

# Sabbath Rest

## NASCAR

What does Shepherd's Refuge have to do with NASCAR? Other than its location about 40 minutes (**not** race-car-speed) away from the Georgia Racing Hall of Fame and the home of the Bill Elliott family, NOTHING. Until we came across the following story:

*"Kahne ran out of fuel just after the restart, opening the door for Earnhardt. But Earnhardt didn't have enough fuel to complete the extra two laps."* Read the whole story online at :

<http://www.nascar.com/news/110529/kharvick-wins-charlotte-dearnhardtjr/index.html>



Instead of ending his 104-race losing streak, this driver ran out of fuel with the finish line in sight, half a mile ahead! Frustration and embarrassment would be understatements. But, he can go on to another race and try again.

What about a pastor running out of fuel? No, we are not talking about the juice that is needed to move the car forward, but the stamina to run the race, so that he can join the Apostle Paul saying: "I have fought the good fight, I have finished the race, I have kept the faith" (2. Timothy 4).

"50% of the ministers starting out will not last 5 years" is one of the many startling statements reported in surveys by The Fuller Institute, George Barna, and Pastoral Care Inc.. Read even more shocking statistics at <http://pastoralcareinc.com/WhyPastoralCare/Statistics.php>

Unlike the NASCAR driver who will compete in the next race, the pastor who did not make it to the finish line most likely will never try again. You and I are created by God, equipped with unique gifts and talents to fulfill His purpose. And so are the pastors who have been called to shepherd His flock. What if they get so discouraged and leave their calling, never to try again? What if they run out of fuel? No next race to try again?

It is obvious:

We need to keep -- pastors from burning out.

We need to keep -- ministries like Shepherd's Refuge sustainable.

### **What can you do to keep -- your pastor from burning out?**

- offer to volunteer for some of the tasks the pastor is overloaded with
- treat the pastors with respect so that their children are not turned away from the church
- encourage your pastor to spend quality time with the spouse and children
- pray for your pastor and the family
- bring your tithe into the storehouse, so that there is enough to compensate your pastor fairly

### **What can you do to keep -- Shepherd's Refuge ministering to pastors?**

- join volunteer groups to help with some of the work on the property
- pray for the ministry as well as its guests
- consider making a one time donation to increase the available space so that we can meet the current demand and plan for future expansion
- become a monthly partner so that we can continue to provide scholarships to pastors who could otherwise not afford to come to Shepherd's Refuge

## **Take Away:**

- ⇒ **Burnout is not a buzz word, but reality**
- ⇒ **Burnout can be prevented**
- ⇒ **Shepherd's Refuge can help**
- ⇒ **Shepherd's Refuge has limited resources, unlike NASCAR**
- ⇒ **[You can help make a difference](#)**

### **Inside this issue:**

- ◆ NASCAR
- ◆ Take away
- ◆ Smoke Rise
- ◆ While at...

## **Headlines**

*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.

*Caring for those who care.*

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

"Now faith is the assurance of things hoped for,  
the evidence of things not yet seen."

Hebrews 11:1



The [Smoke Rise Team](#) was once again hard  
at work in March!

And...

The outside stain and paint has been profes-  
sionally applied. The wood is preserved and  
protected!



**How soon can we open  
this Main Entrance door  
to our first guests?  
Well, it all depends on  
financial support to fin-  
ish the inside...**

**Words of  
Wisdom**

"The man  
who is  
worse than  
a quitter is  
the man  
who is afraid  
to begin."

**While at Shepherd's Refuge...**

A pastor spent some time at Shepherd's Refuge, and, while praying, reading and talking with us, he realized the symptoms of what he was going through were clear signs of BURNOUT. After he returned home, he sought help through counseling and other resources. He eventually was able to start ministering again. Then came the call!

He was asked to give a presentation on BURN-  
OUT at his denomination's pastors conference!

No record was kept on how many pastors he  
helped. And we only know of the one we  
touched, but through the ministry of Shep-  
herd's Refuge many more were cautioned  
about BURNOUT, how to recognize, prevent  
and overcome it.

