



## Rest: Living in Sabbath Simplicity

*Keri Wyatt Kent*

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# Rest: Living in Sabbath Simplicity

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## **Rest: Living in Sabbath Simplicity** Keri Wyatt Kent

Keri Wyatt Kent invites readers to rediscover the ancient practice of Sabbath in this practical and accessible book. Kent's experiences as a retreat leader and a journalist collide as she offers true, interview-based stories along with scripturally based advice and guidance on how to live in a rhythm of work and rest she calls "Sabbath simplicity." Based on what Jesus taught about Sabbath and how he practiced it, Kent explores six aspects of Sabbath as Christian spiritual practice: resting, reconnecting, revising, pausing, playing, and praying. These are the antidote to our restlessness, isolation, and our hurried lives, workaholism, and self-absorption. Living a nonlegalistic, sanely paced, God-focused life leads us to freedom and grace, joy and connection. A group study guide is included, making this book an excellent choice for small groups.

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