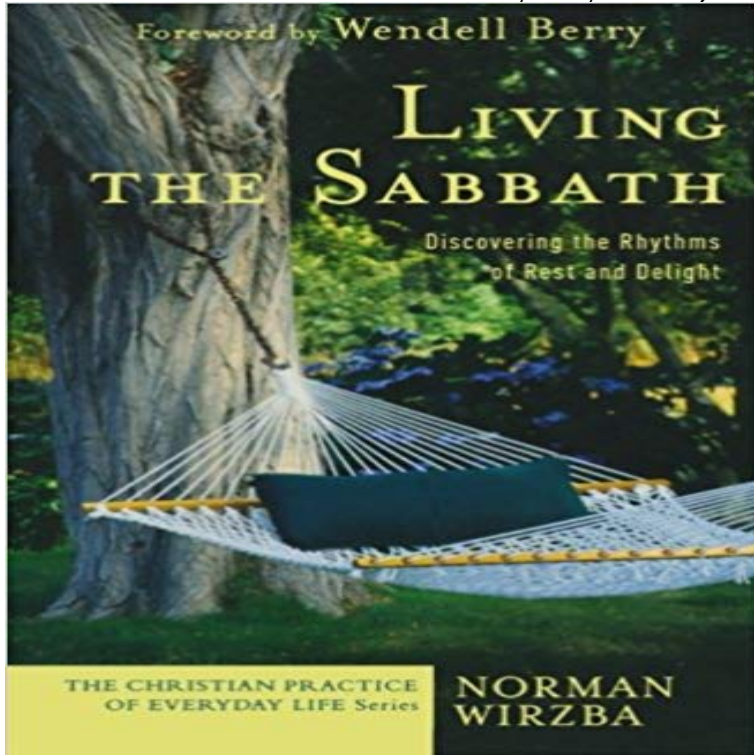


# Living the Sabbath: Discovering the Rhythms of Rest and Delight (The Christian Practice of Everyday Life)



Sabbath is one day a week when we should rest from our otherwise harried lives, right? In *Living the Sabbath*, Norman Wirzba leads us to a much more holistic and rewarding understanding of Sabbath keeping. Wirzba shows how Sabbath is ultimately about delight in the goodness that God has made in everything we do, every day of the week. With practical examples, Wirzba unpacks what that means for our daily lives at work, in our homes, in our economies, in school, in our treatment of creation, and in church. This book will appeal to clergy and laypeople alike and to all who are seeking ways to discover the transformative power of Sabbath in their lives today.

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