

# [PDF] Rest: Living In Sabbath Simplicity

**Keri Wyatt Kent - pdf download free book**

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#### **Books Details:**

Title: Rest: Living in Sabbath Simpl  
Author: Keri Wyatt Kent  
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#### **Description:**

**From the Back Cover** Keri Wyatt Kent invites readers to rediscover the ancient practice of Sabbath in this practical and accessible book. Kent's experiences as a retreat leader and a journalist collide as she offers true, interview-based stories along with scripturally based advice and guidance on how to live in a rhythm of work and rest she calls 'Sabbath simplicity.' Based on what Jesus taught about Sabbath and how he practiced it, Kent explores six aspects of Sabbath as Christian spiritual practice: resting, reconnecting, revising, pausing, playing, and praying. These are the antidote to our restlessness, isolation, and our hurried lives, workaholism, and self-absorption. Living a nonlegalistic, sanely paced, God-focused life leads us to freedom and grace, joy and connection. A

group study guide is included, making this book an excellent choice for small groups. --This text refers to an out of print or unavailable edition of this title.

**About the Author** Keri Wyatt Kent is the author of several books, including *Oxygen*, *Listen*, and *Breathe*, and is a sought-after retreat leader and speaker. She and her husband, Scot, live with their son and daughter in Illinois. Learn more about Keri's ministry at [www.keriywattkent.com](http://www.keriywattkent.com).

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