



# **Do No Work: Beat Burnout, Find Inner Peace, and Strengthen Your Faith by Studying the Most Overlooked of the Ten Commandments**

*Andrew Gilmore*

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“The Sabbath doesn’t apply to me. That Old Testament stuff isn’t relevant anymore.” If you’ve ever said that, you could not be more wrong. The first Sabbath occurred before there was Jew or gentile; after six days of creation God rested. And don’t forget that Jesus said, “The Sabbath was made for man” (Mark 2:27). Not, “The Sabbath was made for the Jew.” But even if you do believe the fourth commandment applies to you, how do you apply it to your life? It’s hard to stop and rest for an hour let alone an entire day. Besides that, busyness is a badge—if you’re not busy, you’re not trying. Sure, you might make it to church every Sunday, but while there all you can think about is the to do list you need to work on. Andrew Gilmore was in the same boat: distracted at church, stressed out by his to do list, and unsure if the fourth commandment even applied to him. But a few years ago, he read the Bible cover to cover for the first time. As he made his way through the Old Testament he was struck by how many times the scriptures mention the Sabbath. In fact, the word “Sabbath” appears ninety-six times in the Old Testament, 154 times overall. He began asking, “How could something so prevalent not be relevant to my walk with Christ?” He concluded that, at the very least, the Sabbath reveals something about the character of God and how He wants His people to live. So Andrew set out on a mission to uncover the meaning behind the fourth commandment. How does it apply to the Christian? How should one behave on the Sabbath? What does it mean to “work”? The deeper he dug, the more he realized just how important the Sabbath is. He compiled all of his findings over the course of two years to bring you *Do No Work: Beat Burnout, Find Inner Peace, and Strengthen Your Faith by Studying the Most Overlooked of the Ten Commandments*. In *Do No Work* Andrew gives a thorough examination of the Sabbath commandment: it’s origin, its application to Christians, and its ability to transcend the material world. This short book is crammed full of information, inspiring anecdotes, and even some theology. You’ll learn: - The 2 steps required to beat burnout - 3 ways to get better rest - The real reason you don’t have peace - The most common Sabbath myth - What the Sabbath and heaven have in common - How to skyrocket your faith to levels you’ve never had before And more! Read the book Dan Miller (of *48 Days to the Work You Love and Wisdom Meets Passion*) mentioned on his weekly podcast saying, “I love the concept.” And, “It’s really well done.” And find out what it means to honor God on the Sabbath.

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