

Sabbath Rest

A New Challenge

March 28 was the big day! The first guests unpacked their suitcases and settled in for a week of rest and renewal. The Selah Cabin was ready to offer them its tranquility, its secluded privacy, its comfort and security. Surrounded by the forest's tall trees, with the fresh budding of the leaves allowing the sunshine to barely touch the windows, they withdrew for 5 days of reading and praying, with the occasional outing to a nearby waterfall.

So you might ask, where is the **new challenge**? Thus far, the Shepherd's Refuge guests staying in the Upper Room are always around us in the Lodge, although they have plenty of opportunities to be by themselves; but we love the interaction that the design of the building allows. Now the additional guests in the Selah Cabin are 400 feet away, and we don't even see whether the lights are on! Upon their arrival, we let them know, that they are of course welcome to join us for lunch or dinner, or just for fellowship. So far many have responded well to that invitation and have welcomed the offer to interact. Now those guests that might be a bit hesitant to be in the same building where the hosts live, can enjoy their own, separate place, and still profit from times of sharing and communion.

A **new challenge** presents itself, too, when we have guests from the Upper Room and the Selah Cabin sit at the table with us. Discussions can be far reaching, and deep, but in a neutral and safe setting very profitable and thoroughly enjoyable!

A **new challenge** is also the additional time it takes to clean the Selah Cabin inside, and maintain the grounds outside.

Another **new challenge** is to develop the funding for the additional guests we can serve. Especially more monthly partners can make a difference, but also churches that could consider taking on Shepherd's Refuge as one of their missions projects.



Mountain Laurel

"Life is a challenge, meet it!" (Mother Theresa)



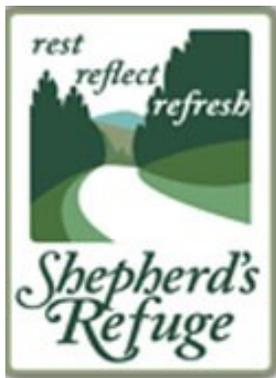
- ⇒ Encourage and support your pastor to decide to take time off.
- ⇒ Help him/her remove the feeling of guilt when they do decide to get away.
- ⇒ Think about the health of their own family relationship.
- ⇒ Consider the benefits to the congregation from a well rested pastor.
- ⇒ Understand the consequences of a burnt-out pastor!
- ⇒ [You can decide to make a difference, become a Ministry Partner](#)

Inside this issue:

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- ◆ An Encourager

Keep this in mind:

Check out our [web-site](#) and our [Face Book page](#) for the latest news and updates. Progress reports are available online, or by sending us an email, or even better, by giving us a call!



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

The Selah Cabin
([See more pictures on
our website](#))



The purpose of Shepherd's Refuge is:
To strengthen His church in fulfilling its Great Commission
by caring for its leadership!

"...and great multitudes came together to hear, and to be healed by Him of their infirmities. So He Himself often withdrew into the wilderness and prayed." Luke 5:15b-16

Unrealistic Expectations!

During a recent conversation with some church folks, I was surprised to hear that someone expected pastors to be absolutely perfect in all aspects of life. Not even a hint of moral failure, God forbid even a brush with sin! Have a flawless family life, with well behaved kids and a wife that is involved in all women's activities at church. To make things worse, the suggestion was, that anyone not meeting those expectations is not worthy and does not deserve to be a pastor.

On the flip side, we have talked to pastors who believe they do not need any time off, no Sabbath rest, no vacation, because they count on the Lord to be their strength.

Not to disappoint anybody, but pastors are human beings just like you and me! Also consider that Jesus Himself made time to withdraw, and kept the Sabbath holy. Then, let me ask you, why are there tired, worn out, burnt out, divorced, morally fallen pastors? Two words: **unrealistic expectations!** From both sides, in the pews and in the pulpits!

Yes, I hear someone suggesting that pastors should get rid of their pride, and all things would fall into place. May I suggest another "P" word? What about setting the right Priorities? And then there is the "E" word, to Equip others, so that not all the burdens of caring for the flock fall in the lap of just one!

Those are some of the things pastors can and should do. How about the church? One thing would be **to encourage** the pastor to set aside time for his own spiritual wellbeing, and next to that also be with children and spouse on a regular basis. Another thing would be **to enable** the pastor to do these things by financially supporting a prayer retreat, a sabbatical, a time to rest, not counting this as a vacation time, and not expecting this to happen during a pastors conference!

Become an Encourager!

As a monthly donor you partner with us as we together serve those tired and weary pastors and missionaries the Lord sends our way!

Consider using the [Razoo](#) or [PayPal](#) button on our website:

www.shepherdsrefuge.org

or

Use your bank's automatic online bill payment system

or

Send your checks to:

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