

# Sacred Practices: Sabbath Resources

*Belonging and Becoming...deeply rooted Followers of Jesus* is our purpose at Sherwood Park Alliance Church. How do we become deeply rooted followers of Jesus? There are certain time tested, biblically inspired, sacred practices which are pathways to a life of deep communion with God: Sabbath; Prayer; Fasting; Solitude; Scripture; Simplicity; Community; Generosity; Hospitality; Service.

Below are a few resources on the practice of *Sabbath*. These are often best explored, and even implemented, in the context of community. We can't encourage you enough to find a group to journey with as you pursue life with Jesus.



## Group Experiences

[Groups at SPAC](#) -To start or join a group or to receive the sermon-based questions for the Sabbath series, email [groups@spac.ca](mailto:groups@spac.ca). (You can subscribe to Sermon-based question for all our series).

[The Sabbath Practice](#) from Practicing the Way by John Mark Comer --- A free 4-week journey to help you explore and implement the practice of Sabbath. Also check out - [Sabbath Practice Companion Guide](#)



## Podcasts

[Rule of Life Podcast](#) In the Sabbath series of Rule of Life Podcast, John Mark Comer, Bethany Allen and Bryan Rouanzoin dive into the countercultural act of Sabbath in today's world.

[Sabbath as a Mental Health Practice](#) Laura Howe with pastor and author Rich Villodas who offers 5 transformative truths about sabbath.

[Fight Hustle, End Hurry](#) This 10 part series by Jefferson Bethke and John Mark Comer explores how to resist the hurry and hustle culture and find the rest Jesus offers.

[Seventh-Day Rest - Sabbath](#) This deep-dive 14-part series by The Bible Project explores the theme of Sabbath that begins on the very first pages of the Bible and woven through out.



## Books

[The Rest of God: Restoring Your Soul by Restoring Sabbath](#) --- Mark Buchanan

[The Ruthless Elimination of Hurry](#) --- John Mark Comer

[Sabbath as Resistance: Saying NO to the CULTURE OF NOW](#) --- Walter Brueggemann