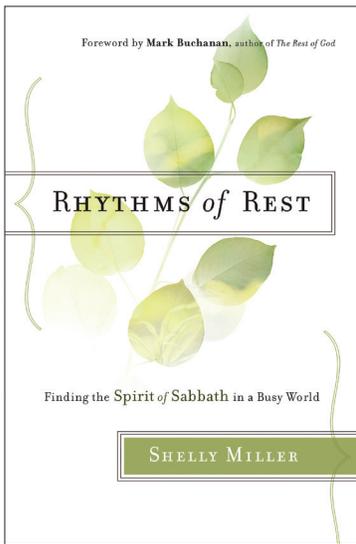




SAMPLE INTERVIEW QUESTIONS

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

1. What was the turning point in your life that made you realize that rest was important?
2. What are some practical steps to take to begin to incorporate rest as a rhythm?
3. What would you say to someone who sees rest as another word for being lazy?
4. In a productivity-driven culture that wears busyness like a badge of honor, how can we find rest while still meeting the demands placed on us?
5. We have more tools and devices than ever that promise to “save us time” and make us more efficient, yet we’re feeling more stressed than ever before. How did this happen and why aren’t these devices doing what we thought they’d do?
6. How can we proactively help the ones we love—including our spiritual leaders—to find the rest that they need to lead in the kingdom?
7. What would you suggest if you and your spouse aren’t on the same page when it comes to observing Sabbath?
8. What questions can we ask to help us determine what we should or should not do on Sabbath?
9. What is your hope for readers of this book?



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by Shelly Miller

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