



How Do I Rest? Additional Resources

Recommended Reading:

The Rest of God: Restoring Your Soul by Restoring Sabbath, by Mark Buchanan

Garden City: Work, Rest, and the Art of Being Human, by John Mark Comer

Crazy Busy, by Kevin DeYoung

The Art of Rest, by Adam Mabry

Reset, by David Murray

Liturgy of The Ordinary, by Tish Harrison Warren

Recommended Apps & Websites:

<https://www.thegospelcoalition.org/?s=sabbath>

A collection of Gospel-centered blog posts on Sabbath and rest.

<https://www.redeemercitytocity.com/blog/wisdom-and-sabbath-rest>

https://www.redeemer.com/redeemer-report/article/six_ways_to_practice_sabbath