



BOOK ANNOUNCEMENT

Veteran Ministry Leader Offers a Practical Guide to Finding Rest and Drawing Closer to God

Rhythms of Rest *Finding the Spirit of Sabbath in a Busy World* by Shelly Miller

Rhythms of Rest

by Shelly Miller
Trade Paper ISBN: 978-0-7642-1843-9
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“Shelly Miller writes from her soul—one that has been seeking rest in the midst of heavy transition and the busyness of life. What you learn will help you love God more deeply.”

—Margaret Feinberg, author of *Live Loved and Fight Back With Joy*

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Sabbath-keeping not only brings physical refreshment, it restores the soul. God commands us to “remember the Sabbath,” but is it realistic in today’s fast-paced culture?

In this warm and helpful book, Shelly Miller dispels legalistic ideas about Sabbath and shows how even busy people can implement a rhythm of rest into their lives—whether for an hour, a morning, or a whole day. With encouraging stories from people in different stages of life, Miller shares practical advice for having peaceful, close times with God. You will learn simple ways to be intentional about rest, ideas for tuning out distractions and tuning in to God, and even how meals and times with family and friends can be Sabbath experiences.

Sabbath is a gift from God to be embraced, not a spiritual hoop to jump through. Discover how genuine rest is possible today.

“This book breaks all your preconceived notions about Sabbath.”

—Mark Batterson, New York Times bestselling author of *The Circle Maker*

“I didn’t realize how thirsty my soul was for rest until I read this stunning book. Shelly Miller has found a secret door that leads to true rest—a door discovered right in plain sight—and with exquisite prose, she invites you to walk inside. Don’t miss this book.”

—Jennifer Dukes Lee, author of *The Happiness Dare and Love Idol*

“Learning to practice Sabbath has been transformational in my life. It has led me out of striving and simply surviving into deeper grace, joy, and peace. Shelly Miller is extending an invitation straight from the heart of God himself that we all need more than ever in our busy world.”

—Holley Gerth, Wall Street Journal bestselling author of *You’re Already Amazing*

ABOUT THE AUTHOR:



Shelly Miller is a veteran ministry leader and leads the Sabbath Society, an online community of people who want to make rest a priority. Her writing has been featured in publications internationally. Shelly and her husband recently moved from the U.S. to London, England, where they resource church planting efforts.