

Sabbath: Finding Rest, Renewal, Delight in our Busy Lives

By Wayne Muller

Reviewed by Wendel Weaver
Oklahoma Wesleyan University

Will life for our college graduates slow down once they graduate and develop regular routines? Not likely. For this reason, business faculty might want to consider reading and possibly assigning Muller's (1999) text, *Sabbath*.

Muller's (1999) book starts with a convincing introduction that makes a case for the importance of scheduling a personal Sabbath. Whether it is a full day or merely parts of day, Muller (1999) reinforces his thesis with examples of why Sabbath adherence serves as a natural part of the rhythm of all living things and a critical element of true God-given wholeness. He breaks down each section into chapters which provide ideas as to how issues, such as time, happiness, wisdom, etc., might help or hinder one's Sabbath. Additionally, in the section titled "Rest," Muller (1999) includes a chapter on the "Fear of Rest."

If we worry we are not good or whole inside, we will be reluctant to stop and rest, afraid we will find a lurking emptiness, a terrible, aching void with nothing to fill it, as if it will corrode and destroy us like some horrible insatiable monster. (p. 50)

The author suggests enriching our Sabbath times with "intentional periods of silence." He suggests long walks alone or with someone you love. As you walk in silence, the author writes, be mindful of your impulses to speak, judge, and thoughts that push you to break your silence. Seek to understand why silence is so challenging. Most chapters include a number of practice exercises, which range from lighting candles to taking silent walks to calling friends not spoken with in a very long time.

I have always considered the traditional idea of taking a full Sabbath day as difficult; however, I found Mueller's (1999) insights freeing and inspiring. His writing style is easy to follow and personal. As I read the text, I could easily picture the author and reader simply sitting outside on a covered porch overlooking the mountains enjoying their morning coffee while talking about the various obstacles and benefits of taking a Sabbath. Though Muller has a story-telling writing style, he frequently sprinkles provocative ideas throughout his writings that challenge the

reader to wrestle with reasons why so many do not make observing a Sabbath a priority.

One such idea he shared early in the text was personally jarring: "A successful life has become a violent enterprise" (Muller, 1999, p. 2). His ability to unpack these statements and to show why pondering such "hard things" will ultimately create a more fertile ground for God to mature the reader serves as a reason why faculty might want to consider reading and possibly assigning this text in a senior-level business course. As seniors graduate, find jobs, get married, have children, buy houses, etc., the need to regularly reflect upon spiritual things becomes critical to their finishing the race well.