

Podcasts to Listen To

[The Restless Craving for Rest](#) by The Bible Project

[How to Engage the Quiet](#) by The Next Right Thing

[Episode 166: Sabbath Rest in Your Family](#) by Friends of a Feather

[Crafting a Sabbath Day with Little Kids](#) by Five Minute Fatherhood

Blogs/Websites to Checkout

[3 Ways to Build a Rhythm of Rest](#) - Little Shoots, Deep Roots by Christie Thomas

[Sabbath Articles](#) - Relevant Magazine (perfect for teens)

[Bringing Back the Sabbath](#) - Family Life by CRU

Videos to Watch

[Sabbath: The Number 7](#) by The Bible Project

[Sabbath](#) by The Bible Project

Book Recommendations

For Kids:

- [The Quiet Book](#) by Deborah Underwood
- [God Gave Us Sleep](#) by Lisa Tawn Bergren
- [The Sabbath was Made for Me](#) by Jamie & John Domm

For Teens:

- [The Gospel-Centered Life for Teens](#) by Robert Thune & Will Walker
- [Garden City](#) by John Mark Comer

For Parents:

- [Sacred Rest](#) by Cheryl Wunderlich
- [Spiritual Disciplines Handbook](#) by Adele Ahlberg Calhoun
- [Say Yes to No](#) by Greg Cootsona
- [Practicing the Way](#) by John Mark Comer