

Resources to go deeper

If you're interested in learning more about the keystone practice of Sabbath, here are some more resources to consider.

Recommended reading

- *The Sabbath* by Dan Allender
- *Keeping the Sabbath Wholly* by Marva J. Dawn
- *The Sabbath* by Abraham Joshua Heschel
- *Subversive Sabbath* by A.J. Swoboda
- The Sabbath series from The Rule of Life Podcast: link.practicingtheway.org/course-s4d
- The Sabbath series from Bridgetown Church: bridgetown.church/series/sabbath
- Episode 04 of the Practicing the Way podcast: link.practicingtheway.org/course-s4e

Recommended listening

- Sabbath Rhythms sermon by Rich Villodas: link.practicingtheway.org/course-s4a
- Subversive Sabbath sermon by A.J. Swoboda: link.practicingtheway.org/course-s4b
- Rest Must Be Stronger Than Exhaustion sermon by Jon Tyson: link.practicingtheway.org/course-s4c

Additional Resources

- The Sabbath Practice from Practicing the Way: practicingtheway.org/sabbath. If you'd like to learn more about the practice of Sabbath, you can run the Sabbath Practice, a four-session experience designed to integrate the practice of Sabbath into your regular life.