

# Sabbath Rest

## THR (Target Heart Rate)

According to the graph my THR is 120 to 155/bpm which should be maintained over 20 to 30 min. to reap the most benefits. Well, I am new to this method of calculating my exercise time, taking the target heart rate into consideration. But I'd better pay attention to the issue of effective exercise, since it has to do with the body that God gave me to last for the rest of my life. So here I am, wearing a monitor around my chest which transmits data to a wrist watch that shows me how fast my heart is beating and makes a beeping sound when I am below the THR, which means I don't work hard enough, and also when I am above it, telling me to slow down! All the time there is the shape of a heart blinking at me, letting me know that I am not dead yet!

So, I examined whether the principle of working towards a good relationship with a friend would be the same. In order to establish a friendship, one has to invest time, so that applies! It might not always be convenient. That person might call at an inopportune time and look for a shoulder to cry on. At that point I have to decide whether I am too busy with something else, or whether I invest

this time to nurture our relationship. Lack of time given is like being below the THR, hogging attention leads to the opposite, and the beep should alert me to slow it down a bit. This whole friendship business takes time, effort and sensitivity to develop it properly.

Now let me take it a step further, namely to our relationship with the Lord, who is such a Gentleman, not demanding anything, but spelling it out very clearly, that if we want to improve our relationship with Him, we need to work on it. Spending time with Him in His Word, in prayer and meditation leads to an ever deepening relationship. Taking deep breaths and exhaling the spent air to make room for fresh oxygen will help to stay within the target rate. We also want to make sure we learn to listen and not just occupy time with empty blabber. Being below the THR will render us ineffective for what He has called us to do, and above it will make us so heavenly minded that we are no earthly good.

And so it is, just as with my workout routine and the nurturing of friendships I also need to pay attention to the time spent with the Lord. This is one of the central points we address with Shepherd's Refuge guests when they arrive!

## Inside this issue:

- ◆ THR
- ◆ Don't miss the appointed
- ◆ The first cabin
- ◆ Progress report

## Headlines

### New:

**Start making donations using the link on our webpage!**



Winter is behind us and Spring has arrived at the Lodge!



## Don't miss the appointed time!

In a recent article titled "Homemakers by Choice", Donna Otto asks the question: 'Are you running your life, or is it running you?' which brought up the following thoughts. In today's high pressured society we are so easily tempted to set priorities that are not in line with God's calling on our lives. Many are following the principles suggested by Rick Warren in his book 'The Purpose-Driven Life' and have found the reasons for their existence. However, demands for our time can very easily distract us from following the path which shows us the way to reach His goals. Such demands are cleverly disguised as things that need to be done 'right now', acts of kindness that absolutely 'nobody else' could perform, things that can be accomplished now because

they are easier than the ones less pleasant which can be procrastinated on.

It's no different with the things of God. When we know what He has called us to do, are we 'dragging our feet' because something else would be more pleasant to work on? Or are we so sure of ourselves that we just know what has to be accomplished right now that we are running ahead of God's timetable? Or are we in tune with the Holy Spirit to do the right thing at the right time? Each one of us needs to come before Him to receive a better understanding of where that designated place is and when the appointed time is. Once we see it His way we need to set the right priorities to accomplish the goals and not get so easily distracted!



**SHEPHERD'S REFUGE - SELAH MINISTRIES, INC.**

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

*Caring for those who care.*

On November 17th Sandy and Ruedi moved into their new home which has a beautifully appointed Upper Room for Shepherd's Refuge guests. Using this room will help with the transition until the first cabin is up and running, then it will serve as a back up. Together with General Contractor Rob Jones they are seen here taking down the box with the building permit, thus officially ending the construction of the owner-funded Shepherd's Lodge, which has become a very crucial and intricate part of the ministry.

### **The First Cabin**

The goal is 5 but we start with 1. One cabin at a time, step-by-step, trusting God to meet the need as we move forward. In your imagination picture the cabin depicted below in an artist's rendition to stand behind and above Shepherd's Lodge, overlooking the valley, away from the noise, the hustle and bustle of the city, removed from the stress of the office, providing rest and restoration to pastoral couples to re-connect with God and with one another. Here is what it will take to make that a reality:

- \$10,000.- (already available) to build the road, water system from the well to a holding tank which ultimately will supply all cabins, electric line to the construction site. (Time required 1 month.)
- \$15,000.- once this amount is available the construction site will be prepared and the foundation built. (Time required 1 month.)
- \$30,000.- once this amount is available framing to the point of dry-in of the cabin. (Time required 2 months.)
- \$15,000.- once this amount is available the interior will be finished. (Time requirement 1 month.)
- \$5,000.- once this amount is available appliances as well as the balance of the furniture still needed (some of it has already been acquired) will be purchased and installed. (Time required 2 weeks.)



*Artist's rendition of proposed cabin*

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

Please update your records

Ps 34:8

O taste and see that the LORD is good; How blessed is the man who takes refuge in Him!

### **Progress Report**

- ◇ During a three week span in March we had 2 couples and 1 individual who sought (and found) rest and restoration at Shepherd's Refuge!
- ◇ One Monday morning in April we received 3 requests for time of refreshment, one week in April and two in May! In June we have guests every week!
- ◇ The library in the Lodge with over 2,700 titles is already being used!
- ◇ Intercessory prayer team is covering the hosts and guests with a daily shield of prayer.
- ◇ As requested by some donors we have now started to accept contributions using credit cards. See our web site for the link.

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



### **Did you know?**

- ⇒ 94% of Protestant clergy agree with the statement 'There is extra pressure being married to a minister', including 54% who strongly believe this.
- ⇒ 91% agree that 'There is extra pressure being the child of a minister', including 46% who feel this way strongly.
- ⇒ 87% said they get less sleep than they need at least once a week, and almost half (47%) are getting less sleep than they need 3 or more nights a week.

Ellison Research, July 2005

Volunteer effort could reduce some of the labor but not materials cost.

If half of the recipients of this newsletter (together with their friends, bible study group, golf buddies, office pool, corporate office and so on) contribute \$400 each we can have the first pastoral couple stay in the cabin before winter! Will you partner with us to serve those who serve so faithfully?

Please see our web site how you can make your donations.

Shepherd's Refuge - Selah Ministries, Inc., is a non-profit ministry recognized as a 501 (c) 3 organization.