

Sabbath Resources

Start Somewhere

If you want to know more about Sabbath here is a compiled list of resources that are helpful. Because this list has many options it can feel intimidating on where to start. Our encouragement is just to start somewhere. Pick one that seems appealing and start there.

Books

- Subversive Sabbath: The Surprising Power of Rest in a Nonstop World – by A. J. Swoboda. ([Link](#))
- Sabbath as Resistance: Saying No to the Culture of Now – by Walter Brueggemann ([Link](#))
- Sabbath: The Ancient Practices - by Dan B. Allender ([Link](#))
- Embracing Rhythms of Work and Rest: From Sabbath to Sabbatical and Back Again – By Ruth Haley Barton ([Link](#))
- Ruthless Elimination of Hurry – by John Mark Comer ([Link](#))

Podcasts

- Rule of Life Podcast – Sabbath Series – [Link to Episode 1](#)
- Emotionally Healthy Leader Podcast – Sabbath Series – [Link to Episode 1](#)

Articles + Websites

- Discover Sabbath Delight – by Pete Scazzero - [Link](#)
- Ray Ortlund – Quietness of Heart - [Link](#)
- Practicing the Way – Website ([Link](#)) + Workbook ([Link](#))

Bible Plans

- Sacred Strides – [Link](#)
- Soul Care - [Link](#)