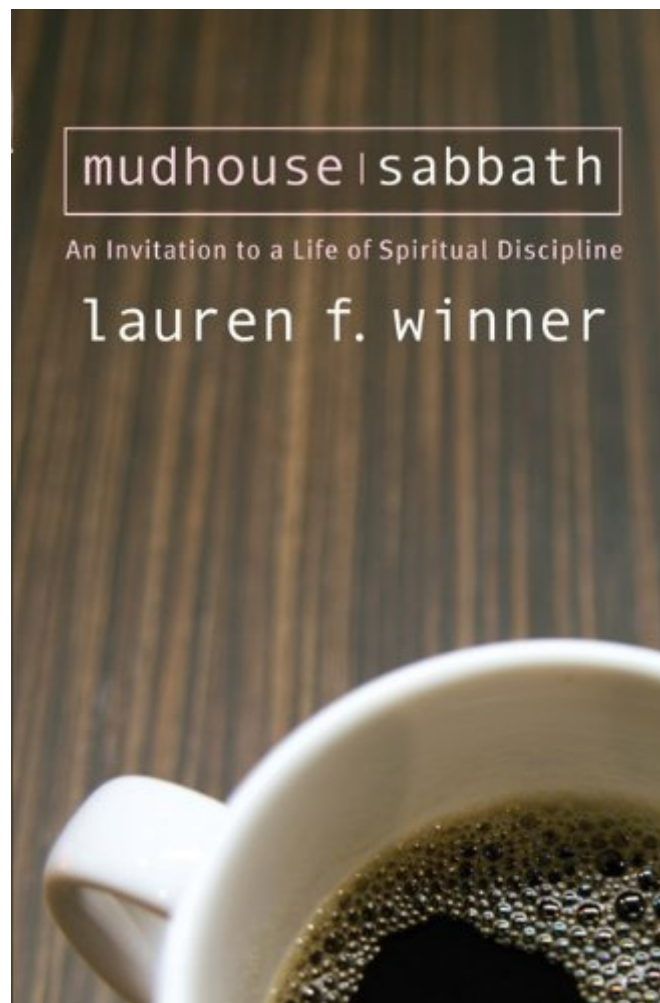


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# Mudhouse Sabbath: An Invitation To A Life Of Spiritual Discipline: An Invitation To A Life Of Spiritual Disciplines (Pocket Classics)



## Synopsis

Featured in Radiant magazine, Spring 2007 issue  
After her conversion from Orthodox Judaism to Christianity, Lauren Winner found that her life was indelibly marked by the rich traditions and spiritual practices of Judaism. She set out to discover how she could incorporate some of these practices into her new faith. Winner presents eleven Jewish spiritual practices that can transform the way Christians view the world and God. Whether discussing attentive eating, marking the days while grieving, the community that supports a marriage, candle-lighting, or the differences between the Jewish Sabbath and a Sunday spent at the Mudhouse, her favorite coffee shop, Winner writes with appealing honesty and rare insight. Lauren Winner speaks the language of this generation. It is authentic, free and bold. Ben Young, author of The Ten Commandments of Dating

## Book Information

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## Customer Reviews

I've just finished Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline by Lauren Winner. I confess, I bought the book in the name of the author only, I knew nothing about Mudhouses nor was I craving a more disciplined life. Good thing, too, the book mentioned the former only once and the latter was so cleverly woven in that I didn't know I was being disciplined at all! Winner grew up in

the south, daughter of a Baptist and a non-practicing Jew, allowably went through what any child of that sort of union would wrestle with, landing comfortably in Orthodox Judaism until her twenties when she switched over to the other side. Which is the truth, but, from reading this book, one would think she was still quite infatuated with her former religious bent. She seamlessly correlates themes in Judaism with Christianity--takes what we call the Law and turns it into a Labor of Love. And somehow blows the dust off of age old traditions and into the faces of Christians who poo-poo Old Testament practices in the name of New Testament freedom. There's always been something so appealing to me about the Law. While most people putter out of their Read Through The Bible in a Year around Leviticus, I usually get lost somewhere around Psalms. I'm serious: 150 chapters feels much more daunting to me than lists of Dos and Don'ts. If there is one habitual sin in my life it is the sin of the Law. Binding them so tightly to my doorposts that I couldn't see the blood of the lamb if it was painted over my head. Grace feels far away, the Law feels tangible. In Mudhouse Sabbath, Winner teaches us silly Christians how the law wasn't a list of Must Dos, as much as it was a gift from the Creator to remember Him. Isn't it easy to forget?

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