

Sabbath Rest and Caring for Yourself as a Leader
by Pastor Andy White

My wife Sondra and I enjoyed our time together with you all very much. It was a joy and blessing to be with kingdom people who are "On Mission" with Jesus. I promised to share some sabbath resources to help you learn how to "remember the sabbath" and "keep it holy". All the resources below are great, but not everyone has time to read 6 books, so I've given a little context for each. It is my sincere hope that remembering the sabbath and reclaiming the rest God wants you to operate in, refreshes you, brings you joy, gives you peace, and helps you lead your ministry out of His strength and not your own. God needs leaders who lead well, finish well, and are well when they finish. Learning to practice sabbath is the best way I know to help you achieve that end. I've been praying for you all since we met, and I know from what I could see on your faces, that the Lord was speaking to many of you. My encouragement to you is not to dismiss what the Lord asked you to remember. Try not to get overwhelmed with all there is to know and do around the sabbath, that is a strategy of The Accuser. It's enough for you to take the next step, whatever that is. The Lord of the sabbath will help you and give you the next step after that, and the next, and the next. This is not easy BUT it is worth it. Rest, real rest, is waiting for you!

If there is anything I can do to serve, bless or encourage you, feel free to contact me anytime. The work you do is important, but God wants you to know that you are important apart from your work.

Your fellow servant and sabbath keeper,
Pastor Andy White

pastorandywhite@gmail.com

(559) 775-2759 ext 1002

(559) 400-6750 Cell

"The Art of Rest" by Adam Marby

If you could read only one book on sabbath this is the one I would recommend. It's an easy read and has a lot of practical applications.

"Subversive Sabbath" by A.J. Swoboda

This was my favorite book on Sabbath, but it's a little more on the academic side.

"Garden City" by John Mark Comer

Inspirational and instructive vision casting for a life of work and rest. This book is super popular for a reason.

"24/6" by Matthew Sleeth

Great book. Easy read. Written by a medical doctor who includes lots of stories and personal testimonies.

"Sabbath as Resistance" by Walter Bruggemann

Almost every other author on this list quoted from this book. It wasn't hard to see why. The title is very accurate for the way he portrays the sabbath.

"The Sabbath" by Abraham Joshua Heschel

Most of the books on this list also quote from Heschel. This book is less instructive and more meditative. He's a Jewish theologian, savant, and sabbath OG. It very much feels like sitting at the feet of a Jewish Rabbi. His perspectives are historic and precious before the Lord, but are not centered on Jesus.

Other Great Resources

"Practicing the Way" by John Mark Comer is more about all the spiritual disciplines, of which the sabbath is one. There are companion guides for each discipline, and the one on **Sabbath Practice** is excellent!

There are also video resources that are beautifully done and immensely helpful.

[The Sabbath Practice Session 1: Stop](#)

[The Sabbath Practice Session 2: Rest](#)

[The Sabbath Practice Session 3: Delight](#)

[The Sabbath Practice Session 4: Worship](#)