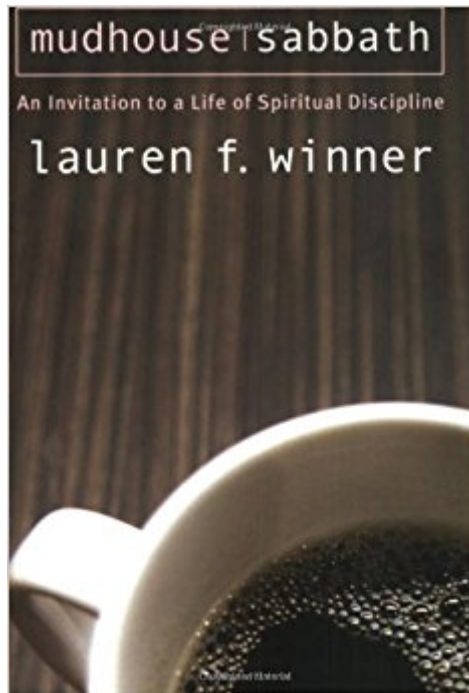


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# Mudhouse Sabbath: An Invitation To A Life Of Spiritual Discipline (Pocket Classics)



## Synopsis

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* “At a time when we are so aware of the differences between Judaism and Christianity, Lauren Winner’s book on what we can learn from each other is so refreshingly welcome.”

Rabbi Harold Kushner, author of *When Bad Things Happen to Good People* “For all of us who can’t get our spiritual lives in shape by shipping out to a monastery, Lauren Winner explores simple, do-able ways of keeping company with God in the ordinary, day-to-day world of eating, working, resting, romancing, aging, earning, grieving, and celebrating. Her rich identity as a Jewish/Christian/scholar/writer informs every sentence.”

Brian McLaren, pastor and author of *A New Kind of Christian* “[Winner is] a gifted writer who has much to teach us about the deep and indestructible bonds between Judaism and Christianity.”

Richard Mouw, President, Fuller Seminary

## 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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