

# Sabbath Rest

## The Vision

The vision that lead to the formation of Shepherd's Refuge - Selah Ministries, Inc., may not be familiar to new readers so here is the short version.

The Lord spoke to the hearts of Ruedi and Sandy and showed them the need for people in church leadership to get away from the cares and troubles of



## What does it take?

God's word encourages us to make our requests known, not only to Him but also to His people. That is why you are encouraged to participate. In addition to partnerships, there are other ways, including grant requests, which are being pursued as well. A large tract of land has been acquired in the North Georgia Mountains between Dahlonega and Helen. Ruedi and Sandy will be building their own home on a

their environment and find a **secluded and secure place** for **rest** and **restoration**. Weeks of research and hours of conversations with pastors and church leaders validated what the Lord had spoken to their hearts. The Lord confirmed the urgent need to set a timeline and establish such a place.

Because the Lord initiated this project, it was necessary for His servants, Ruedi and Sandy, to depend on Him to provide all that is needed to complete it.

Stepping out of the boat, leaving behind the corporate world with steady paychecks had been the

small portion of land next to the area that has been reserved for Shepherd's Refuge. Once sufficient funds are available the ministry will purchase 15 to 20 acres for the development of Shepherd's Refuge.

The next step will be to build the first cabin. A total of 5 cabins have been planned to serve the needs of the ministry. How does that translate into dollar amounts? The current cost per

first move; the decision to purchase the land was the next one and others soon followed! The way He chose to secure the land in North Georgia was just another confirmation and testimony of His wondrous workings!

And so Ruedi and Sandy believe that He is right now preparing and speaking to the hearts of many people encouraging them to join in partnership with the vision of Shepherd's Refuge - Selah Ministries, Inc. What are the needs, you may be asking? See the accompanying article detailing how you can join as a partner in this special vision.

*Is this process  
faith building?*

*You bet  
it is!*

## Requirements:

- Prayers
- More Prayers
- Funds
- More Funds
- Workers
- More Workers

acre is \$14,000 and the estimate for the first cabin comes in at about \$145,000. Now these are big numbers for one individual, but we serve a God with a capital G, and He has been preparing the hearts of many who will join in partnership with Shepherd's Refuge **to serve those who serve!** One thing He has made clear: no borrowing of funds, which would create a liability!

## Progress Report

- ◆ 1100 foot road into the area of the Mettlers new home and the land reserved for Shepherd's Refuge, completed in June 2004.
- ◆ Electrical power cable extended to the construction site shortly after the road was constructed.
- ◆ 700 foot well was drilled in the first week of August, with sufficient water flow to supply the main house and up to 5 cabins.
- ◆ 4-wheel drive access road cleared by bulldozer to the various cabin sites in preparation for future construction.
- ◆ Ongoing maintenance of the grounds, especially trimming of bushes, cutting many acres of grass, and harvesting an abundance of fruit. Tending the garden as commanded by the Lord!
- ◆ Several pastor couples have already benefited from the tranquility of the existing cabin. Due to the on-site construction office we had to limit the availability of the rooms.
- ◆ Many on-site visits with partners of the ministry.
- ◆ June 12, 2004: Claiming the land for the Lord, followed by the dedication of it for His use. (Those in attendance will never forget the clap of thunder at the appropriate point in the proceedings!)
- ◆ Establishing an inner circle of prayer warriors.
- ◆ Ongoing pursuit of various ways of fundraising.



No Oil  
but sufficient  
Water!



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A non-profit ministry  
recognized as a 501 (c) 3  
organization.

*Caring for those who  
care.*



Team Mates in Ministry  
enjoying dinner

**Rest - WWJD?**

Mark 4:19 tells us that, '...the cares of this world...enter in and choke the word so that it becomes unfruitful.' Pastors live an amazing life. What is challenging is the expectations that others put on their pastor as to what he should do, be, become, bear, etc. Many pastors today live under the cares of the world that are put on them by others and by themselves (usually out of guilt and a performance orientation). Pastors today are suffering burnout, family problems, divorce, and financial difficulties at an alarming rate that is seeing many of them leave the full time ministry in unprecedented numbers. As a pastor for 23 years, I have come to realize that I am first of all accountable to Christ for my life and how I live it. So my first question is 'What would Jesus do?'. As I read the scriptures, I notice that there are times that Jesus did not meet all the needs of others. He would purposefully go away to a place by Himself to be with His Father. He would purposefully go away to be alone, out of the fight, away from the caring of others, away from the de-

mands of others, just away and all by Himself. He had a place of prayer and fellowship. We see in the scriptures where His disciples would look for Him and find Him alone in a place of prayer and fellowship with His Father. This impacted them so much that they asked Jesus, 'Would you teach us how to pray?'. Jesus realized, as should we, that He could not give life if He did not have it within. He found the source of life and ministry in the presence of His Father. In this way He could do what He saw His Father doing and say what He heard His Father saying. This seemed to give Him the right word in every occasion and the most fruitful work for each day. The error today is that rest is viewed as a 'flesh-out' activity. Sure we need times of vacation enjoying our family and doing pleasurable things together. Rest in a kingdom sense is more related to our relationship with the Father and entering His rest. Shepherd's Refuge is a place where pastors and leaders can get away and be alone with their Father. It is in the times of prayer, fellowship, worship, meditation, and con-

1 Peter 5:10

"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast."

**Birth**

When I look back to the time Sandy was pregnant with Andy and then again with Mike I see similarities with what we are going through right now. The nine months of waiting for the big event had to be fulfilled. We didn't just sit there waiting without making preparations. The baby bed, the clothes, the diapers, the visits to the doctor, they all had to be taken care of. Then of course came the physical change in Sandy, it became increasingly visible that she was giving shelter to a new life under construction. We as parents did not have to concern ourselves with the formation of our child. This was God's responsibility and well beyond our

control! Our task was to prepare the environment. As we proceed with the physical arrangements to set up Shepherd's Refuge in the new and improved location we often catch a glimpse of the Lord working on those things beyond our responsibility and therefore outside of our control. Although we cannot see what He is doing at all times, He does give us confirmations in the natural and also in our spirit. Is this process faith building? You bet it is!

(By Ruedi Mettler, Co-Founder)

**We are on the Web:**  
[www.shepherdsrefuge.org](http://www.shepherdsrefuge.org)

**Inside this issue:**

- ◆ The Vision
- ◆ What does it take?
- ◆ Progress Report
- ◆ Birth
- ◆ Rest - WWJD?



Dedication of the Land

**Did you know?**

- 90% of pastors feel they were inadequately trained to cope with ministry demands.
- 75% report a significant stress-related crisis at least once in their ministry.
- 94% of clergy families feel the pressures of the pastor's ministry.
- The profession of "Pastor" is near the bottom of a 1995 survey of most-respected professions.
- The vocational life of a pastor is down from 20 years, as reported in 1980, to 14 years in 1995.



Pastors from Florida visiting the  
Shepherd's Refuge site!