

CONTENTS

Series Introduction.....	6
Foreword.....	7
1. We Don't Rest Well	9
2. A God Who Rests	17
3. God's People Rest.....	25
4. What Goes into Resting?.....	33
5. What (else) Goes into Resting?.....	39
6. Resting is not Mere Inactivity.....	47
7. Elements of Rest.....	55
8. Rhythms of Rest	63
9. So, if Rest is this Wonderful ...	
Why is it Hard to Do?.....	71
10. We Rest because We've been Rescued...	79
11. Learning to Live within Divinely	
Set Boundaries	87
Conclusion: Reordering Your World	
so that it Works	95
Appendix A – What Now?	101
Appendix B – Further Reading	103