

Sabbath Bibliography and Resources

Podcasts

Parents Take Five with Jen Evans

Episodes 36 & 37 “Sabbath in the Moment with Lauren Winner”

The Missing Voices Podcast

Episodes 21 & 22 “Wrestling with Rest” (Nate Stucky)

Simply Sabbath with Rachel Fahrenbach

The Sabbath Deeper with Jonathon Peinado

Books

Brueggemann, Walter. *Sabbath as Resistance: Saying No to the Culture of Now*.
Louisville, KY: Westminster John Knox, 2017.

Dana, MaryAnn McKibben. *Sabbath in the Suburbs: A Family’s Experiment with Holy Time*. St. Louis, MO: Chalice Press, 2012.

Nouwen, Henri. *Spiritual Direction: Wisdom for the Long Walk of Faith*.
New York, New York: Harper One, 2006.

Chapter 6 “Who Is God for Me?” Guided Meditation on Psalm 46, pp. 82-84

McGonigal, Jane. *Imaginable: How to see the future coming and feel ready for anything—even things that seem impossible today*. New York: Spiegel & Grau, 2022.

Muller, Wayne. *Sabbath: Finding Rest, Renewal, and Delight in Our Busy Lives*.
New York: Bantam Books, 1999.

Painter, Christine Valters. *The Artist’s Rule: Nurturing Your Creative Soul with Monastic Wisdom*. Notre Dame, Indiana: Sorin Books, 2011.

Stucky, Nate. *Wrestling with Rest: Inviting Youth to Discover the Gift of Sabbath*.
Grand Rapids, Michigan: William B. Eerdmans Publishing Company, 2019.

Winner, Lauren. *Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline*.
Brewster, MA: Paraclete Press, 2003.

Art

The Sabbath Now, Minneapolis Institute of Art
<https://new.artsmia.org/exhibition/the-sabbath-now>

Hesed Lee, Pastor and Artist
[Hesed Space – Connecting Space](#)

Magazine, Newspaper and Journal Articles

Ashbrook, James B. “Making Sense of Soul and Sabbath: Brain Processes and the Making of Meaning.” *Zygon*, Vol. 27, no. 1 (March 1992), 31-49.

Copeland, Adam J. “The Ten Commandments 2.0.” *Word & World*, Vol. 32, no. 3 (Summer 2012), 217-226.

Diddams, Margaret, Lisa Klein Surdyk and Denise Daniels. “Rediscovering Models of Sabbath Keeping: Implications for Psychological Well-Being.” *Journal of Psychology and Theology*, Vol. 32, no. 1 (2004), 3-11.

Gallagher, Luisa J. “A Theology of Rest: Sabbath Principles for Ministry.” *Christian Education Journal: Research on Educational Ministry*, Vol. 6, no. 1 (2019), 131-149.

Hough, Holly, et al. “Relationships between Sabbath Observance and Mental, Physical and Spiritual Health in Clergy.” *Pastoral Psychology* 68 (2019): 171-193.

Janin, Alex. “Taking a Mental-Health Day? There’s a Right Way to Do It.” *The Wall Street Journal*, May 11, 2022.

Kielsmeier-Jones, Abram. “Sabbath-Keeping for Pastors.” *Christianity Today*, August 16, 2016. https://www.christianitytoday.com/pastors/2016/august-web-exclusives/sabbath-keeping-for-pastors.html?utm_medium=widgetsocial
https://www.christianitytoday.com/pastors/2016/august-web-exclusives/sabbath-keeping-forpastors.html?utm_medium=widgetsocial

Peterson, Eugene H. “The Pastor’s Sabbath.” *Christianity Today*, May 19, 2004.

Pot, Justin. “This App Forces Me Offline. I’ve Never Been More Productive.” *The Wall Street Journal*, July 16, 2022. https://www.wsj.com/articles/productivity-blocker-chrome-extension-more-productive-11657812264?reflink=desktopwebshare_permalink

Winner, Lauren. “Take the day off.” *Christian Century*, November 1, 2003.