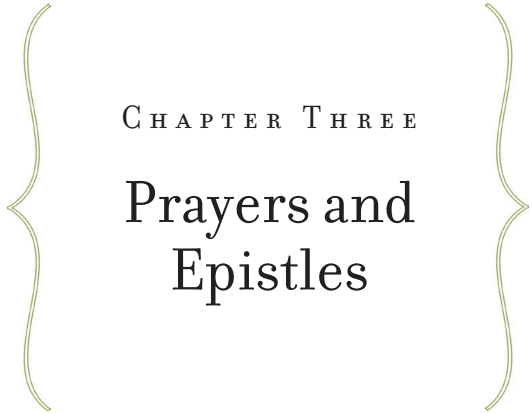
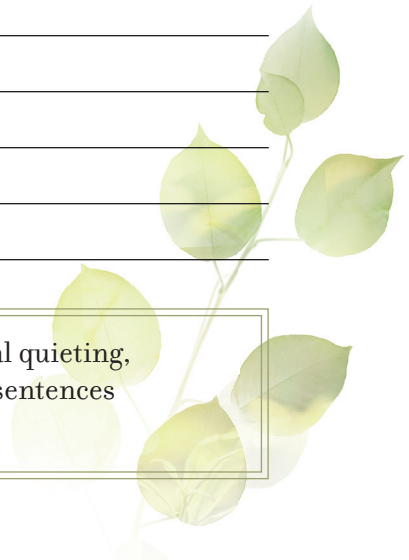


CHAPTER THREE

Prayers and Epistles



Handwriting practice lines consisting of 20 horizontal lines.



“Sabbath is an invitation for intimate conversation. It is an intentional quieting, transforming information into tangible experience, into words and sentences that harness our purpose and calling.”



CHAPTER FOUR

Dispelling
Myths

“Sabbath is waiting for Christ to come into our everyday, messy, uncomfortable life
and making sense of it all because he loves us.”

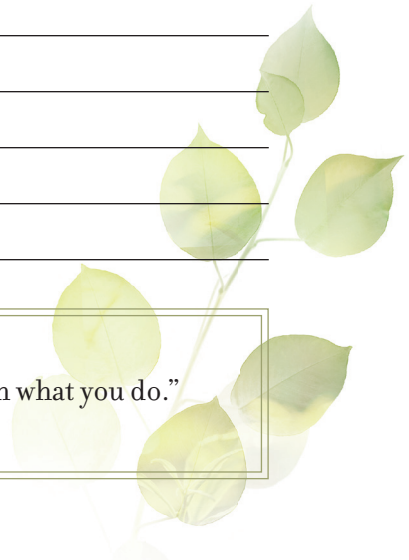




CHAPTER FIVE

From How
to Who

“Sabbath is a weekly reminder that God cares more about who you are than what you do.”





CHAPTER SEVEN

Watch for
the Arrows

“On the day we choose to abide on Sabbath, Jesus appears like a gift delivered
on our doorstep or an arrow shooting across a cloudless sky.”

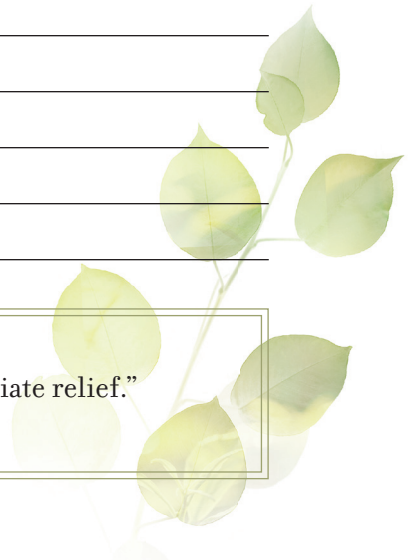




CHAPTER NINE

Rest and Love Are Connected

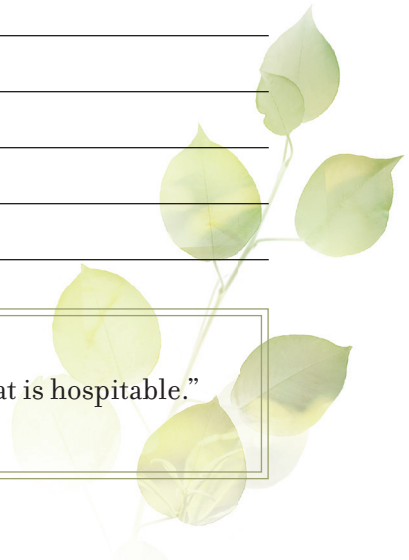
“God cares more about our transformation into his image than immediate relief.”





CHAPTER ELEVEN

**L'Chaim!
To Life!**



“Sabbath in the spirit of ease and togetherness cultivates a period of rest that is hospitable.”

