



# Sabbath: The Ancient Practices

*Dan B. Allender PLLC*

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**What would you do for twenty-four hours if the only criteria were to pursue your deepest joy?**

Dan Allender's lyrical book about the Sabbath expels the myriad myths about this "day of rest," starting with the one that paints the Sabbath as a day of forced quiet, spiritual exercises, and religious devotion and attendance. This, he says, is at odds with the ancient tradition of Sabbath as a day of delight for both body and soul. Instead, the only way we can make use of the Sabbath is to see God's original intent for the day with new eyes. In *Sabbath*, Allender builds a case for delight by looking at this day as a festival that celebrates God's re-creative, redemptive love using four components:

- Sensual glory and beauty
- Ritual
- Communal feasting
- Playfulness

Now you can experience the delight of the Sabbath as you never have before? a day in which you receive and extend reconciliation, peace, abundance, and joy.

## The Ancient Practices

There is a hunger in every human heart for connection, primitive and raw, to God. To satisfy it, many are beginning to explore traditional spiritual disciplines used for centuries . . . everything from fixed-hour prayer to fasting to sincere observance of the Sabbath. Compelling and readable, the Ancient Practices series is for every spiritual sojourner, for every Christian seeker who wants more.

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A lot of people always spent their free time to vacation or go to the outside with them family or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity that is look different you can read any book. It is really fun for yourself. If you enjoy the book that you read you can spent the entire day to reading a reserve. The book Sabbath: The Ancient Practices it is extremely good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book offers high quality.

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