

A hand-drawn illustration of the Earth, showing the continents of North America, South America, and Africa. The drawing uses a variety of colors and textures, including greens, yellows, and blues, with intricate scribbles and patterns. The word "ENOUGH." is written across the center in a white, hand-drawn font. The background is a dark, starry space.

ENOUGH.

THE REST OF GOD

MARK
BUCHANAN

THE
REST OF
GOD

RESTORING YOUR
SOUL BY RESTORING
SABBATH

"Buchanan campaigns persuasively for readers to revive the Sabbath as a refuge from our destructive culture of busyness. His prose is fresh and immediate, earnest and self-effacing at the same time."

—Publishers Weekly

Sabbath

is both a day and an attitude to nurture such stillness. It is both time on a calendar and a disposition of the heart. It is a day we enter, but just as much a way we see. Sabbath imparts the rest of God—actual physical, mental, spiritual rest, but also the rest of God—the things of God's nature and presence we miss in our busyness.

Mark Buchanan, *The Rest of God*

EXCESS VS. ENOUGH



Every faculty you have,
your power of thinking or of
moving your limbs
from moment to moment,
is given you by God.
If you devoted every moment
of your whole life
exclusively to His service
you could not give Him anything
that was not in a sense
His own already.

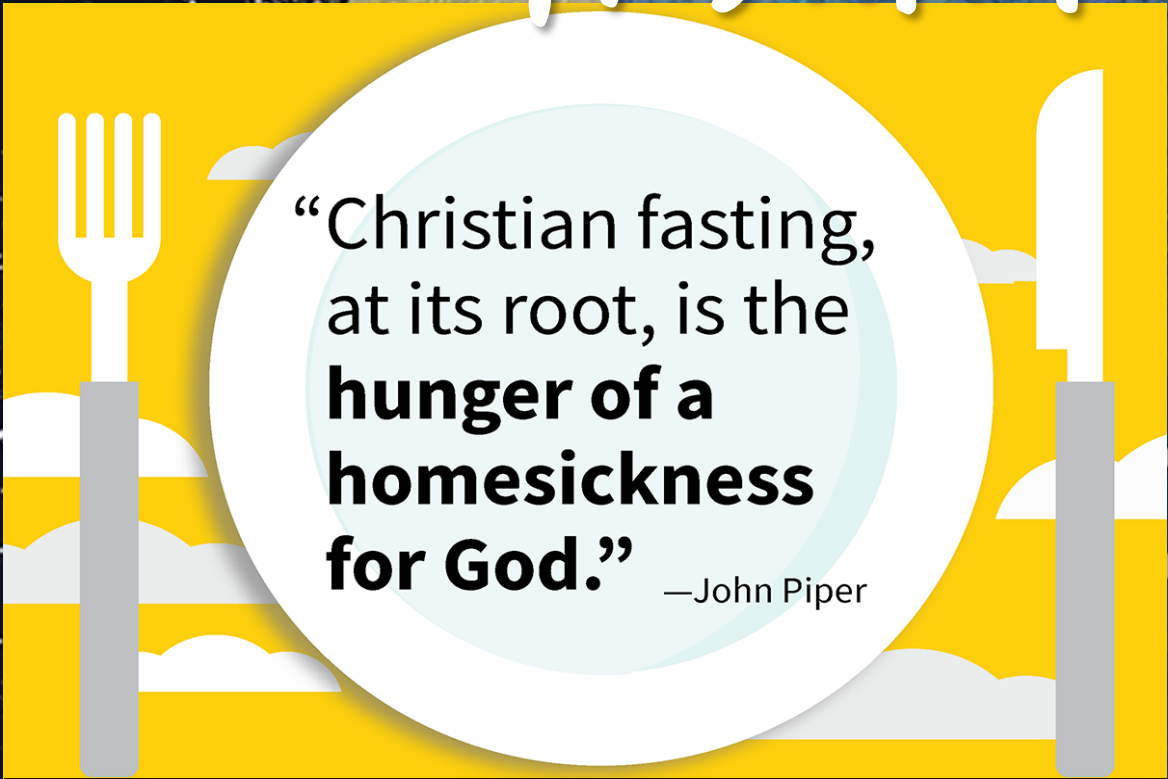
C.S. Lewis

1 Chronicles
29:14

BUT WHO AM I, AND WHO ARE MY PEOPLE,
THAT WE SHOULD BE ABLE TO GIVE AS
GENEROUSLY AS THIS? EVERYTHING COMES
FROM YOU, AND WE HAVE GIVEN YOU ONLY
WHAT COMES FROM YOUR HAND.



FASTING & FEASTING



“Christian fasting,
at its root, is the
**hunger of a
homesickness
for God.**” —John Piper

“True godliness with contentment is itself great wealth. After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. So if we have enough food and clothing, let us be content.”



True contentment is not
having everything, but in
being satisfied with
everything you have.

OSCAR WILDE

BE CAREFUL!

“The Lord your God is bringing you into a good land of flowing streams and pools of water, with fountains and springs that gush out in the valleys and hills. It is a land of wheat and barley; of grapevines, fig trees, and pomegranates; of olive oil and honey. It is a land where food is plentiful and nothing is lacking. It is a land where iron is as common as stone, and copper is abundant in the hills. When you have eaten your fill, be sure to praise the Lord your God for the good land he has given you.

But that is the time to be careful! Beware that in your plenty you do not forget the Lord your God and disobey his commands, regulations, and decrees that I am giving you today. For when you have become full and prosperous and have built fine homes to live in, and when your flocks and herds have become very large and your silver and gold have multiplied along with everything else, be careful! Do not become proud at that time and forget the Lord your God, who rescued you.”

TAKE IT HOME:

“Without a fast, it’s difficult to recognize a feast.”

I. Choose to fast from something you enjoy in abundance this week:

- *Entertainment, music, podcasts, music, YouTube, reading, shopping...*
- *Certain foods, snacks, naps, your boat, golf, working out, something...*

Choose to go without this week. To practice scarcity, simplicity.

2. Next Sabbath (your day of rest), take it up again, savour it, give thanks for it. Recognize it as a gift.

Contentment is the art of
finding joy in simplicity.