

Sabbath Rest

Integrity

I recently spoke with a business man about the quality of being honest and upright in character. I asked him about temptations and when he was most susceptible to give in to them. He was very blunt and told me, that after a long day, maybe things had not always worked out the way he wanted, tired, worn out, away from home, family and spouse, that is when it happens. It's either on the street when he goes for dinner, or in the hotel room, flipping through channels, that is when the defenses are the weakest and he is most vulnerable to give in to what is nowadays so easily accessible, either on TV, the internet or out on the street. Even with the best, but wrong, intentions it is very difficult to resist. No one knows you in that hotel, no one recognizes you in that city, why not test the waters? Proverbs is full of warnings about these situations, one of them being Prov. 5:9-11: *"Lest you give your vigor to others, and your years to the cruel one; lest strangers be filled with your strength, and your hard-earned goods go to the house of an alien; and you groan at your latter end, when your flesh and your body are consumed."* There are many more ways we can be tempted, and plenty of books have been written about them. People in the ministry are not immune to these trials. One way Shepherd's Refuge can step in and help avoid such pitfalls is to offer a time of rest and reflection, for them to gain new perspectives. Avoid burnout! Remember, the business man expressed weakness because of unmet expectations, being tired, and feeling isolated.

Gordon McDonald describes it so aptly using the analogy of an Indi-500 race, where well timed pit stops are mandatory to be able to finish the race. Race teams that keep their cars on the track too long will run out of gas, getting stranded in full view of everybody or they spin out and hit the wall because their tires are worn out.

Going back to Proverbs we find that in order to keep our lives on track, we need to heed time tested and effective biblical principles. *"My son, give attention to my words; Incline your ear to my sayings, Do not let them depart from your sight; keep them in the midst of your heart. For they are life to those who find them and health to all their whole body. Watch over your heart with all diligence, for from it flow the springs of life. Put away from you a deceitful mouth, and put devious lips far from you. Let your eyes look directly ahead, and let your gaze be fixed straight in front of you. Watch the path of your feet, and all your ways will be established. Do not turn to the right or to the left; turn your foot from evil."* Prov. 4:20-27.

Temptations will come; one of the ways to avoid giving in to them is to make a pit stop for rest and reflection, to keep the defense system alert and strong.

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- ◆ Testimonies
- ◆ Progress report

Headlines

The Road is paved!



www.parsonage.org

Focus on the Family's ministry to pastors has recently added Shepherd's Refuge to their referral list which is available through counselors using their Pastoral Care Line, their web site and also in print.

This site is 'A Home Page for Ministers and Their Families'.

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



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Daniel 6:5

Then these men said, "We shall not find any ground of accusation against this Daniel unless we find it against him with regard to the law of his God"

Progress Report

During June we had 4 couples and a church group who enjoyed rest and relaxation at Shepherd's Refuge! Every week we had guests! A new record! We could have made good use of a cabin!

The road up to the Lodge has been paved. No funds from the ministry were used for this project.

The library in the Lodge with over 2,700 titles is being used by almost every guest!

Intercessory prayer team continues to cover the hosts and guests with a daily shield of prayer.

Contributions using credit cards have been received. See our web site for the link.

Shepherd's Refuge has been added to the Pastoral Care Directory by Focus on the Family.



Come Away or Fall Apart By Alan Heller **Why Go?**

- To gain objectivity. Moving away from the ever-present pressures of ministry will allow you to view your life more rationally giving yourself some emotional breathing room.
- To get God's perspective. With undisturbed periods of time to be alone with the Lord, you will be able to view yourself and your ministry as He does.
- To meditate on Scripture, for often the pressures of daily ministry don't allow you the freedom for extended times of personal study of God's Word.
- For some healthy introspection on the strengths and weaknesses of your life and ministry, and time for planning future action steps.
- To renew your energy physically, emotionally and spiritually.
- For fun and recreation.

Sidebar from his article published by www.parsonage.org encouraging ministers to take time off.

A concern we did not know about!

Several pastors have expressed their reluctance to come to Shepherd's Refuge because they do not want to intrude in our private home. Although this has never been a concern of ours, we do learn to understand their unease.

In order to alleviate this we are pressing forward with the goal to build the first cabin by April 2007!

We seek your prayer as well as financial support to accomplish this, whichever way the Lord lays it on your heart.



Artists rendition of proposed cabin

Testimonies

"Our time at Shepherd's Refuge was an answer to prayers. This was the most restful and quiet break we've had in years. Thank you for your obedience of faith to provide a beautiful safe place for us to rest, fellowship, and experience God's peace and love."
Pastor, City Life International Church

"Thanks so much for listening and sharing perspective, for a safe place to share our hearts." Anonymous

"For me personally, the Shepherd's Refuge has been a place of rest from the stress of ministry. It's given me a chance to reflect and to gain direction. It's offered encouragement and hope. Most of all, it's provided the opportunity to renew my relationship with God and with my wife."
Rev. J. Richard Joyner
Pastor, Seminole Christian Fellowship, Seminole, FL

"To provide people the opportunity to get out from under city spirits into a place where they can see differently is vital in this hour."
Bradley White, Pastor, City Harvest Worship Center, Lilburn, GA

"The presence of the Lord is truly upon you and the Shepherd's Refuge. It was easy to hear God, the food was great and the hospitality was excellent. I do plan on coming back!"
Dr. Vanessa Battle
President, WAGB Ministries, Inc.

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

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the [Web:](http://www.asylumrefuge.org)
asylumrefuge.org



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