

Recommended Reading List for Young Adult Sabbath Retreat

Sabbath

Sabbath Keeping: Finding Freedom in the Rhythms of Rest - Lynne M. Baab - Intervarsity Press, 2005

When I Relax I Feel Guilty - Tim Hansel - David C. Cook Publishing, 1979

And God Rested - Weavings Magazine - The Upper Room, 1993

Catch Your Breath: God's Invitation to Sabbath Rest - Don Postema - CRC Publications, 1997

Sabbath: Restoring the Sacred Rhythm of Rest - Wayne Muller - Bantam Books, 1999

Rhythm and Fire: Experiencing the Holy in Community and Solitude - ed. Jerry P. Haas and Cynthia Langston Kirk - Upper Room, 2008

The Sabbath - Abraham Joshua Heschel - Shambhala Publications, 1951

Prayer

Praying for Friends and Enemies – Jane E. Vennard – Augsburg Fortress, 2001

Private Prayers in Public Places: The Notebook of an Urban Pilgrim – Donald G. Shockley – iUniverse, Inc., 2004

Prayers Plainly Spoken – Stanley Hauerwas – Intervarsity Press, 1999

A Guide to Prayer for All who Seek God – Norman Shawchuck and Rueben P. Job – Upper Room Books, 2006

Bread For the Journey: A Daybook of Wisdom and Faith - Henri Nouwen - HarperSanFrancisco, 1997

Creating a Life with God: The Call of Ancient Prayer Practices - Daniel Wolpert - The Upper Room, 2003

Journey

Listening For God: A Minister's Journey through Silence and Doubt – Renita J. Weems – Simon & Schuster, 1999

Jesus our Spiritual Director: A Pilgrimage Through the Gospels - Wendy J. Miller - The Upper Room, 2004

Seasonal Topics

A Clearing Season: Reflections for Lent – Sarah Parsons – Upper Room Books, 2005

Spiritual Life

Soul Feast: An Invitation to the Christian Spiritual Life - Marjorie J. Thompson - Westminster John Knox Press, 1995

Leadership

Contemplative by Design: Creating Quiet Spaces for Retreats, Workshops, Churches, and Personal Settings - Gerrie L. Grimsley and Jane J. Young - Upper Room, 2008

Feed My Shepherds: Spiritual Healing and Renewal for Those in Christian Leadership - Flora Slosson Wuellner - The Upper Room, 1998