

# Resources for Celebrating Sabbath in the Home

compiled by Curt Kuhns, pastor of Manson Mennonite Church, Manson, Iowa

*Living the Sabbath: Discovering the rhythms of rest and delight* by Norman Wirzba

This book begins by helping us understand Sabbath and then chapter by chapter works out its implications in practical ways in our lives within North American culture (including topics like consumerism, care of creation, and others you would not necessarily expect to be connected to the Sabbatical principle). Chapter 8 applies the Sabbath concept to the home. His insistence is that the home is kind of a "mini-church" where we are taught the principles of forgiveness, reconciliation, service, and hospitality with the love of God as their animating center. This is replete with a short list of practical suggestions.

*Sabbath Time* by Tilden Edwards

this is the first book I read on the Sabbath and comes from one of the founders of the Shalem Institute for contemplative Christianity which is known for its involvement in Christian formation. In part iv he gets very practical on how to practice Sabbath at home including preparation, candles, songs, hospitality, different aspects of the meal, blessings, Sunday morning times, as well as bringing it to a close on Sunday afternoon/evening. He tries to be sensitive to families in different stages of life, but uses his family, which includes children, as an ongoing illustration. For one to use this they would have to make some decisions on what to use and do some compiling.

*Finding God at Home: Family Life as Spiritual Discipline* by Earnest Boyer Jr.

This book is full of ways to help families nurture spirituality within the framework of everyday life. While it does not deal extensively with Sabbath directly, it does apply some of the same principles. It ends with outlines for prayer times for families, including an outline for a service welcoming the Sabbath.

*Prayer: Finding the heart's true home* by Richard Foster

This book is another step in helping us reclaim many of the traditional spiritual disciplines which Foster came known for with his book "Celebration of Discipline". All of this book will be helpful in spiritual formation as we understand the 21 different types of prayers Foster identifies from scripture. But for our purposes his chapter on "The Prayer of Rest" is most helpful. He helps us understand what is at the heart of Sabbath Rest Prayer in a helpful way, letting us know that the only way to learn it is experience it. For our purpose the shortcoming I see with this chapter is that he does not encourage structuring a weekly Sabbath rhythm. However what he does say about the prayer of Sabbath rest in applying the three classical practices of Solitude, Silence and Recollection, are helpful for the individual to understand what he is talking about and his examples give us ways to apply them to life.

Two other titles we might list are Marva Dawn's *Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting* (Eerdmans 1989) and *The Sense of the Call: A Sabbath Way of Life for Those Who Serve God, the Church, and the World* (Eerdmans 2006).

I haven't read either of these books, but they look good. Joetta