



Seeking Sabbath by David Shepherd – Book Review by Heather Rawling

The premise of this Book by David Shepherd is that we have become so ‘busy’ and are constantly bombarded by the idea that if life is to be meaningful we have to spend every waking moment ‘doing’ that we have no time to learn to be. This affects our ability to form proper relationships with people we meet in the everyday – often we are too busy to acknowledge their existence – but also with those who we claim are our friends, and those we purport to love and cherish. In addition, our relationship with God suffers too, as we consistently fail to set aside time to spend with Him.

The author’s argument is that we should return to the keeping of Sabbath as a deliberate life style choice, and that in so doing we will discover a whole new dimension to our lives.

This is a challenging book for all those living in the 21st century, and there are certain elements that go against the grain. It is definitely worth the read however, and will certainly makes the reader think how they might keep some sort of Sabbath for themselves.