

There are many good books and resources for learning about the nature of Sabbath and how to live it out in your life. Here are several of the leading books on Sabbath and Sabbath living.
Remember to Reclaim Sabbath for your life; it is God's gift to you!

Sacred Rhythms by Barton, Ruth Haley

The Rest of God by Buchanan, Mark

Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting by Dawn, Marva J.

[Unforced Rhythms: Why Daily Devotions Aren't for All of Us](#) by Jackson, Gwen

Vantage Point: A New View of Rest, Rhythm, and the Work of God by Jank, Brenda

[Crafting a Rule of Life: An Invitation to the Well-Ordered Way](#) by Macchia, Stephen A,

[Subversive Sabbath](#), by Swoboda, A.J.