

Sabbath Rest

An Unhurried Life

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Much has been written about living in an age when an unhurried person is equated with one who is unproductive. If we are not busy we might give the impression that we are lazy! So our answer to the question how we are doing is so often—well, we are busy.

Like with so many things, there is a good busyness but also a good unhurriedness. Read about the life of Jesus during his ministry on earth. His schedule was full, and besides meeting the needs of so many people he was also mentoring his disciples to take over as effective leaders. But, we never get the impression that he was in a hurry!

What can we learn from those we look up to as our examples, those who closely follow our Savior's life?

- ⇒ I cannot give what I don't have, so I have to make sure I am getting lots of good input from iron-sharpeners, encouragers, books, articles, and from peers.
- ⇒ I have to schedule time to be with people and activities that deposit something positive into my life and soul. People will make withdrawals as I minister to them, deposits have to be made to replenish the tank!
- ⇒ I have to decide to say 'no' so that my schedule is not overbooked. In that same schedule time for prayer and reflection must be set aside. That means, **proactively** put those items on my schedule.
- ⇒ And last but most definitely not least, after spending time in communion with the Lord, I need to spend focused time with my spouse!

Testimonies from Shepherd's Refuge guests show that by setting aside time for prayer and reflection, they were able to get input from reading and praying, receive encouragement through fellowship, refresh their walk with the Lord, and enrich their marriage by spending dedicated, uninterrupted time with their spouse.

- *"Be still and know that I am God" Ps. 46:10. Enjoy the presence of the Lord and His majesty and might through His word and His creation. Let God speak to your heart." J.L. 11/2014*
- *"We were so desperate for rest - physical, spiritual, emotional, etc. - and we certainly found that at Shepherd's Refuge!" R. and P. W. 9/2014*
- *"The time we spent here was truly needed for myself and my wife. We only wish it could have been longer." B. and T.K. 9/2014*



The basis for establishing ECFA and developing *Seven Standards of Responsible Stewardship*™ is stated clearly by the Apostle Paul in 2 Corinthians 8:21 (NIV): *"For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of men."*



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

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

2Co 9:10 And God, who supplies seed for the sower and bread to eat, will also supply you with all the seed you need and will make it grow and produce a rich harvest from your generosity.



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!

Want to make a difference?



- ⇒ 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](#)

Become an Encourager!

As a monthly donor you partner with us as we 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:
Shepherd's Refuge—Selah Ministries
P.O. Box 1221, Dahlonega, GA 30533

“Next” Cabin Update!

The guests coming through Shepherd's Refuge leave refreshed and encouraged, which has a wonderful impact on the congregations they go back to. With the second cabin, once it's built, we will make it possible for many more to receive such a blessing from the Lord!

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