

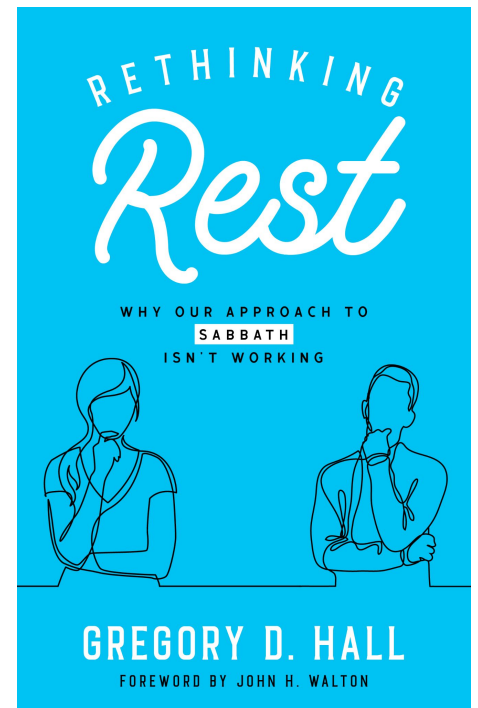
- **Release Date:** January 19, 2023
- **ISBN:** 9781632695932
- **Retail:** \$15.99
- **Pages:** 204
- **Category 1:** RELIGION / Christian Living / Spiritual Growth
- **BISAC:** REL012120
- **Format:** Softcover

## Rethinking Rest

### *Why Our Approach to Sabbath Isn't Working*

Today's concept of biblical rest isn't working. Our numerous discussions about "which day" and "how" the seventh-day sabbath should be observed have distracted, confused, and caused apathy within an entire generation of believers. But biblical rest is dramatically different than most suppose. Dr. Gregory D. Hall explains how we went off course and offers fresh insight into the original intent of sabbath rest.

Have you abandoned the sabbath? Do you feel disenfranchised with the practices of the modern Church? Are you willing to rethink what you thought you already knew? This book will challenge you to expand your scope and reengage the topic in new ways.



For more info please contact [media@deepriverbooks.com](mailto:media@deepriverbooks.com)

*Deep River*  
B O O K S

# About the Author

**Gregory D. Hall** is a husband to his high-school sweetheart and father to two fine young men. He hosts the Rethinking Scripture Podcast (and RethinkingScripture.com), where he challenges listeners to rethink what they thought they already knew about the Bible. He's been a college athlete, public school teacher, real estate broker, triathlete, small-business owner, pastor, tour leader to Israel, and university professor. This medley of life experiences has meshed nicely with Greg's biblical training (MA in Theological Studies and Doctor of Ministry in Biblical Preaching and Teaching), producing a unique perspective on some of life's most important themes. Greg lives in the Pacific Northwest. He teaches whenever he can, enjoys swimming laps, and doesn't spend enough time at the Oregon coast.

## Connect with the Author

Email: [DrGregoryHall@gmail.com](mailto:DrGregoryHall@gmail.com)

Website: [RethinkingScripture.com](http://RethinkingScripture.com)

For more info please contact [media@deepriverbooks.com](mailto:media@deepriverbooks.com)



## What Others are Saying About *Rethinking Rest*

Hall provides a wonderful exploration of a question at the heart of the biblical story—what does it look like for the world, and humanity, to be at rest?

—**Jon Collins, Co-founder, BibleProject**

Gregory Hall invites us to rethink the meaning of “Sabbath rest.” He rightly contends that God offers us something far beyond a lazy Sunday in a hammock. This book delivers a robust and fully developed biblical concept of the rest God intended for his children. The truths are not only profound, but they are also life-changing and full of grace.

—**Morris Dirks, DMin, Founding Director, SoulFormation**

Combining the use of storytelling and careful textual work, Hall helps us to reevaluate many of the preconceptions about Sabbath that readers often have.

—**Dr. John H. Walton, Wheaton College, from the Foreword**

What people really need is a clear understanding of true rest. Hall offers this clarity by relating the Bible’s ancient Near Eastern context to the biblical story. Then he helps us practically apply Jesus’s offer of rest to our modern context. Many teachers write about sabbath today, but this work stands alone as truly unique in its approach and application.

—**Chip Bennett, Lead Pastor, Grace Community Church**

For more info please contact [media@deepriverbooks.com](mailto:media@deepriverbooks.com)



## Suggested Interview Questions for Gregory D. Hall, Author of *Rethinking Rest*

**Q: In the opening line of the book, you suggest that “rest . . . isn’t working.” What isn’t working about rest?**

**A:** I grew up in the church and it seems like there are so many different opinions about what rest is and what it should look like. We get into arguments about what day the sabbath is and what types of things we should or shouldn’t be doing on such a day. We rarely get past a simple definition of the term. And I feel these arguments have caused a general apathy about the topic. Most people I know have completely abandoned the topic. That’s why I say, “Whatever rest is supposed to look like . . . it’s not working.”

**Q: I see that the author John H. Walton has written the forward for your book. What role has he played in *Rethinking Rest*?**

**A:** Walton is very well-known in academic circles. I took some of his ideas and applied them to the idea of sabbath rest. For example, he does a lot of work with extrabiblical sources, like Ancient Near Eastern creation stories where pagan gods set up the cosmos and at the end built a temple to rest. This contributed to my book’s discussion on the all-powerful God taking a day of rest. I had never communicated with Dr. Walton before, but I wanted to know if anyone else had applied his concepts the way I was attempting to. He asked for a copy of the manuscript, read it, and offered to work with me on some edits. He told me this is not normally something he offers, so I’m super excited that he agreed to be involved with my book. It’s a real honor.

**Q: In chapter 3, you talk a little about Greek philosophy. Why did you decide to discuss secular philosophy in a book about biblical rest?**

**A:** In the book, I talk about Plato’s “Allegory of the Cave.” Plato lived between the testaments—after the Old Testament, but several hundred years before the story of Jesus starts. Scholars have recognized how much Plato and those who followed him have influenced Christian thought. A couple of New Testament authors, Paul and the author of Hebrews, refer to the Old Testament law as a shadow. Many people think they may be describing the Jewish law in terms that the larger Hellenistic world would have understood. Sabbath is mentioned as one of those shadows. If that’s how we are to understand those references, then Plato’s philosophy suggests that the true sabbath is something other than what we see in the law and that there’s something else we should be looking for.

For more info please contact [media@deepriverbooks.com](mailto:media@deepriverbooks.com)

**Q: You talk about how different Bible passages are codependent. In normal life, codependency usually isn't good. So, what does that mean for Bible passages?**

**A:** When a biblical author uses another part of the Bible to teach, they link to another passage and expect us, as readers, to understand that connection. In human relationships, codependency is bad—but sometimes biblical authors make their writing codependently linked to another passage, and that's a good thing. When we don't recognize the codependency, we are more likely to misinterpret the author's meaning. *Rethinking Rest* recognizes the codependency.

**Q: Your book touches on Jesus' ministry. How can we understand His teachings with regards to rest?**

**A:** That's a big question. There are so many times Jesus interacts with the sabbath. It's clear that Jesus is challenging the sabbath norms of His day. But it's bigger than just making some changes. Jesus upends the whole concept. Interestingly, His offer of rest is directly associated with his yoke, even though a yoke is an instrument of work. So, it seems that according to Jesus, we find rest when we are working under His direction. Work is an instrument of our rest.

**Q: *Rethinking Rest* talks about "testing the waters" of rest. Can you speak on that?**

**A:** The idea of "testing the waters" is included because I swim every week for exercise. And I absolutely hate getting into cold water. So I've developed an intricate process that takes several minutes, at the end of which I fully enter the pool. I think we can use a similar process when it comes to finding the work that brings us to a place of rest. Sometimes we should dip just one foot into a new situation to see how it feels. That might lead to pulling it right out and looking for something else . . . or we might be surprised how comfortable it feels. If Jesus is really expecting us to hitch ourselves to His yoke, He's likely to want us to try out things that we wouldn't normally choose on our own. That's why we should be willing to test the waters of rest.

**Q: You've described your book as a "biblical theology of rest." How is this different from other books that talk about how to observe the sabbath?**

**A:** In preparation for writing this book, I have read a lot of books about sabbath rest. Most of them focus on the Fourth Commandment and assume that's the crown jewel of the topic. We do this a lot in the modern church because we are asking different questions than the original audience. To the original recipients, the sabbath-day commandment was only a small part of biblical rest. There is a full-blown theology of rest presented literally from the first chapter in Genesis all the way to the last chapter in Revelation. So, my book is completely different than most on the topic because I present the whole theology of rest that the Bible offers.

For more info please contact [media@deeperiverbooks.com](mailto:media@deeperiverbooks.com)

