



**SHEPHERD'S
CANYON** RETREAT
MINISTRY
ARIZONA & MISSOURI



Living an Unoffendable Non-Anxious Life

Rev. Kevin & Tawn Bueltmann
Executive Leadership Team - Shepherd's Canyon

1



**SHEPHERD'S
CANYON** RETREAT
MINISTRY
ARIZONA & MISSOURI



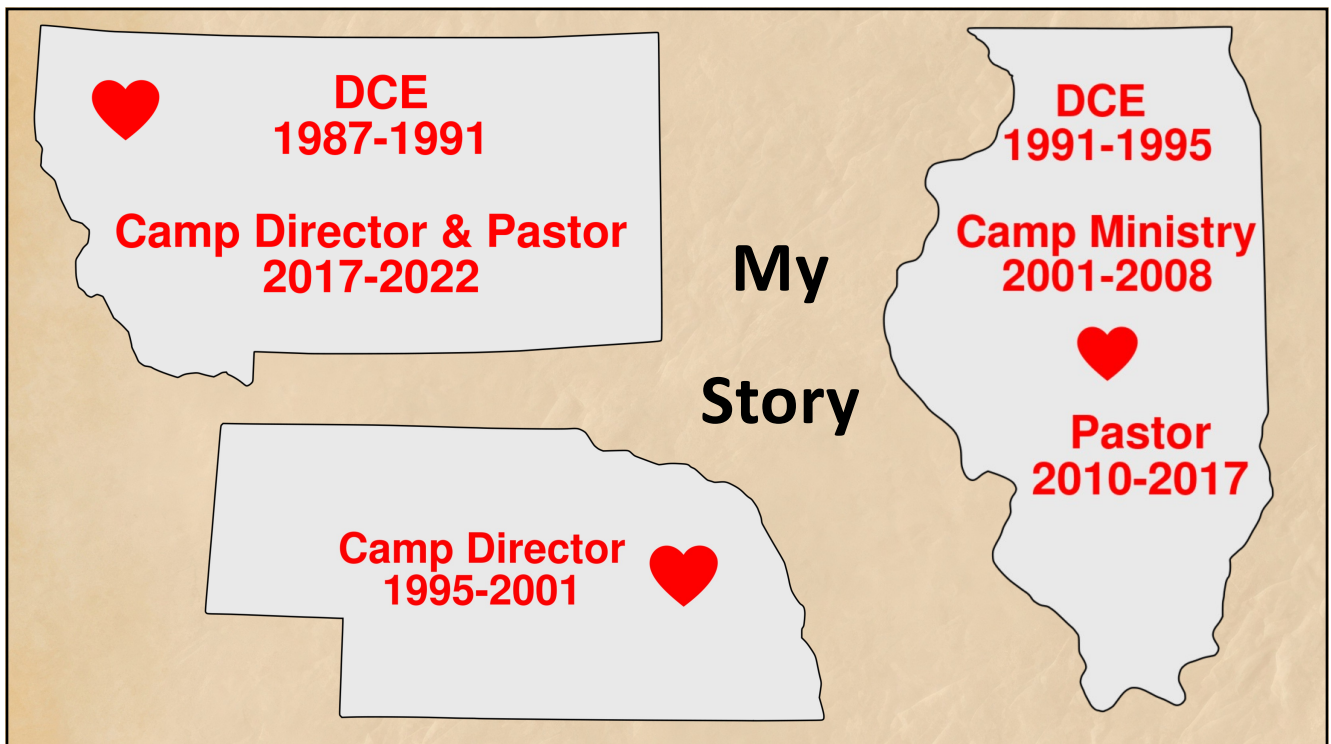
Rev. Kevin & Tawn Bueltmann
Executive Leadership Team



2



3



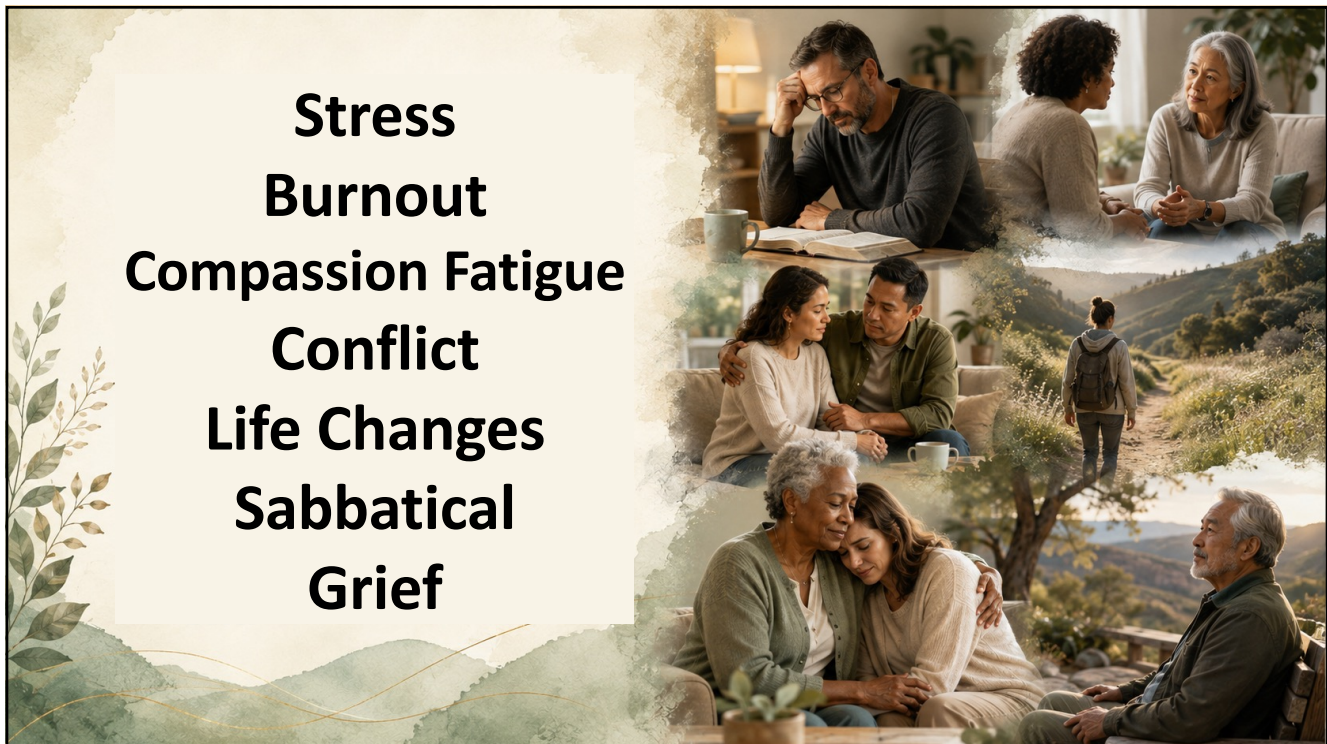
4

Arizona	Missouri
	
Shepherd's Canyon helps full-time Christian ministry workers and spouses reclaim the joy of life & ministry through week-long intensive counseling retreats.	

5

Pastors Missionaries Chaplains Youth Workers Educators Worship Leaders Camp Staff Spouses	
---	--

6



7



**During the retreat, a chaplain &
2 professional therapists care for up to
8 participants in group, couple,
& individual settings.**

8

Philippians 4:6-7

Do not be **anxious** about anything,
but in every situation, by **prayer** & petition,
with **thanksgiving**,
present your requests to God.
And the **peace** of God,
which transcends all understanding,
will guard your hearts & your minds
in Christ Jesus.

9

What does your GPS say when you miss a turn?

Does it say “You idiot! You missed your turn!
Now I have to calculate a new route!”

It doesn't get offended. It doesn't get anxious.

10

**We live in a world
where people are easily offended.**

**Why do people get offended and why do some
people get more offended than others?**

11

Why do we get offended?

- **We make the wrong assumptions**
- **We have the wrong information**
- **We want control**
- **We want to be right**
- **We want to be praised**
- **We have too much ego**

12

Martin Luther

Martin Luther's explanation to the
8th Commandment in the Small Catechism:
"...put the best construction on everything".

In other words, we are to assume that
people have the best motives and
we should interpret their words & actions
in the most favorable light.

13

Reacting vs. Responding

When you instantly **REACT**, you give THEM
the power to control your reaction.

When you respectfully and thoughtfully
RESPOND, YOU are in control.

With God's help, we can **RESPOND** in faith
and refuse to **REACT** out of fear.

14

Reacting is automatic.

A reaction tends to come quickly from emotion, instinct, defensiveness, anxiety, anger, or feeling threatened.

It often asks, “How do I protect myself right now?”

Responding is intentional.

A response creates enough space to think, interpret, and choose what will actually be helpful.

It asks, “What does this situation really need from me?”

15

Reacting

Immediate

Assumes intent

Defends

Escalates

Focuses on being right

Gives away control

Responding

Deliberate

Seeks understanding

Gets curious

De-escalates

Focuses on what is helpful

Exercises self-control

16

**Who
Wants
\$1,000?**



17

Who Wants \$1,000?

**God gives us 1,440 minutes each day.
And too often, it only takes one minute
for someone to offend us
ONE rude text and we throw away the rest of
our minutes by being upset all day.
Don't let one offense steal
the joy and peace of your entire day.**

18

James 1:20

**“The anger of man
does not produce
the righteousness of God.”**

19

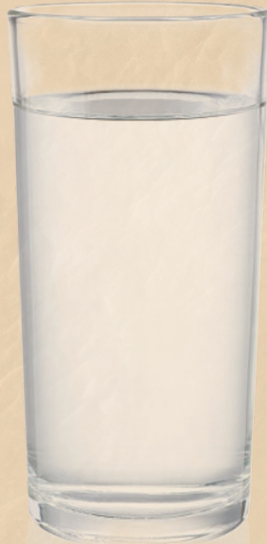
Romans 12:18

**“...as far as it depends on you,
live at peace with everyone.”**

What does this mean?

20

How hard is it to hold a glass of water?



21

How hard is it to hold a glass of water?

It depends how long you hold it.

Same with anxiety.

**The longer you hold onto it,
the heavier it becomes.**

Give it to Jesus. He will give us rest.

22

Choose to Forgive

**We can let things go because of
Jesus who first forgave us.**

23

**Who's the real prisoner
when we choose
NOT to forgive?**

24

Helping the Helpers

**At Shepherd's Canyon, we help pastors, teachers,
& ministry couples who are weary,
worn out, offended, or anxious.
Some are angry. Some are numb.
Some...are ready to quit.**

**A teacher crushed by criticism.
A pastor betrayed by a board.
A spouse hurt by gossip.**

25

Helping the Helpers

**We help people who have been carrying
heavy loads & burdens for a long time...**

**Some suffer in silence while others seem to have
little patience left to hold their tongue when they
get offended or frustrated.**

26

Helping the Helpers

**At a pastors' conference, I had 3 different
pastors come up to me & say...**

"Shepherd's Canyon saved my marriage."

"Shepherd's Canyon helped me stay in ministry."

"Shepherd's Canyon saved my life."

27

Here's the Good News

**But here's the good news:
There is Hope!**

**Jesus invites us into something radically
different - a life of peace, patience, & rest.**

28

**Would you be offended if I said,
“I hate your green tail.”**



29

**It is easier to get offended when
we are insecure about our identity.**

**But when your identity
is secure in Christ,
you can hear something unkind
and simply let it go.**



30

**Jesus said “If the world hates you,
keep in mind that it hated me first.
If you belonged to the world,
it would love you as its own.**

**As it is, you do not belong to the world,
but I have chosen you
out of the world.”**

John 15:18-19

31

**So, what is your identity?
Who are you?
Whose are you?**

**In your baptism,
God called you to be His own child
an heir of God almighty!
You are His and He loves you
with an unimaginable love.**

32

Isaiah 43:1

**I have called you by name;
you are Mine.**

33

I Peter 1:18-19

**For you know that you were redeemed
from your empty way of life
inherited from your ancestors,
not with perishable things like silver or gold,
but with the precious blood of Christ.**

34

Proverbs 3:5

**“Trust in the Lord with all your heart,
and do not lean on your own understanding.”**

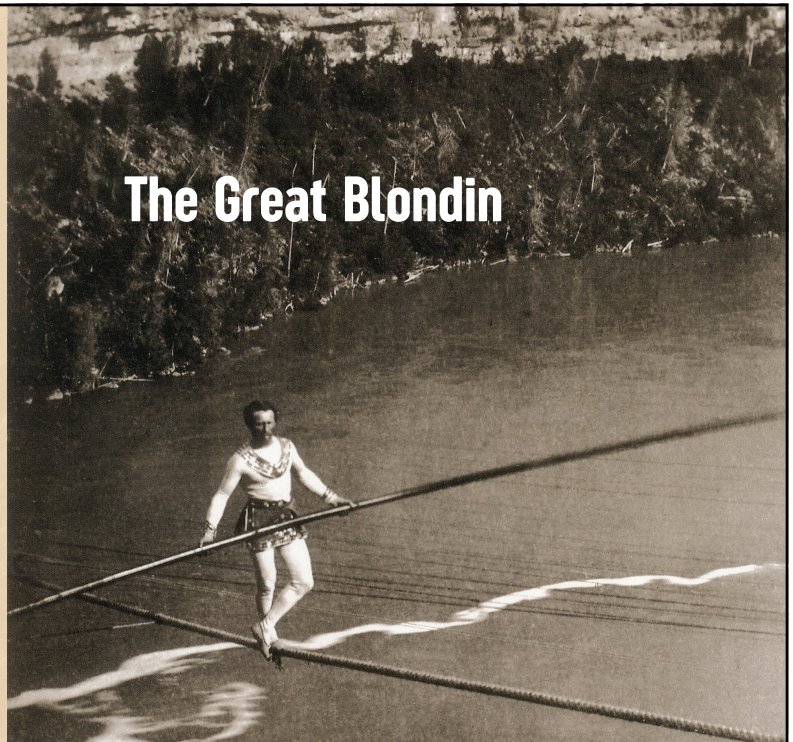
But do we REALLY do this?

Or do we just say we do?

35

**Faith vs.
Knowledge**

The Great Blondin



36

We Put Our Trust in Jesus

**We can live an unoffendable, non-anxious life not because WE are strong, but because we are secure in knowing that we are forgiven, loved, & held by Jesus, who says: "Come to Me, all who are weary & burdened, & I will give you rest."
Matthew 11:28**

37

3 Things to Remember

- 1. God is in control and we can trust Him.**
- 2. Remember that God is the ultimate judge and will handle injustices.**
- 3. God can use negative situations for good.**

38

Avoid Doomscrolling

We should avoid things that cause anxiety.

**Doomscrolling is excessively reading
or watching negative, distressing news
to the point where it
negatively impacts your mental health.
and evokes feelings of anxiety & despair.**

39

**Instead of focusing
on the negative,**

**The Bible tells us
what we SHOULD focus on.**

40

Philippians 4:8

**Finally, brothers, whatever is true,
whatever is honorable, whatever is just,
whatever is pure, whatever is lovely,
whatever is commendable,
if there is any excellence,
if there is anything worthy of praise,
think about these things."**

41

Read & Pray

Read or listen to God's Word of love for you

Talk to Him in prayer

**♪ ♪ Oh, what peace we often forfeit
Oh, what needless pain we bear
all because we do not carry
everything to God in prayer ♪**

42

Be Thankful

**Philippians 4 tells us not to be anxious
but to be thankful**

**Why is it harder for a prideful person
to say thank you than a humble person?**

43

Daily Gratitudes

**Increase your peace and joy
by starting each day with gratitudes.**

**Focus on what God has given you,
NOT on what He has NOT given you.**

44

Boasting & Self Pity

Did you know that Self Pity can be a form of Pride?

**Boasting is pride's response to success.
Self-pity is pride's response to suffering.**

45

Boasting & Self Pity

**Boasting says,
"I deserve admiration because I achieved so much."**

**Self-pity says,
"I deserve admiration because I have suffered so much."**

46

Jesus Asleep in the Boat

**In Mark 4, the disciples are in a boat
freaking out because there is a storm &
Jesus is asleep in the boat.**

**Jesus was modeling the peace He wants to
give us—a peace rooted in trust in God
not in trying to control everything
by our own limited strength**

47

Jesus took naps. Be like Jesus.

**One of my favorite sayings is:
“Jesus took naps. Be like Jesus.”**

**Jesus didn’t say, “Come to Me,
all who are weary and burdened
and I’ll give you more to do.”**

He said, “I will give you rest.”

48

John 14:27

**Jesus says,
“Peace I leave with you; My peace I give
you... Do not let your hearts be troubled.”**

49

**The Secret to Living an Unoffendable,
and Non-Anxious Life
is Trading Offense & Anxiety
for the Peace of Christ,**

But do we REALLY live like we believe it?

50

Moving Sidewalks



51

Moving Sidewalks

**Why do we sometimes feel like
we have to keep punishing ourselves
for things Jesus already forgave?**

**We cling to guilt, anger, or offense...
even after Jesus said, "Give it to Me."**

52

Hebrews 10:11-18

**“Christ made a single sacrifice for sins,
and that was it!**

**...a perfect sacrifice by a perfect person
to perfect some very imperfect people.**

**...There’s no longer any need
to offer sacrifices for sin.”**

53



54

What Does Peace Look Like?

Peace is choosing...

- **Prayer over Panic**
- **Forgiveness over Frustration**
- **Grace over Grudges**

**Peace doesn't mean your circumstances change. It means your heart does.
You change your perspective**

55

LOVE
JOY
PEACE
PATIENCE
KINDNESS
GOODNESS
FAITHFULNESS
GENTLENESS
SELF-CONTROL

Fruit of the Spirit

Galatians 5:22-23

**These are not rules,
but results.**

56

**Leave it
at the
Foot
of the
Cross**



57

What Burdens are You Carrying?

**The world says, "You deserve to be offended,
but this causes you to be anxious."**

**What are you carrying today that Jesus
already offered to take?**

- **Someone's betrayal?**
- **A fear of failure?**
- **A past offense still burning in your heart?**

58

1 Peter 5:7

**“Cast all your anxiety on Him,
because He cares for you.”**

**What sin are you carrying today
that Jesus already paid for?**

You can leave it at the cross.

59

Unoffendable, Non-Anxious Life

**You don't have to live offended.
You don't have to be anxious.**

**You GET to live forgiven.
You GET to live free.
You GET to live in peace.**

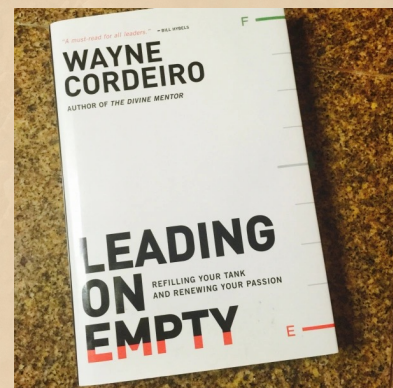
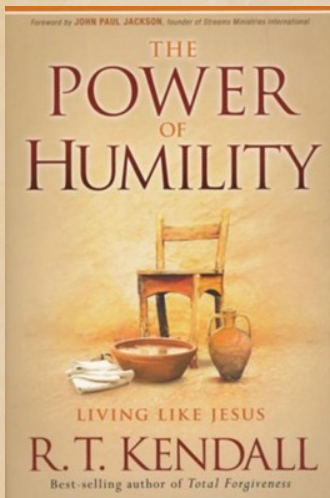
You are God's own child. Rejoice!

60

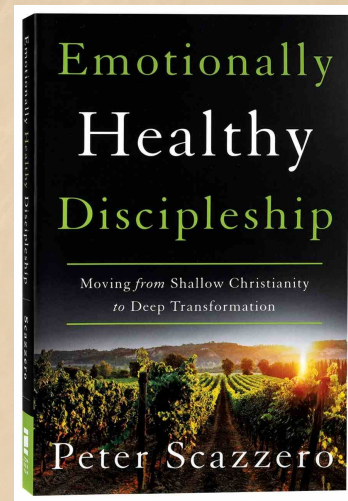
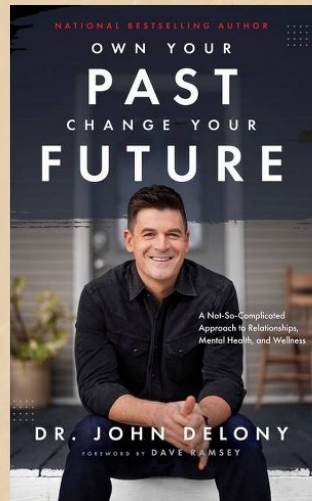
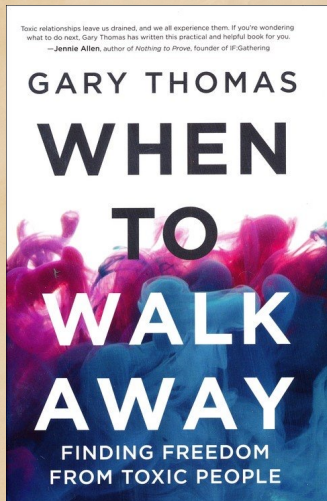
2 Thessalonians 3:16

**"Now may the Lord of peace Himself
give you His peace
at all times
and in every situation.
The Lord be with you all."
Amen.**

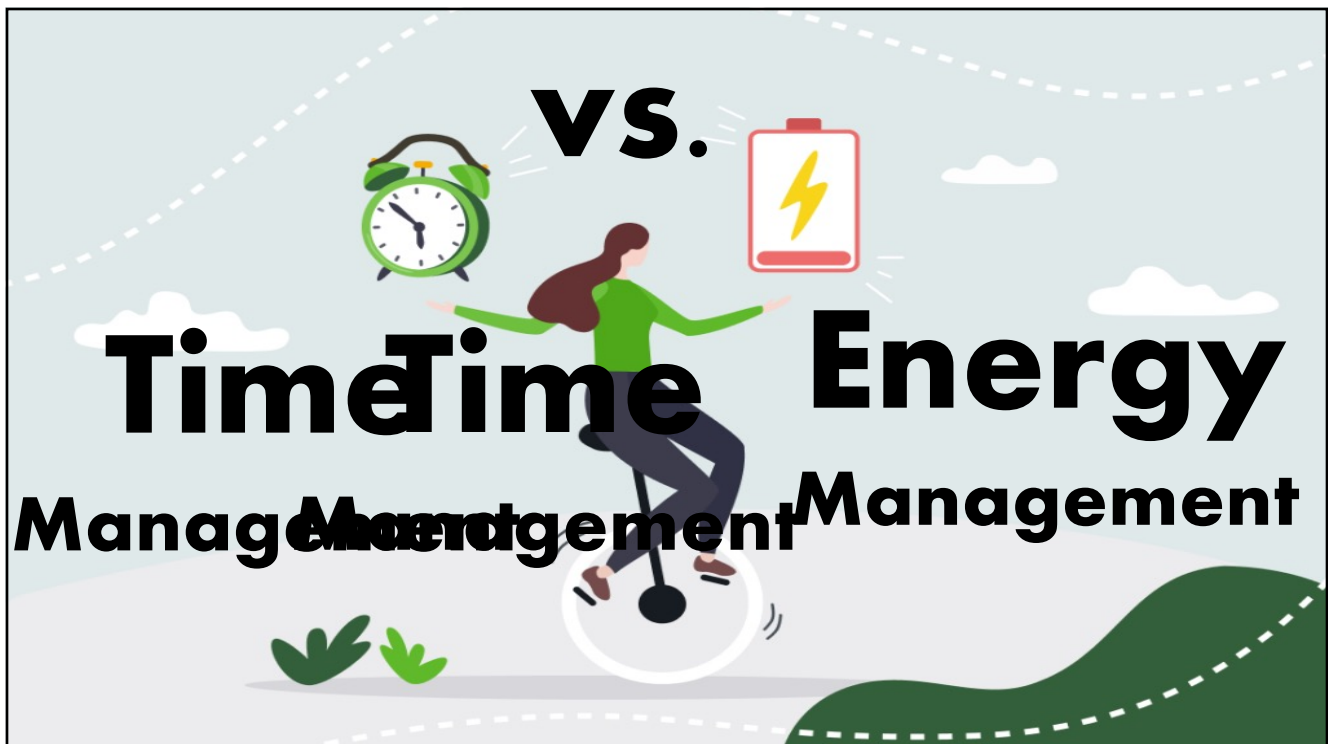
61



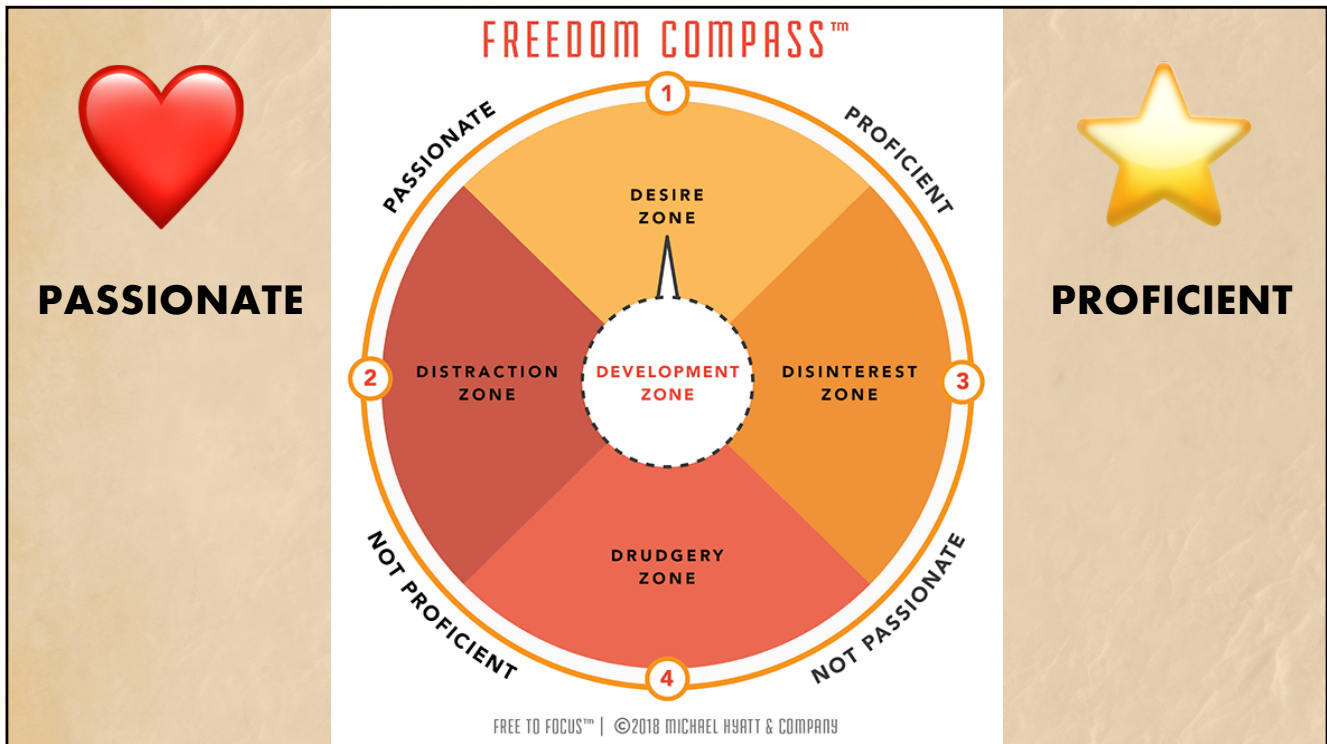
62



63

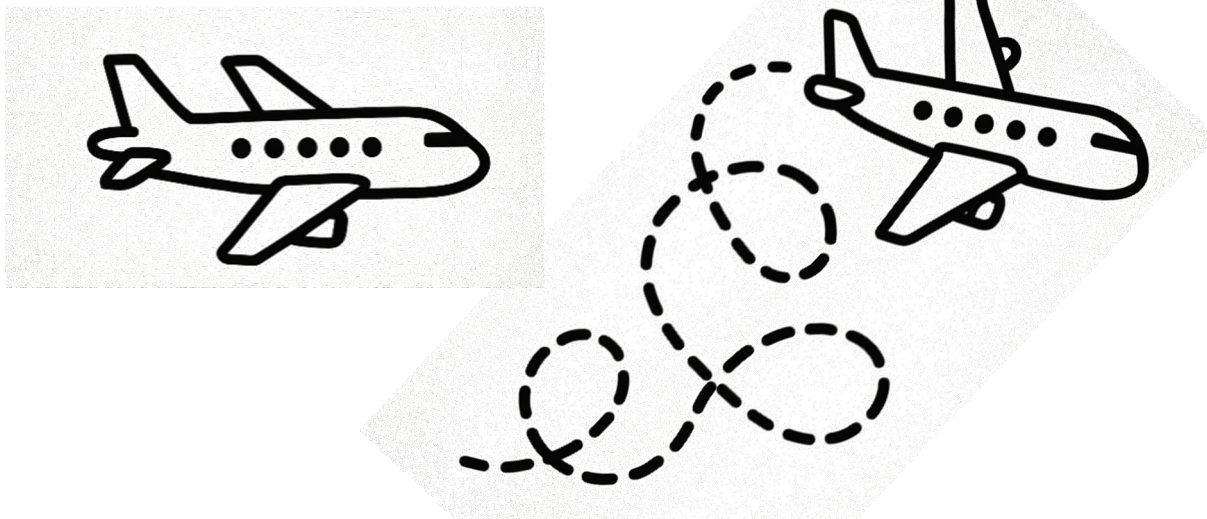


64



65

Parable of Two Pilots



66



**SHEPHERD'S
CANYON** RETREAT
MINISTRY
ARIZONA & MISSOURI

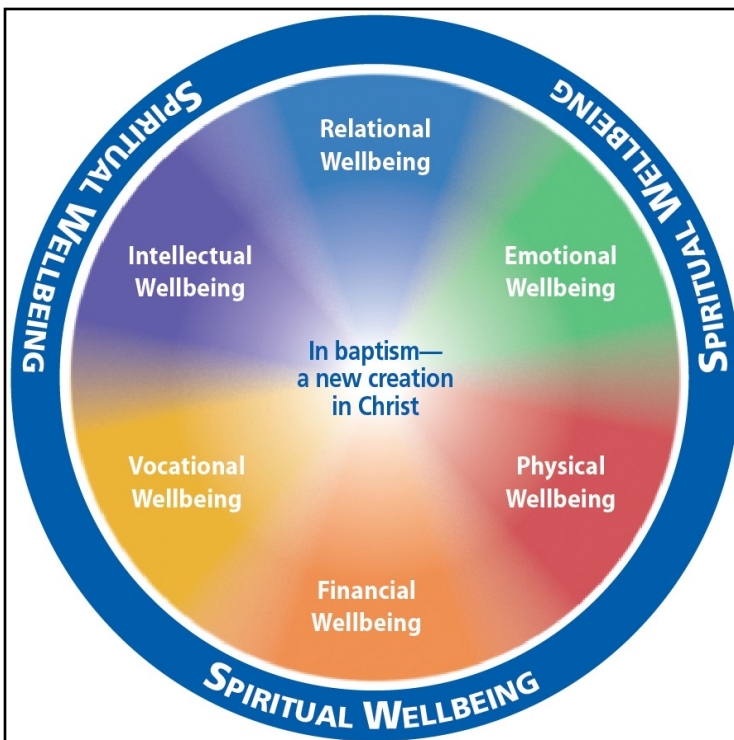


Living an Unoffendable Non-Anxious Life

Rev. Kevin & Tawn Bueltmann

Executive Leadership Team - Shepherd's Canyon

67



**Spiritual
Physical
Emotional
Financial
Vocational
Intellectual
Relational**

68

LCMS Wellness Ministries

What's the difference?

LCEF
Grace Place Wellness

DOXOLOGY
The Lutheran Center for Spiritual Care and Counsel

SHEPHERD'S CANYON RETREAT MINISTRY
ARIZONA & MISSOURI

Preventative

Therapeutic

69



70



71

**How is being a
pastor or church worker
different than other jobs?**

72



73



SHEPHERD'S CANYON

RETREAT
MINISTRY

ARIZONA & MISSOURI





ShepherdsCanyonRetreat.org

Send Us Your Workers
Invite Us to Speak
Pray for Us



Pray
Give
Volunteer

74