celebrating the Sabbath with kids. Many of them will have to wait until my son is older, but some are still doable now. I'm going to close with a quote included in that article that has really stuck with me.

“Did it ever occur to you, as a parent that between the birth and the age of twenty-one years there are three solid years of Sundays — an amount of time almost equal to the number of years given to an entire course of college training? The Creator has not laid upon parents the responsibilities of parenthood without giving them ample time and opportunity to discharge these obligations to Him, to themselves, and to their children.”

-- Sylvanus Stall, D.D.

Things to think about! Even though the reality of implementing rest is challenging, it is so important! I'd love to hear your thoughts about Sabbath in the comments.

Disclosure: I received a complimentary copy of this book from Bethany House Publishers. However, I was not required to write a positive review. The thoughts expressed above are entirely my own. Thanks to Bethany House for the chance to read this great book!

Alexandra Engelmann says

Very good

I think she does a great job of making Sabbath feel attainable and why it is necessary in our lives.

Katherine Jones says

Rhythms of Rest came to me as an invitation: to slow down, to relax, to savor. To let go of legalism and expectations and simply rest — on Sundays and otherwise.

Rest. Doesn't that sound lovely? It is, friends, and it's yours for the taking. As Shelly Miller shows us through example, we need only to claim it. And then, to enjoy it and the fruits of our non-labor.

While I was already on the Sabbath road before picking up Shelly's book, I sought further encouragement and found it here. It inspired me to think differently about Sabbath, not just as a one-day-a-week observation, but as a mindset. To seek and find Sabbath moments every day throughout my days.

Rhythms of Rest invited me to slow down — even in the reading of the book itself. Many times when I begin a book, I feel a subtle pull to hurry through it in order to get on to the next. Not so this one. I found I didn't want to rush it but simply to savor its lovely prose, much as I would a drawn-out conversation with a favored friend over a cuppa.

Speaking of friends...I've also appreciated how Rhythms of Rest — along with Shelly's blog and newsletter for The Sabbath Society — has connected me to other women around the world who purpose to Sabbath differently. This is perhaps Shelly's greatest gift to her reader: the sense of connection. To give others the knowledge that she is not alone in the pursuit of something that, in today's hurried society, feels slightly radical. Certainly countercultural.

What I've learned is that often the most profound change we seek is gained by a simple shift in outlook and lifestyle. A new lens through which to view the world and our role in it. Shelly's book reveals that the best way to find the peace our souls naturally crave is not to try to fashion it ex nihilo, out of nothing; but to simply return to the beginning, when God Himself modeled what it means to Sabbath. He created it and lovingly invites His people to partake. Not for His ultimate good, but for ours.

Thanks to Bethany House Publishers for providing me this book free of charge. All opinions are mine.

Joseph Lillie says

I highly recommend this book to anyone who struggles with finding a moment to rest in the workaday world. I feel like this should be required reading for every church leader.

Susan Shipe says

I started out slow and I ended slow, and, savored every morsel in-between! There are many reasons I love this book at least 5 to match the 5-star rating but I am going to leave those reasons for you to find out for yourself.

Ms Miller has an engaging writing style. Personal yet perfectly articulated. One of the 'things' I liked so much are these:

Her love of still water (their Canadian cabin retreat).

Her and H's desire to relocate to someplace totally new to them.

Her love for her family and her desire to see them independently flourish.

Her way of getting lost in the kitchen when she needs a distraction.

Her attempts at being content when her heart is being stretched and pulled with discontentment.

Her discipline and devotion to Sabbath rest.

Her love of doors (I don't think this was in the book!).

I am going to miss these pages but it will be a book I pick up from time to time to remind myself that God IS faithful and He DOES give us the desires of our heart when we abide in Him.

Jane Rattray says

Excellent book! The need for Sabbath, Sabbath rest and a Sabbath spirit are illustrated beautifully through the author's own life story.

Lyli Dunbar says

Shelly Miller invites her readers into rest. Her book is not a manual on how to Sabbath, rather her words draw you in and wrap themselves around you with life and peace. Ms. Miller has experienced life at full-throttle busy, and she decided to get off the hamster wheel. However, Sabbath for her is not a legalistic doing of nothing. It's a rhythmic dance with her God that makes her heart come alive. Having tasted His goodness, the author invited friends to join her and launched a weekly Sabbath Society of friends who share their experiences of slowing down and savoring God's goodness. The chapters are filled with stories of people who've tasted and seen that God is good.

As a member of the Sabbath Society, I was excited about reading this book. Shelly did not disappoint. I highly recommend this book to anyone who wants to be still and know that He is God.

Darren Lewis says

Excellent book for reminding us that Jesus is our rest.

Meagan says

Miller's writing style reminds me of Ann Voskamp and Ten Thousand Gifts. Thoughtful, gently challenging, and encouraging, Rhythms of Rest challenges the reader to implement change straightaway. Not necessarily huge change - baby steps are encouraged! - but change nevertheless.

Remembering the Sabbath is a tough commandment to obey. There's always one more thing to do, another load of laundry that "will just take a sec to throw in", etc., etc. But what load of laundry, or email, or {fill in the bl

Finding a few moments in a day to rest is tough, let alone an entire day. The concept of Sabbath has been wrought with struggle for as long as Sabbath has been around. Established by God and designed as a way to

regenerate-or rest-at the completion of creation, He gifted it to us knowing it would be good and necessary. He didn't create it as a way to frustrate us or add another list of commands to follow-he created it so we could rest. Plain and simple.

In Rhythms of Rest, Shelly Miller reminds us that "Sabbath isn't an allowance for rest when the dishes are done, projects are complete, or when your volunteerism is on hiatus". Sabbath is an invitation to enter into a space that is holy and consecrated; a time set apart for us to reconnect with our creator. God longs for us to spend time with him, not just in the halls of church, but in his very presence.

Miller unpacks Sabbath in a way that makes it more accessible, attainable and realistic. Rhythms of Rest isn't a laundry list of things you have to complete in order to rest; it is a guidebook through the quagmire of expectations in order that you may find Sabbath in unexpected ways as well as in well thought out preparation. Shelly Miller has created a wonderful book that will be a resource for your Sabbath journey, not just today, but for years to come.

Kacie Woodmansee says

I've been wanting to learn more about the rhythm of sabbath since I heard several podcasts on the topic. It's such a foreign concept in our busy world, and it was something I felt convicted to incorporate into my lifestyle of worship. As an analytical person, I fall into the trap of wanting step by step details on how it should be done and this book does a good job of really getting into the heart of why we Sabbath instead of looking at a checklist of what to do and what not to do. After all, isn't that part of what Jesus did as Lord of Sabbath, freed us of the need to do.

As an analytical person I did struggle a bit with the author's method of storytelling. I could tell she was a talented writer, but parts of it didn't resonate with me. And part of me would have appreciated a bit more detail on ways Sabbath could be done because it can sometimes be difficult in my season of life to figure out how to Sabbath with young kids. All in all, the book was a great reminder on the importance of resting with God and resting in God. It definitely made me want to develop this important rhythm in my week.

Sharon Hall says

Still searching for a great book on rest! The last chapter with reflective questions was the most helpful part of the book.

Brianna says

This book is a grace-filled conversation about the need for rest and how we benefit from setting aside one day a week to not work.

If you love beautiful language and a loving message, then Shelly Miller will be your new favorite author. I never felt like I was being told what to do or shunned for not observing Sabbath. She invites you into the conversation of Sabbath and abandons the dry rhetoric I so often associate with spiritual disciplines. Every word is written with care and wisdom. These are words to be savored and considered. I took my time reading it and will likely return again and again for truths I discovered while reading.

Kelsey Wiggs says

Rhythms of rest is a book that poetically walks you through the ideas of Sabbath. For the weary soul, it comes as a welcome break and a hard look at the rhythms you keep. This is not a book meant to be rushed through, but one worth meditating over.

For me personally, it was sometimes hard to focus my thoughts and genuinely read. But that seems to be the purpose of the book, to really capture your mind and heart as you dive into the keeping of Sabbath.
