



# The Rest of God: Restoring Your Soul by Restoring Sabbath

*Mark Buchanan*

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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.

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