

# Sharing books

## Introduce *Sabbath Gift* to a friend

### Everyone benefits from a rest, don't they?

Did you know there's an ancient concept to our modern-day problem? It's taking a Sabbath rest.

The word SABBATH comes from Hebrew 'Shabbat' (meaning, to cease or to rest). It's -

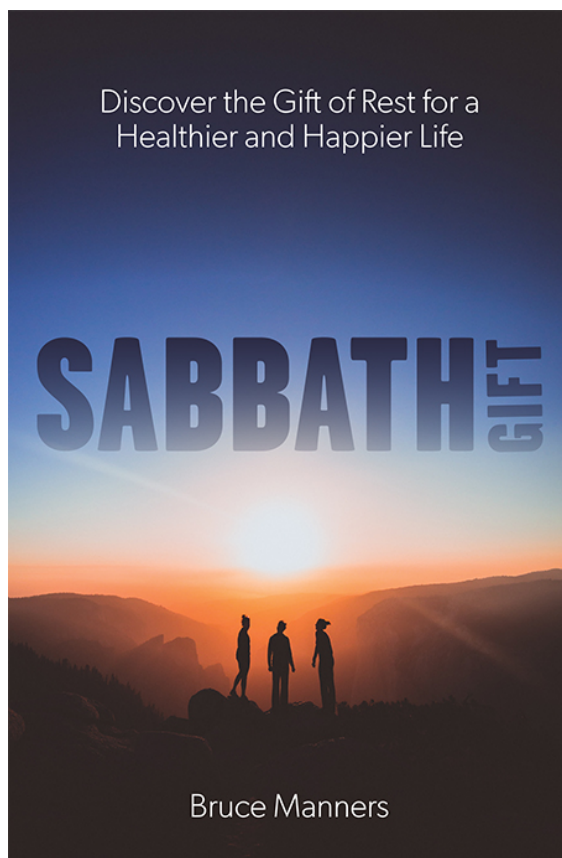
1. a time of rest.
2. the seventh day of the week, often from Friday evening to Saturday evening, observed as a day of rest and worship by Jews and some Christians.

It's a time each week to focus on what's important in life. **Taking a day each week for what's important is a growing trend** and it has proven positive for individuals, couples, families and seniors.

This author has captured insights from doctors, psychologists and others, to explore the physical, mental, social, emotional and spiritual advantages of taking one day a week—a Sabbath—to rest.

**Sabbath can help bring back a rhythm to life that feels good.** If you'd like to consider giving it a try in your life, I'm keen to journey with you.

*Sabbath Gift* is written in Dr Bruce Manners' friendly and engaging style, with 'local offers', links to the *Sabbath Gift* challenge and [sabbathgift.info](http://sabbathgift.info) website. You'll find this book is suitable for sharing with both secular and religious members of the community.

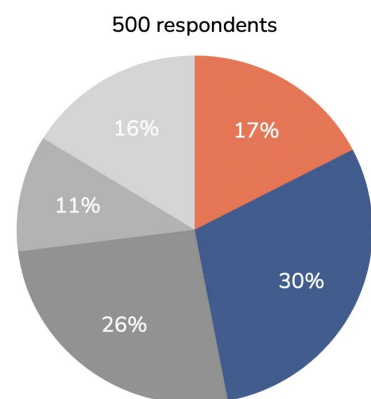


*Sabbath Gift* released Dec 2023 as tract & book

## Strong Community Interest

Our research shows that 47% of people in the community selected "likely" or "very likely" when asked – "How likely would you be to read a FREE booklet on the Sabbath – a day of rest to improve your health and happiness?"

**To order further supplies of *Sabbath Gift* books and tracts** contact your Conference Literature Ministries Dept, or find a participating church on [literatureministry.info/sharing-month/](http://literatureministry.info/sharing-month/) or contact your local ABC.



● Very Likely ● Likely ● Neutral  
● Unlikely ● Very Unlikely

# Sharing books

## inspire your church to visit your community

Now more than ever, be confident to share hope and happiness with your community.

**Read the book. Pray for an opportunity. Share the book.**

### 10 ways to share *Sabbath Gift*

- Read the book, and highlight your favourite quotes.
- Pray for an opportunity to share. If you can, write a personal note in the front cover highlighting your favourite pages/chapter.
- Team together with local friends and learn to confidently share tracts and books in your community. Choose a focus-month for sharing the book and tracts.
- Preach from *Sabbath Gift*. Use video testimonies from [sabbathgift.info](http://sabbathgift.info). You will find helpful graphics at [literatureministry.info/sharing-month/](http://literatureministry.info/sharing-month/)
- Gift to visitors, new members and when visiting former members.
- Include a book sharing table at church seminars, special events & your welcome pack.
- Participate in traditional sharing methods such as visiting your community and offering a gift pack, or ask members who own a business if they can display free books in their workplaces.
- Invite someone for dinner at home, watch a movie, and gift a copy. Or host a church movie night and give *Sabbath Gift* to attendees.
- Share [sabbathgift.info](http://sabbathgift.info) with your friends. Listen to others' testimonies and encourage your friends to '**Take the Challenge**'. sure to add your testimony and favourite quotes from *Sabbath Gift*.
- Help Pathfinders achieve their Literature honour by sharing this book in the community.



#### **What to say?** Here's some ideas to help you.

Hello, how are you today? My name is [...] from your local [...] Adventist Church / Pathfinder Club and we are offering this special book (hand the book over) on the benefits of taking one day out each week. This book is a gift to you. It will only cost you a smile! (be sure to smile!)

**or**

Everyone benefits from a rest, don't they? Here is a special gift for you. It has insights from doctors, psychologists and others, exploring all the advantages of taking one day a week to rest. You'll be encouraged to see that there are physical, mental, social, emotional and spiritual benefits. Taking one day a week will bring back a rhythm into life that feels good!

Share your church experience, or your story at [literatureministry.info/sharing-month/](http://literatureministry.info/sharing-month/) on **Contact Us**