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# Breathe - Bible Study Book: Making Room For Sabbath



## Synopsis

By neglecting time for tranquility, serenity, and repose, we limit our Christlikeness and miss out on some of God's greatest gifts. It is time for us to breathe and build margin into our lives for God.

## Book Information

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## Customer Reviews

I felt like Ms. Shirer was dealing with two different issues (the Sabbath and self-control) by meshing them together. These issues are related to each other, but not one in the same. Also, as is typical in Christian studies, the focus tends to be very much on fixing ourselves. The emphasis is in our trying to change our behaviors instead of dealing with the heart's affections: Ask God for help, form a strategy for dealing with the behavior, set up a form of accountability. While these may not be bad things necessarily, they don't get to the root issues, which only God has the power to deal with. It had been a long while since I had done one of these kind of studies. It took me a little bit to get used to the stage persona, but I was able to glean some good insights from her teachings. I am not sorry I pursued the study, but will probably not do another.

Its an OK read but I was disappointed that it was all about "taking time for yourself" rather than an exposition of Sabbath Rest which is life in Christ without works.

I agree with some of the other reviewers that this was really not a Bible study on Sabbath but more of a spiritual self-help book on healthy boundaries. Some of the ladies in my Bible study group loved it and some of us really struggled. I think if the word "Sabbath" was taken out of the title that would

have helped me focus better on what the book DID offer. The best thing that came out of this study for me was that it sparked my interest in the subject of the actual Sabbath. I was led to two books that have inspired me to be more intentional about Sabbath taking; "The Sabbath" by Abraham Joshua Heschel (who was quoted in Priscilla's book) and "Sabbath In the Suburbs" by MaryAnn McKibben Dana.

While reflective, I enjoyed the study but wish there was more breadth and depth to it, more verses to refer to.

Enjoyed Priscilla on dvd but this is not a bible study. It is a personal evaluation tool using biblical principals.

This Bible study is a great way to remind ourselves to indulge in the wonderful gift and blessing of a day of rest. It takes you on a journey and gives you the principles to not only rest peacefully, but also to reflect on what G-d has done in your life and who He is.

I love Priscilla, but this was not one of my favorites. It was very repetitive, and could have been just as effective in a shorter 2 lesson version..but there are definitely good points made.

Bought this to go along with a Bible Study group at church. I really wasn't sure what to expect and I was doing it just to socialize. But, it has really spoken to me. It isn't about creating a Sabbath DAY, but creating a Sabbath MINDSET! That is an important distinction as I remember reading a review that said the study doesn't have anything to do with creating a Sabbath. It's been a challenge to see places in my own life that I could build in some margin and breathe!

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