

Living an Unoffendable Non-Anxious Life

Rev. Kevin Bueltmann
Executive Director of Shepherd's Canyon



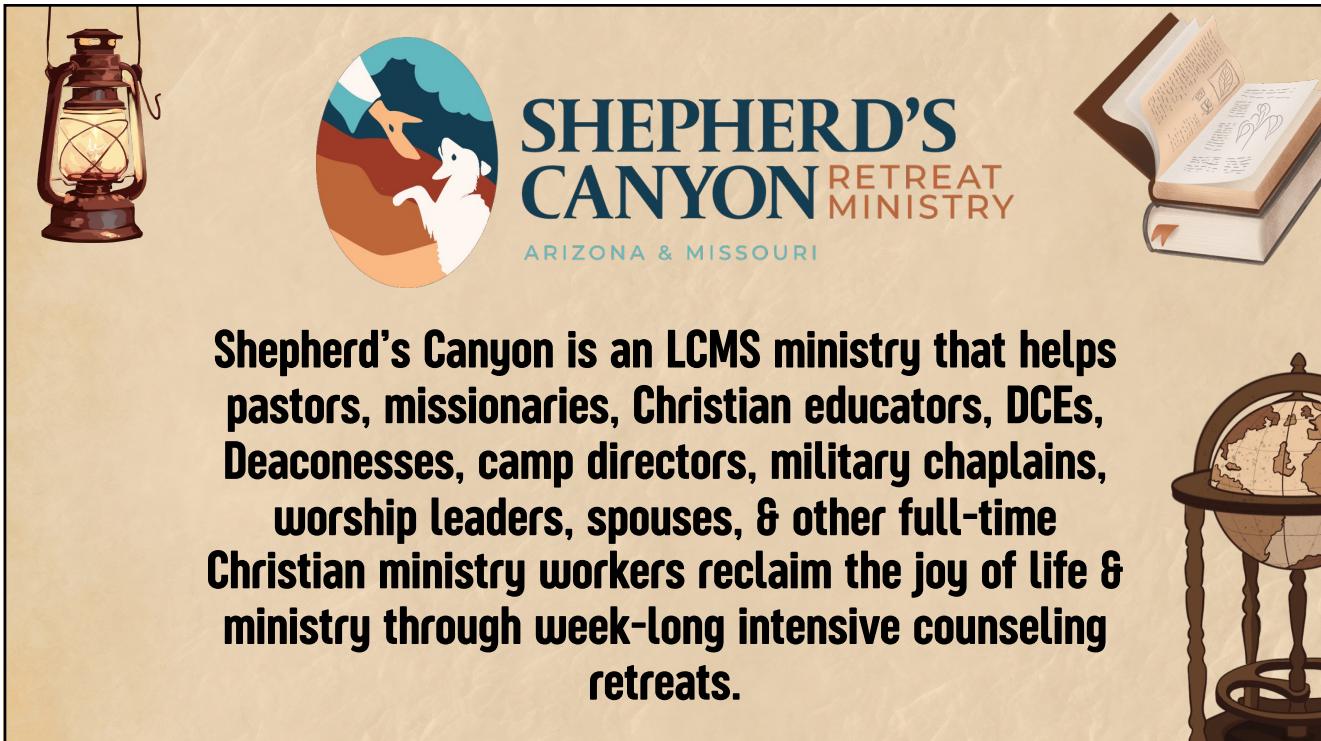
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Kevin Bueltmann

I've been a pastor, DCE, & camp director
in Illinois, Nebraska & Montana
Now I'm the Director of Shepherd's Canyon



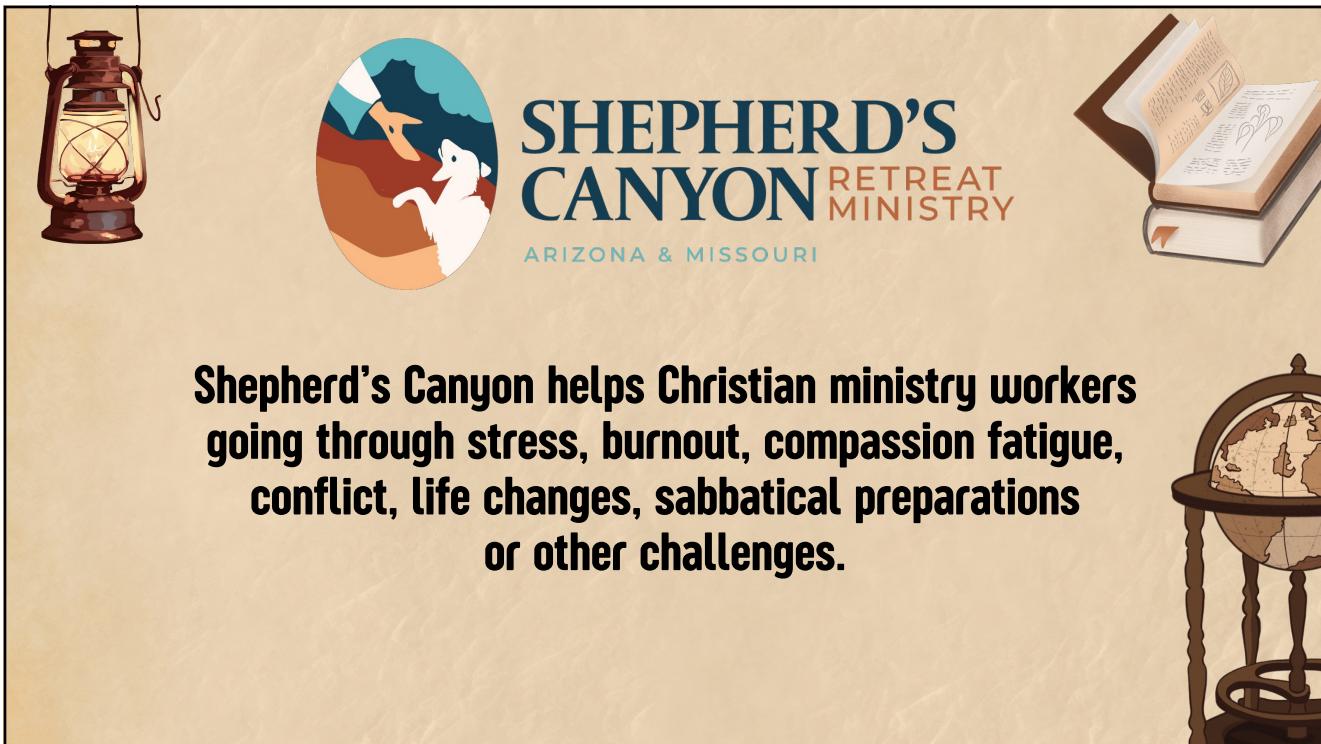
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SHEPHERD'S CANYON RETREAT MINISTRY
ARIZONA & MISSOURI

**Shepherd's Canyon is an LCMS ministry that helps
pastors, missionaries, Christian educators, DCEs,
Deaconesses, camp directors, military chaplains,
worship leaders, spouses, & other full-time
Christian ministry workers reclaim the joy of life &
ministry through week-long intensive counseling
retreats.**

3



SHEPHERD'S CANYON RETREAT MINISTRY
ARIZONA & MISSOURI

**Shepherd's Canyon helps Christian ministry workers
going through stress, burnout, compassion fatigue,
conflict, life changes, sabbatical preparations
or other challenges.**

4

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.**

5

Smart Speakers & GPS

**What are some of the the most
annoying things that your
smart speaker or GPS says?**

6

3



Smart Speakers & GPS

“Proceed to the Route”



7

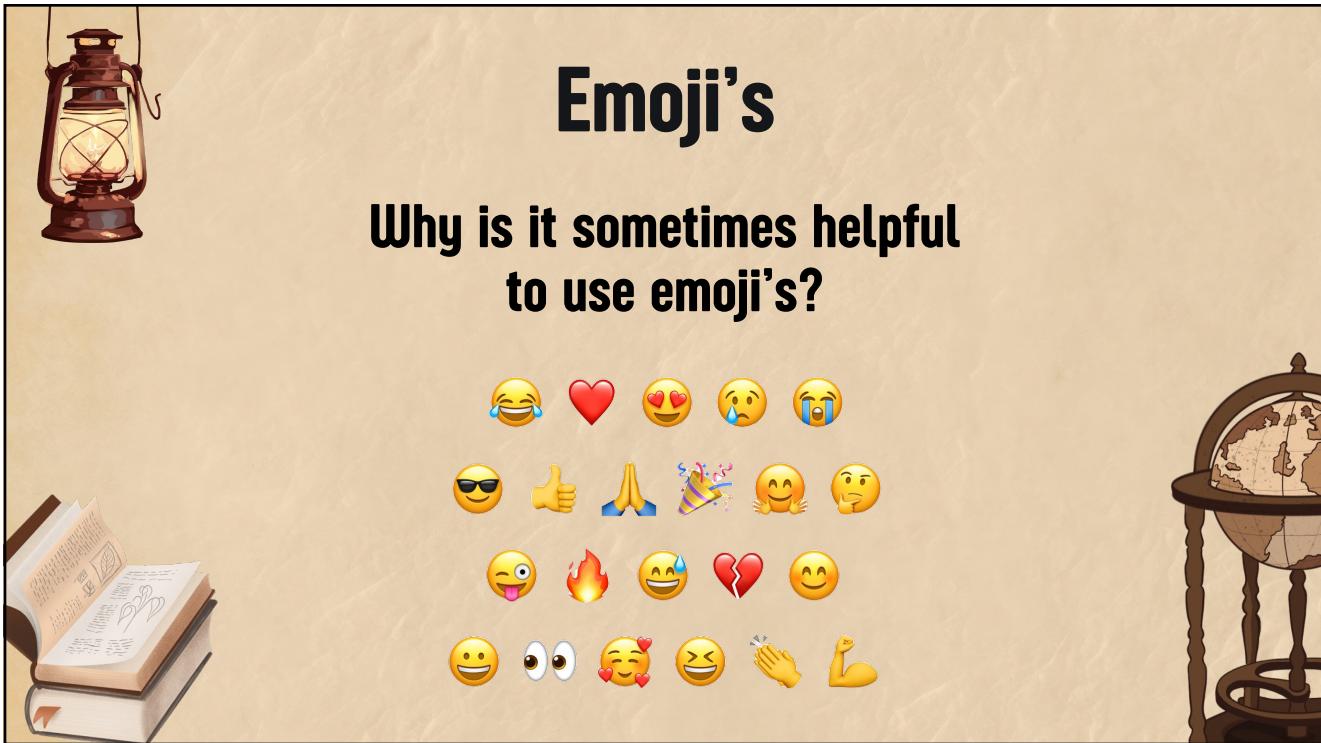


Social Media Rants



- Politics
- Parenting
- Popular Pet Peeves

8



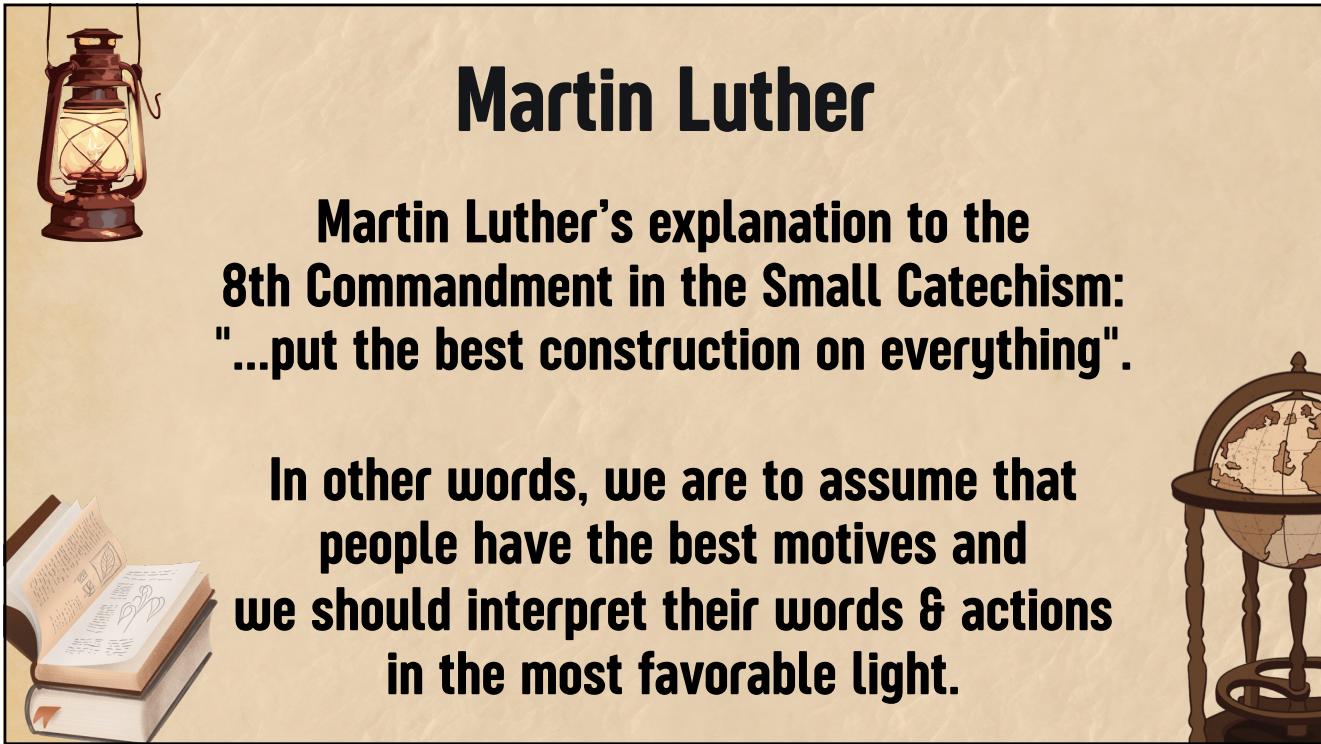
Emoji's

Why is it sometimes helpful to use emoji's?

Below the text are four rows of emojis:

- Row 1: 😂, ❤️, 😍, 😢, 😭
- Row 2: 😎, 🤗, 🙏, 🎉, 😊, 🤔
- Row 3: 😜, 🔥, 😅, 💔, 😃
- Row 4: 😊, 👀, 😍, 😃, 🙌, 💪

9



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.

10

Why do we get offended?



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 pride



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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.



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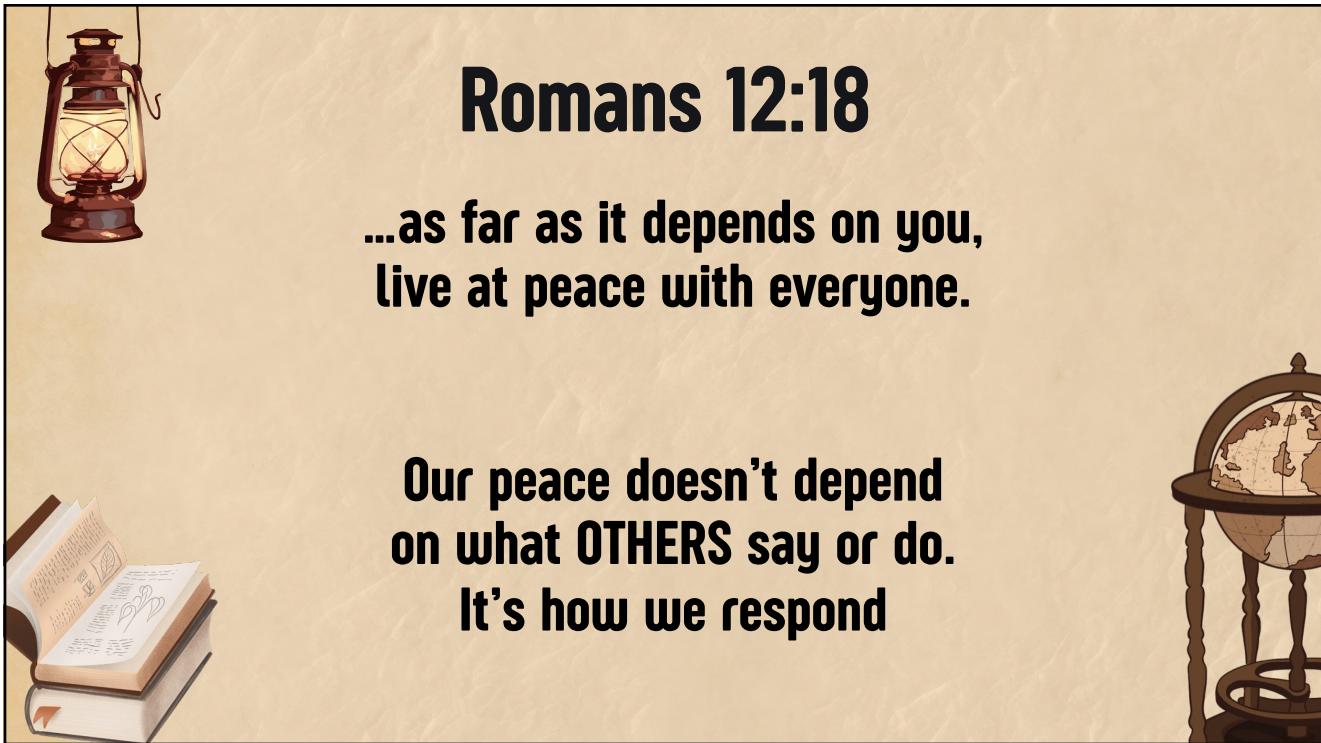


James 1:20

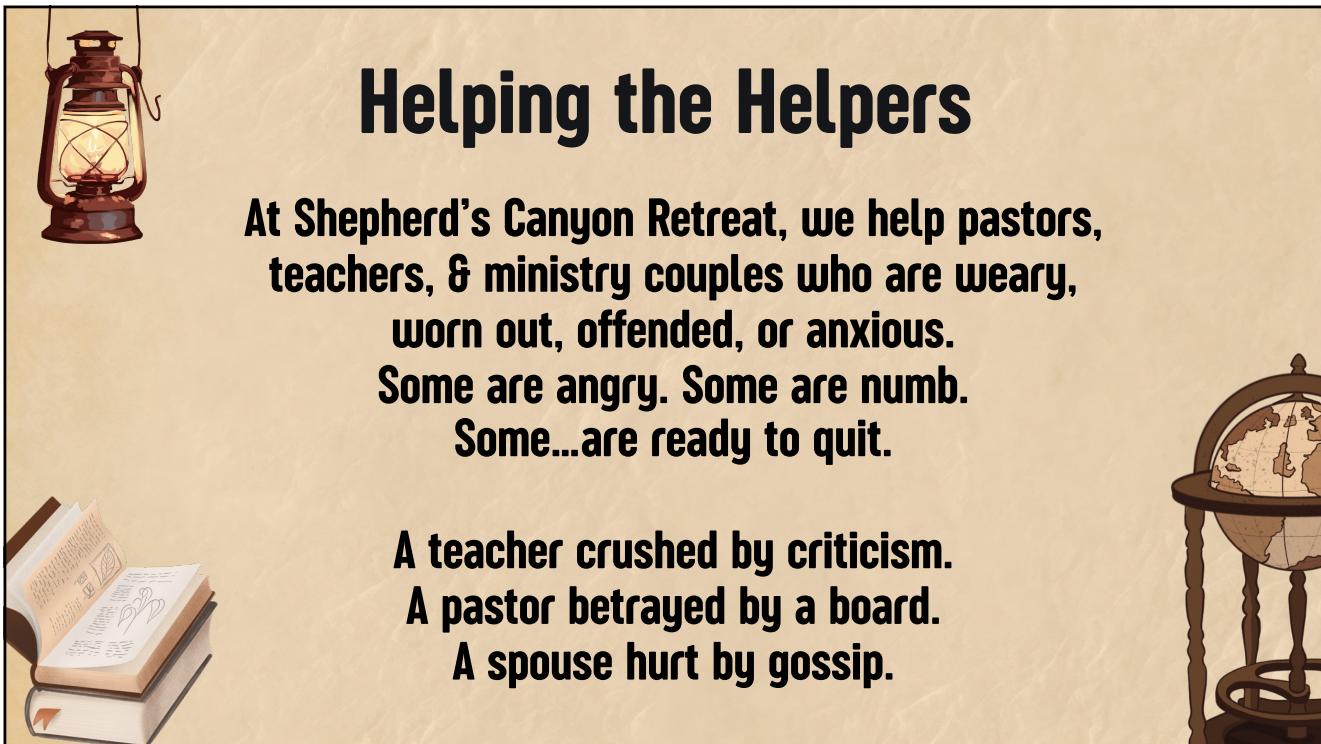
The anger of man does not produce the righteousness of God.



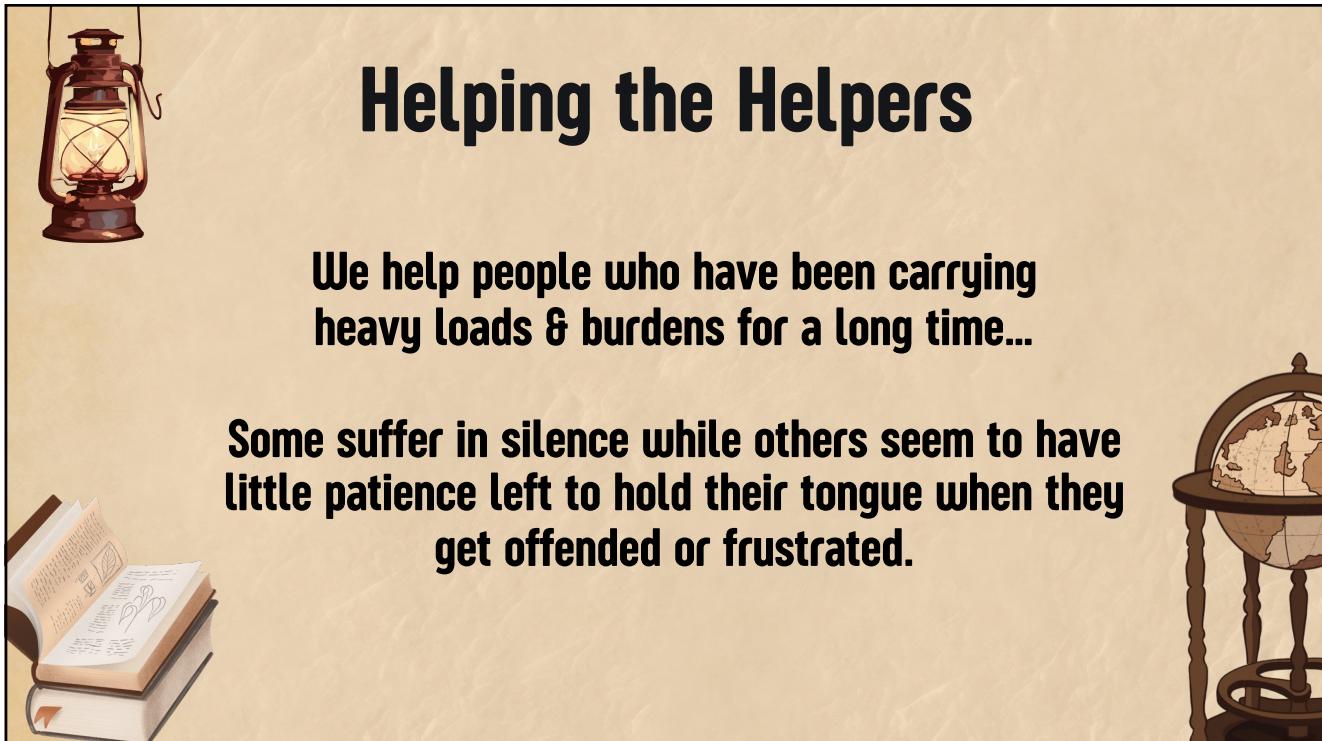
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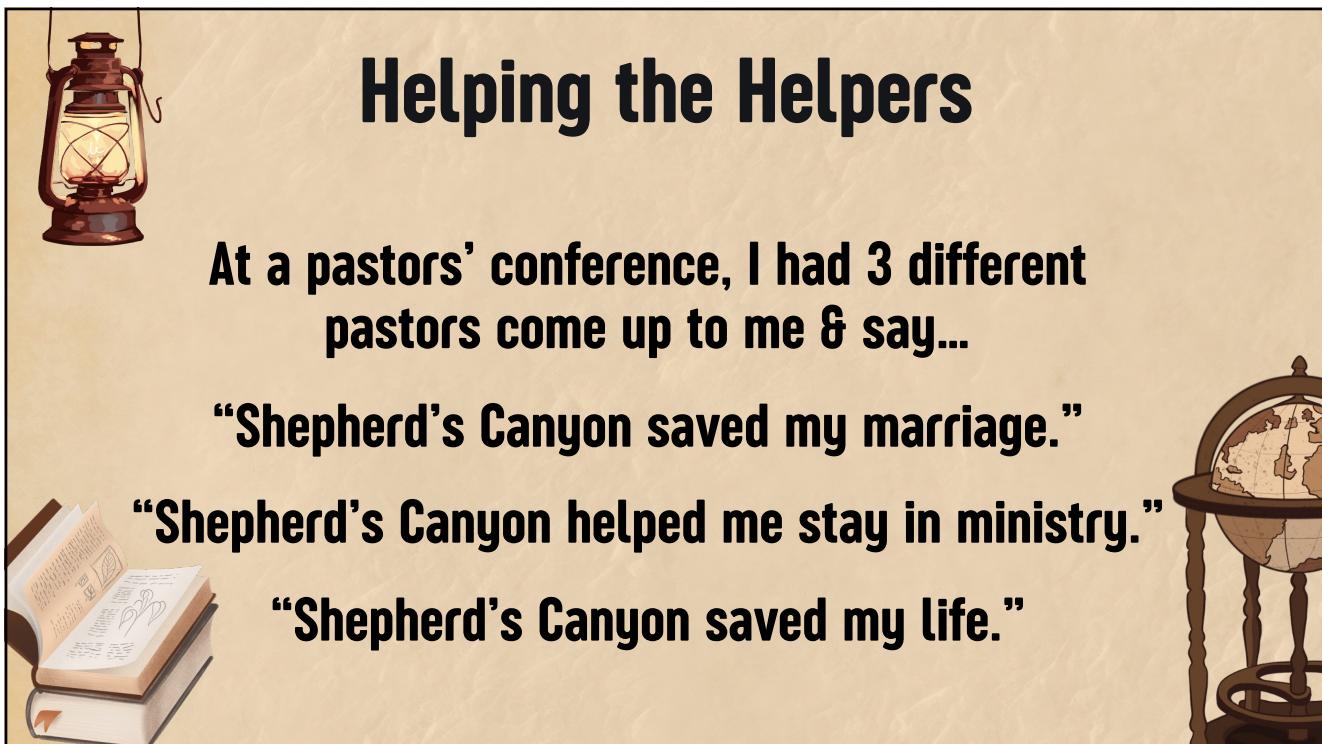


Helping the Helpers

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.

17



Helping the Helpers

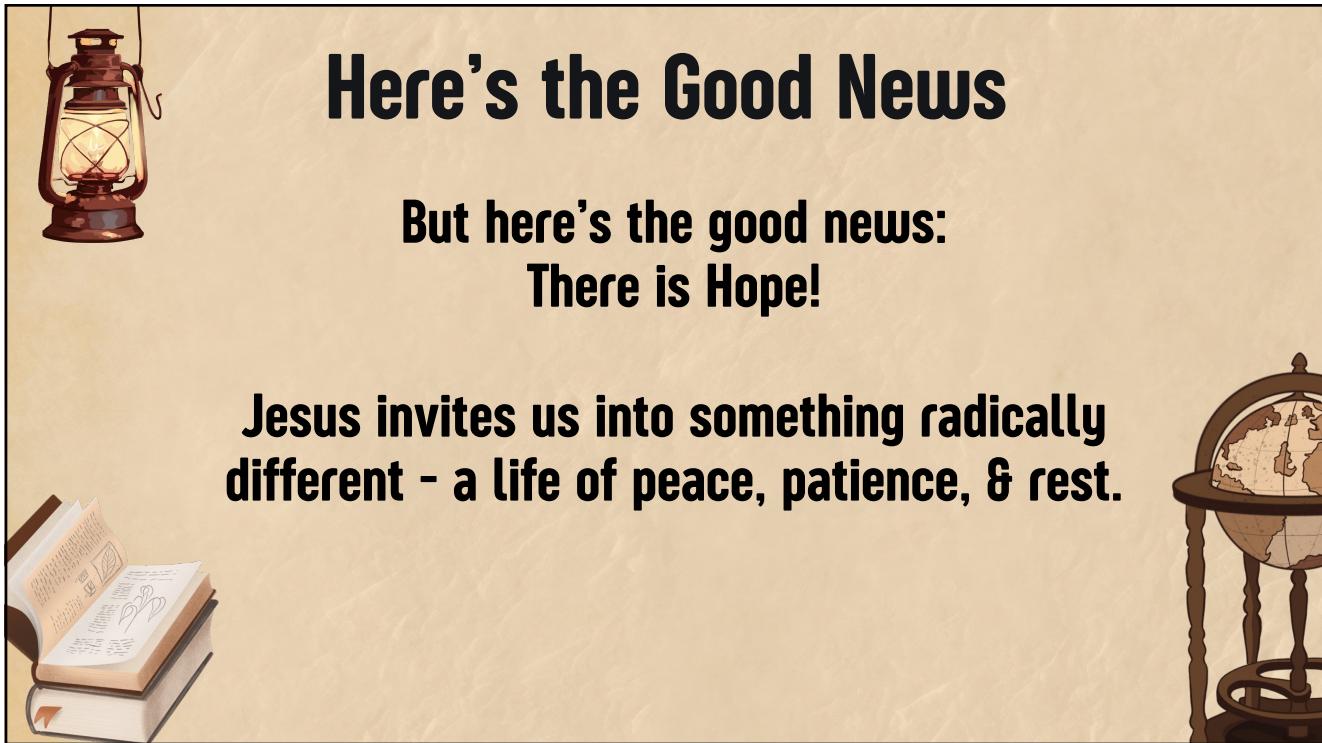
At a pastors' conference, I had 3 different pastors come up to me & say...

“Shepherd’s Canyon saved my marriage.”

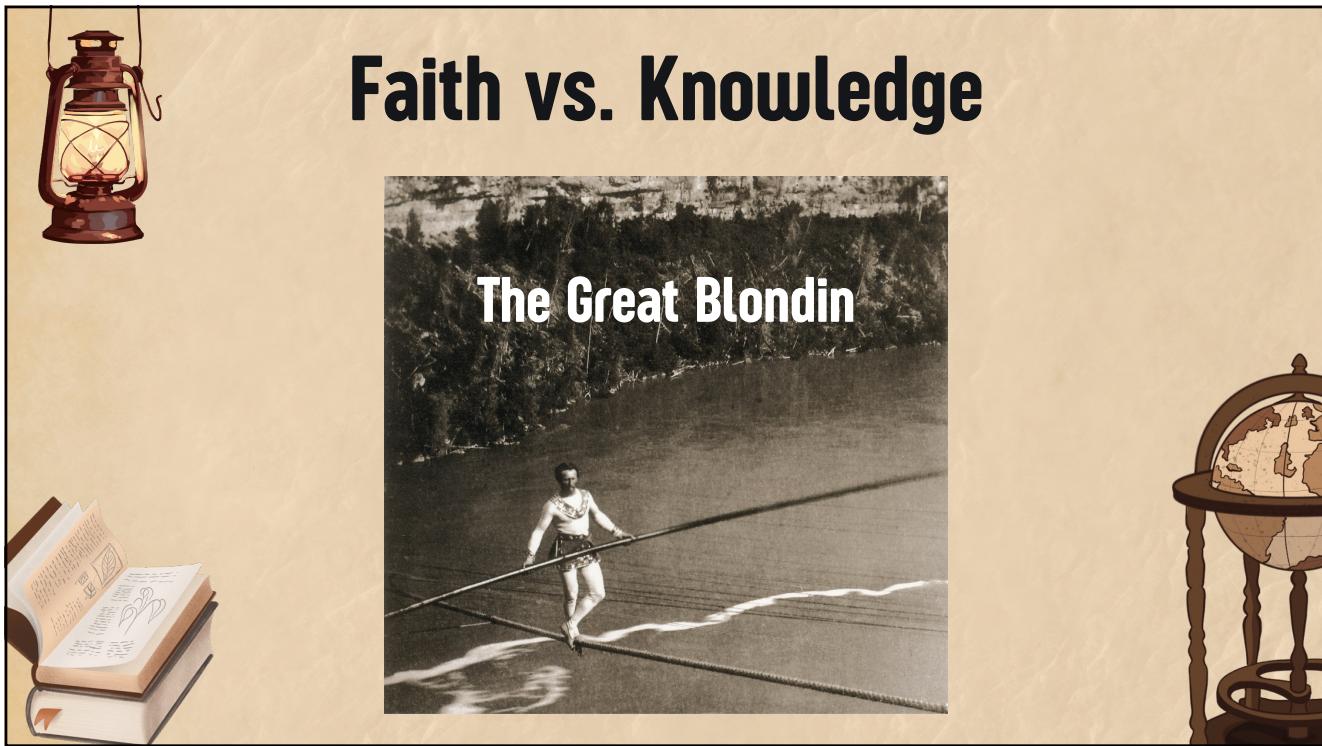
“Shepherd’s Canyon helped me stay in ministry.”

“Shepherd’s Canyon saved my life.”

18



19



20

Why do we get offended?

**What would you do if I said,
“I hate your green tail.”**



21

What is Your Identity Based On?

**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.**

**In your baptism, God called you to be His own child
But Jesus redeemed you with His own blood!
God loves you not because you're perfect.
He loves you because you are HIS!**



22

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.**

23

Isaiah 43:1

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

24

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

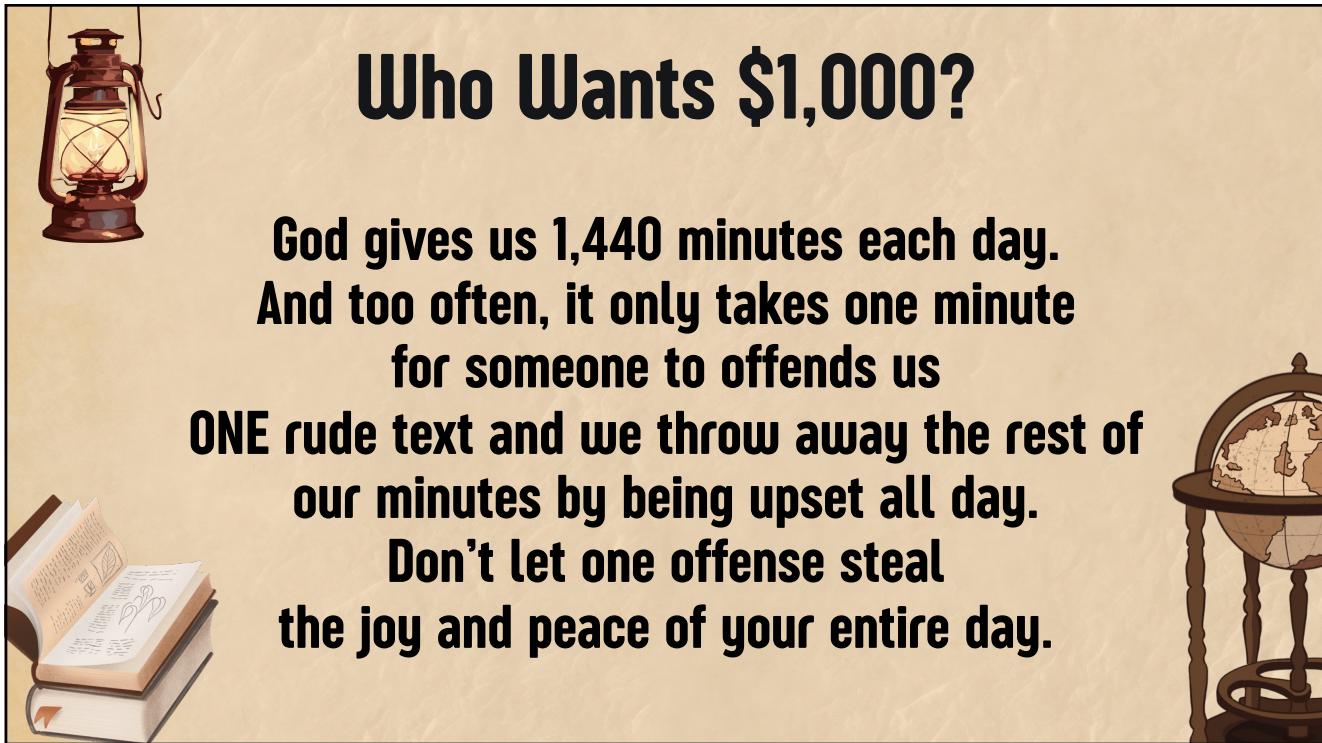
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Who Wants \$1,000?



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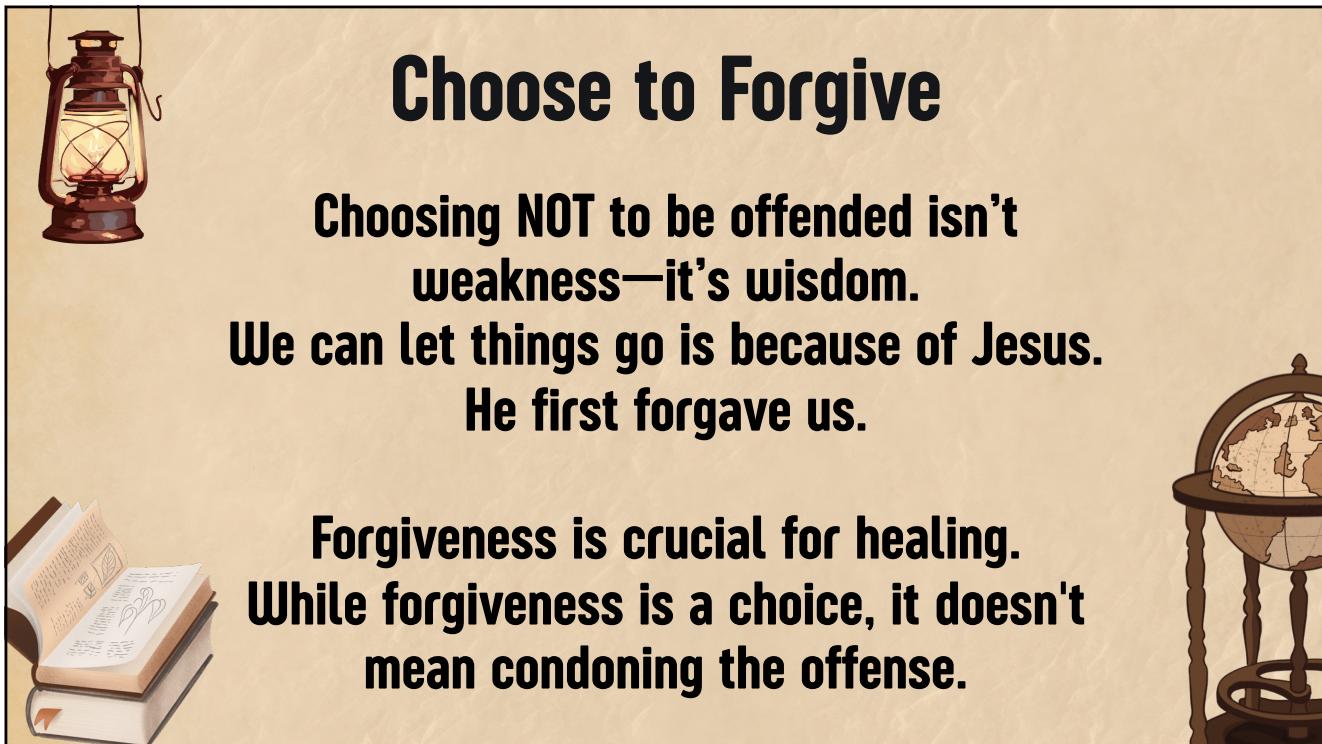


Who Wants \$1,000?

**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.**

27



Choose to Forgive

**Choosing NOT to be offended isn't
weakness—it's wisdom.**

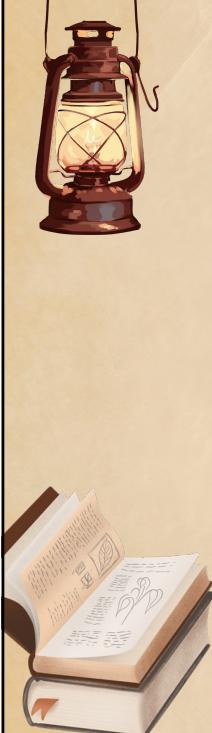
**We can let things go is because of Jesus.
He first forgave us.**

**Forgiveness is crucial for healing.
While forgiveness is a choice, it doesn't
mean condoning the offense.**

28

Choose to Forgive

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



29

What is Anxiety?

**Anxiety is like a smoke alarm
that tells you that there is a fire.**

**How many of you have had your smoke
alarm gone off because you burnt the toast
or burnt something in the oven?**

**Some alarms are for major reasons.
Some alarms are for minor reasons.**



30



Proverbs 3:5

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

**God is in control and we can trust him.
Remember that God is the ultimate judge
and will handle injustices.
God can use negative situations for good.**



31



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.**



32



Avoid Doomscrolling

**Negative content rewires your brain.
Through neuroplasticity, your brain begins to
filter the world through fear & anxiety.**



**But the good news is that you can also train
your brain the other way.
You can watch content that inspires, uplifts,
and it leads you toward peace.**



33

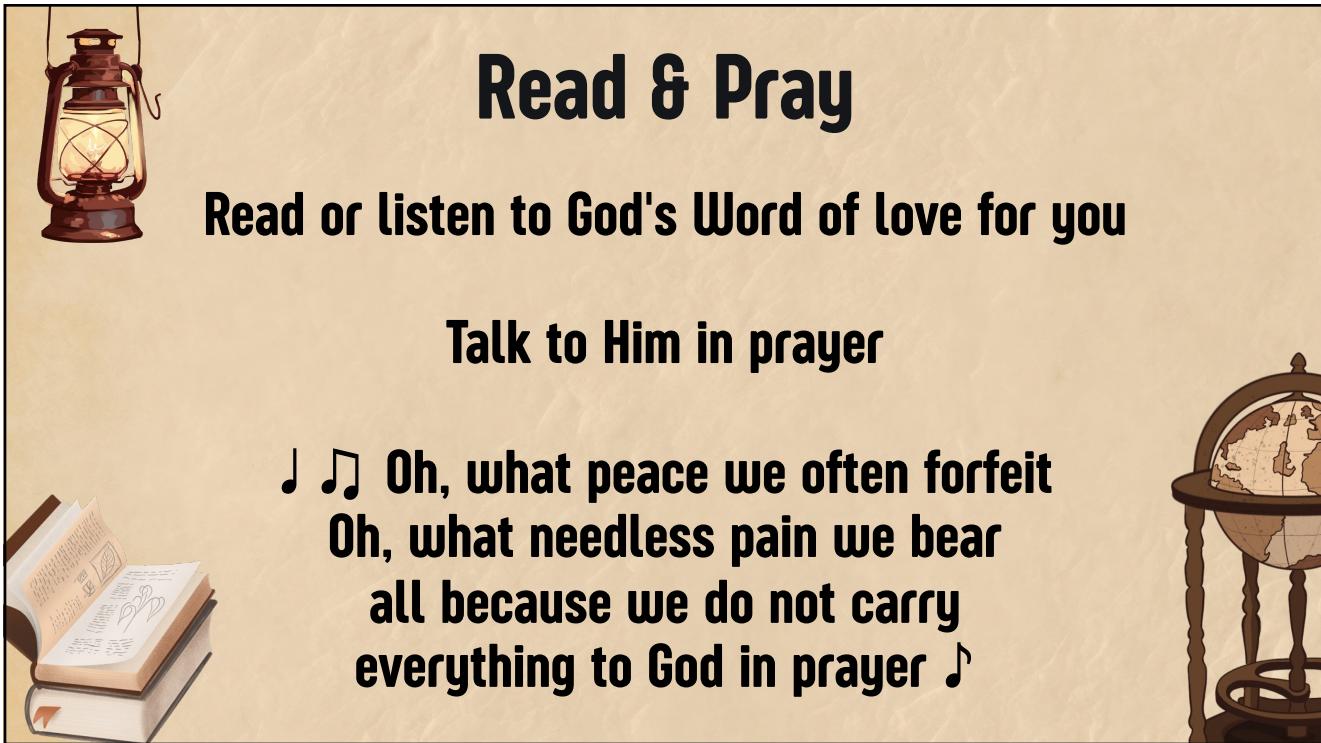


Philippians 4:8

**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.”**



34



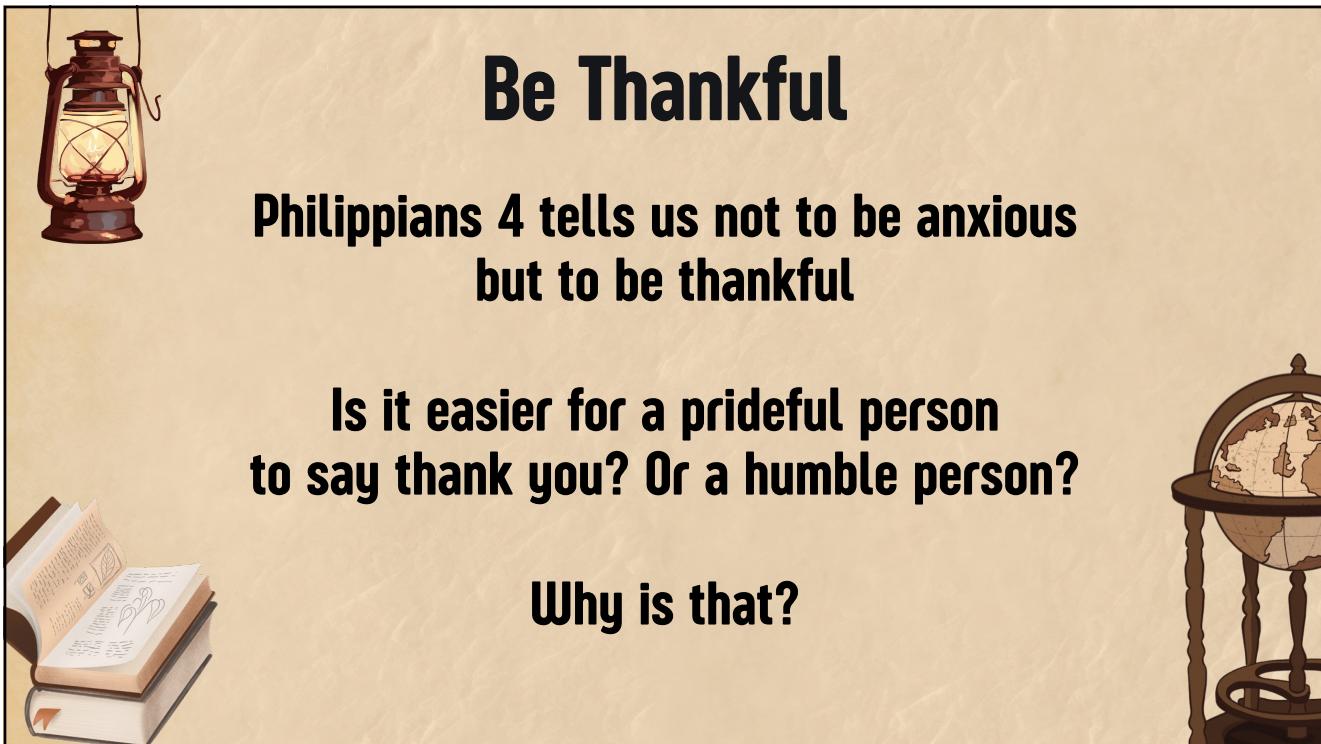
Read & Pray

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 ♪**

35



Be Thankful

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

**Is it easier for a prideful person
to say thank you? Or a humble person?**

Why is that?

36



Daily Gritudes

**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.**



**Every morning thank God for 10 things.
This will begin to change your outlook
on life and reduce your anxiety.**



37



How heavy is water?

How hard is it to hold a glass of water?



38



How heavy is water?

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.



39



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



40

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.”

41

Jesus took naps. Be like Jesus.



Instead of being anxious and offended
offended by our smart speakers,
yelling in our cars at other drivers
or mad at someone online we've never met.



Maybe what we need is a nap.
Or better yet, the peace of Christ.



42

John 14:27

Jesus says,

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

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

43



Moving Sidewalks



44

22

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.”**

45

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.”**

46



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**



47



Leave it at the Foot of the Cross

**At the end of a Shepherd's Canyon retreat,
we have a special closing service.**

**We give each person a rock & a marker and
They write down something to leave behind:**

**Anger – Addiction – Pain – Pride
& they leave it at the foot of the CROSS**



48



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?



49



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.



50



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.

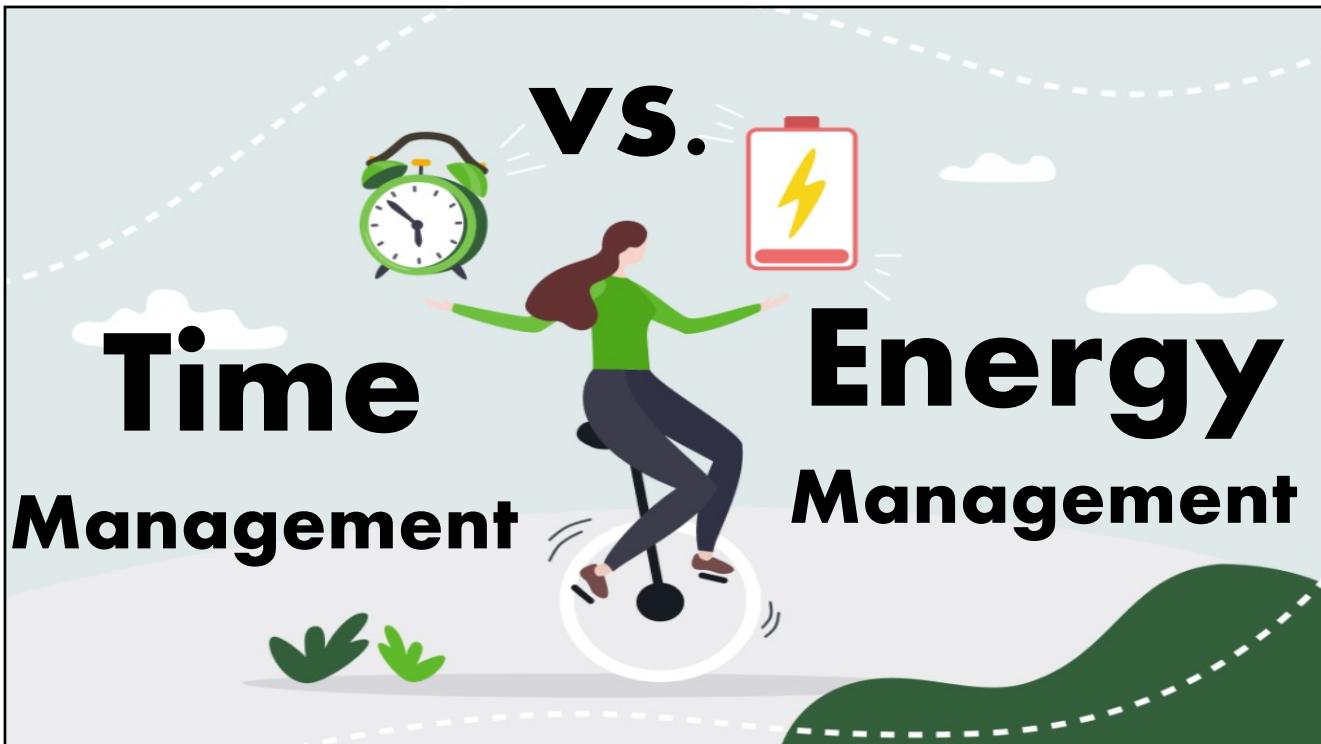
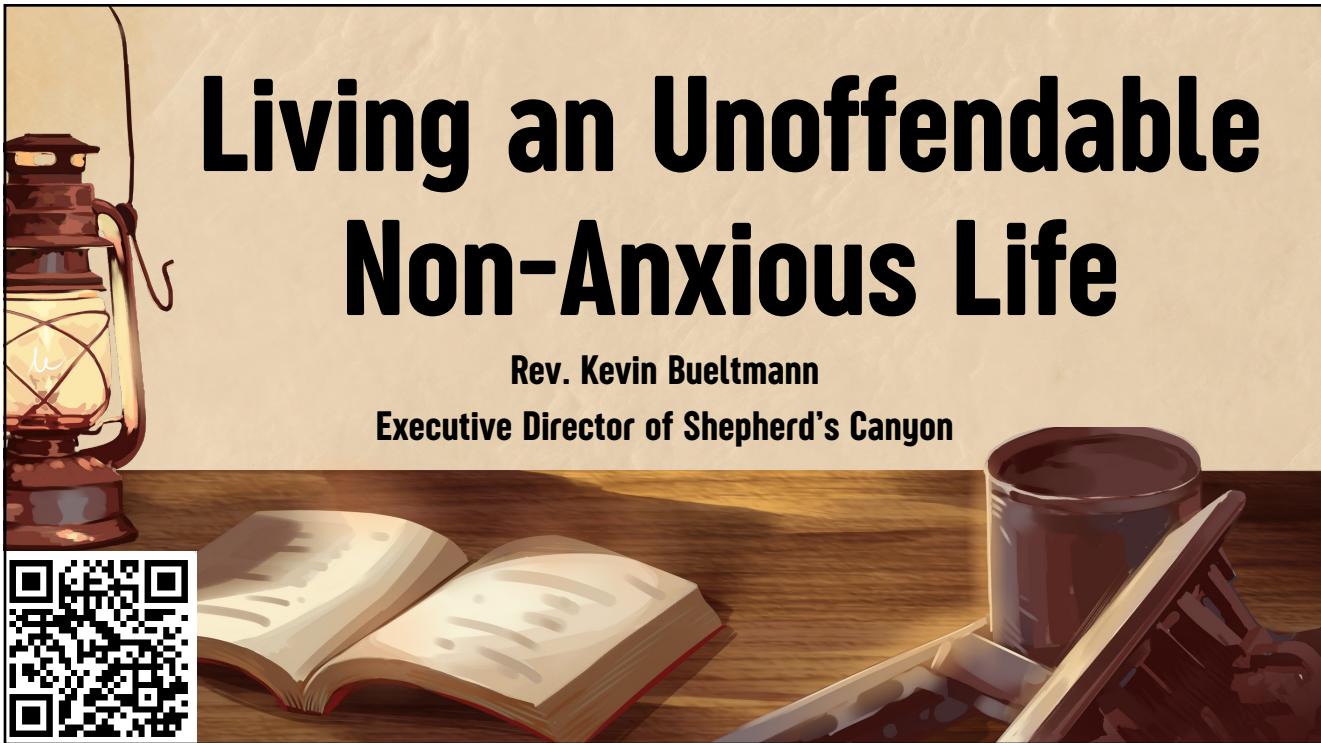
You are God's own child. Rejoice!

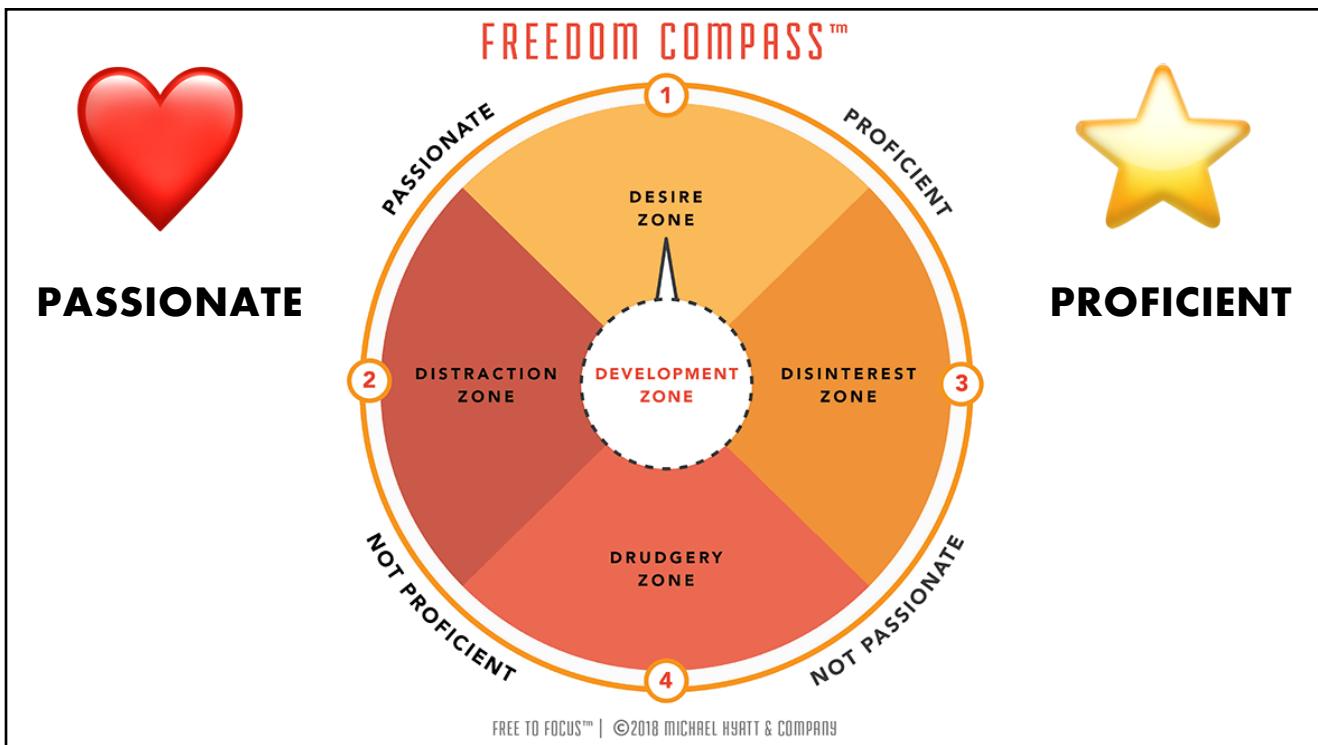


2 Thessalonians 3:16

"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.

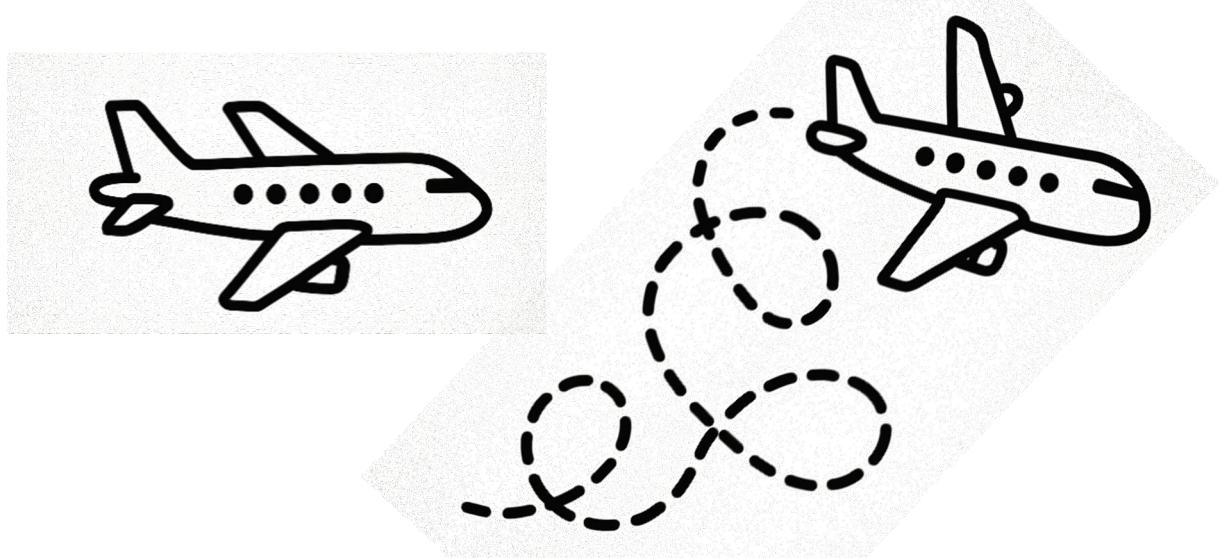




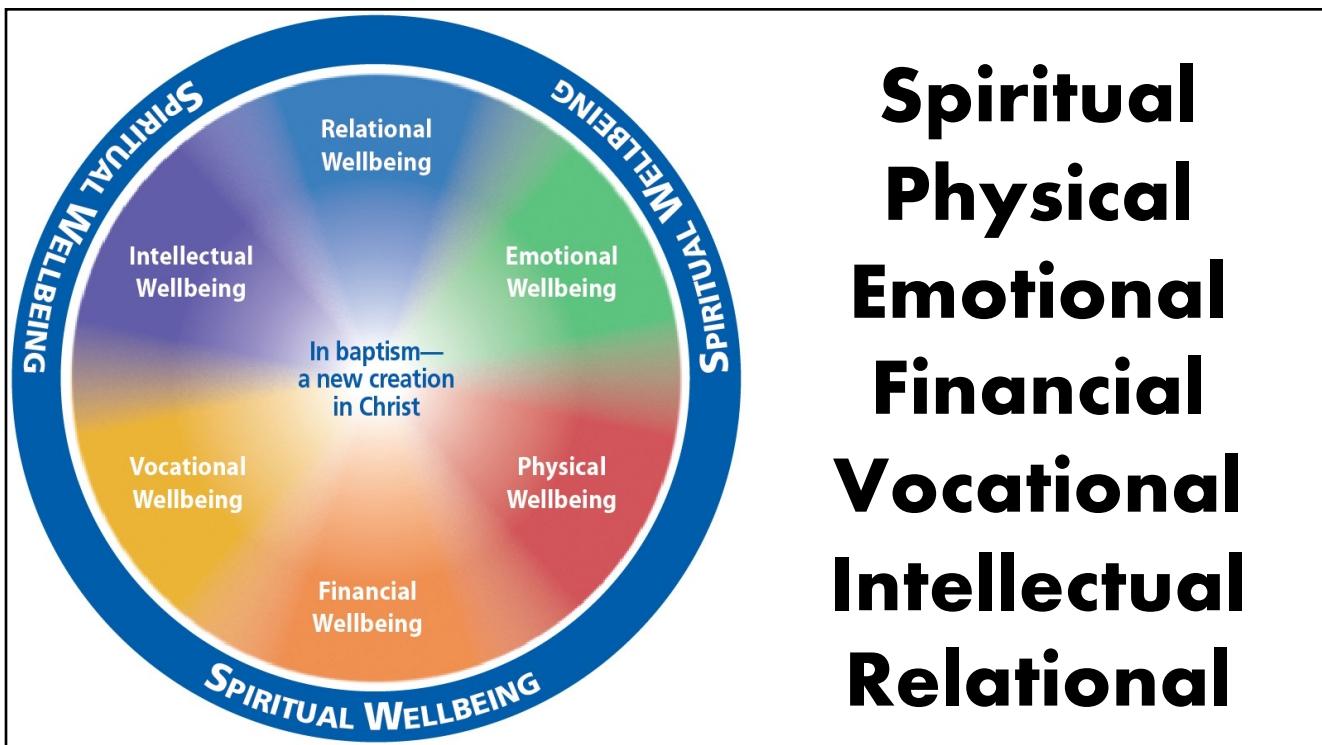


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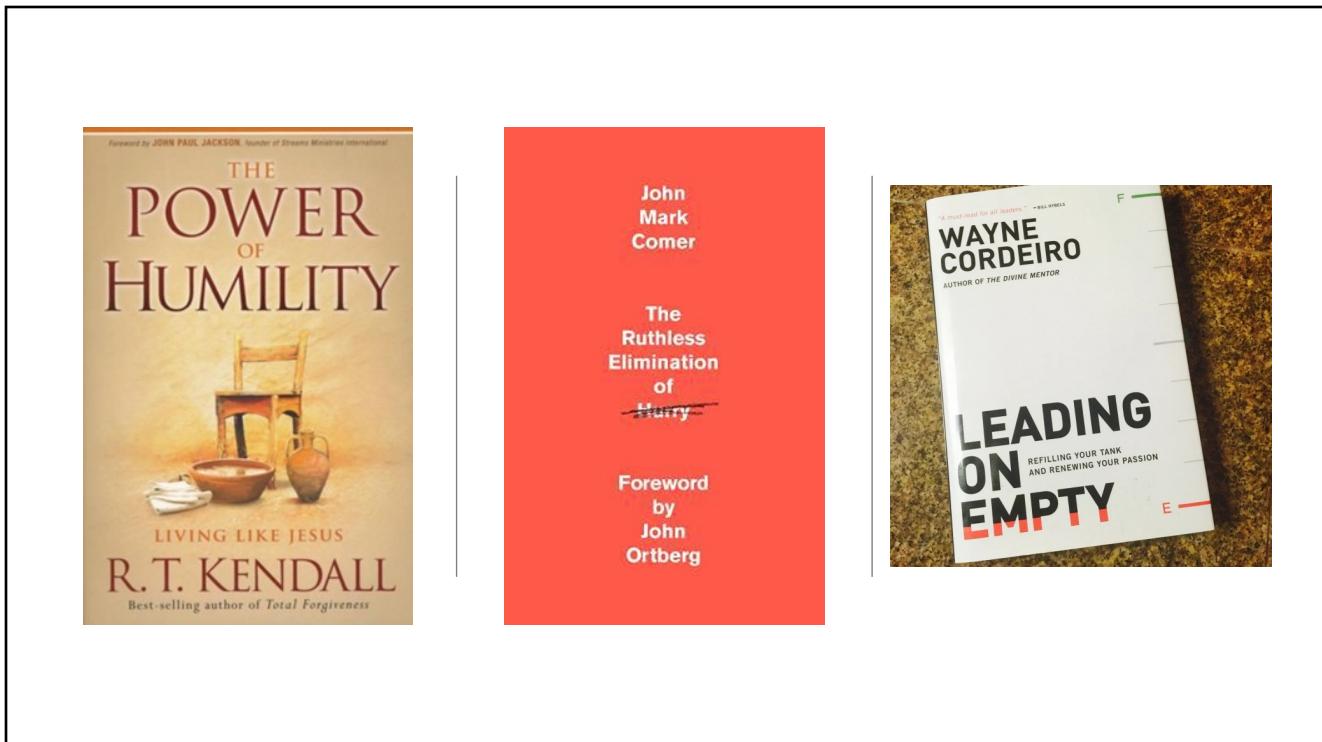
Parable of Two Pilots



56



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LCMS Wellness Ministries

What's the difference?



LCEF
Grace Place Wellness



DOXOLOGY
The Lutheran Center for Spiritual Care and Counsel

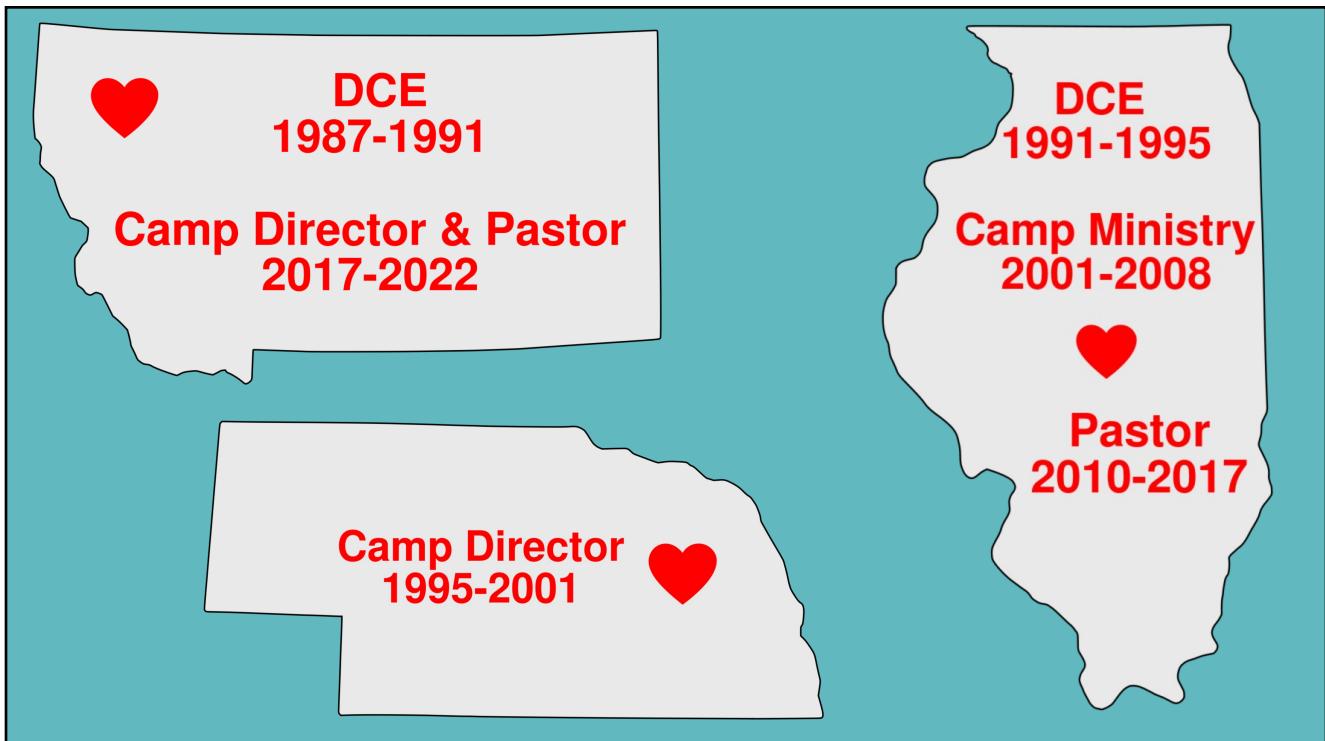


SHEPHERD'S CANYON RETREAT MINISTRY
ARIZONA & MISSOURI

Preventative

Therapeutic

60



61

<p>LOVE</p> <p>JOY</p> <p>PEACE</p> <p>PATIENCE</p> <p>KINDNESS</p> <p>GOODNESS</p> <p>FAITHFULNESS</p> <p>GENTLENESS</p> <p>SELF-CONTROL</p>	<h1>Fruit of the Spirit</h1> <h2>Galatians 5:22-23</h2> <p>These are not rules, but results.</p>
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62



63



64

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

65



66



The banner features a circular logo on the left with a stylized illustration of a hand holding a white animal (possibly a lamb or dog) against a background of blue and orange. To the right of the logo, the text "SHEPHERD'S CANYON RETREAT MINISTRY" is displayed in large, bold, dark blue and orange letters. Below this, "ARIZONA & MISSOURI" is written in a smaller, light blue font. On the left side of the banner, there is a call-to-action text block with three options: "Send Us Your Workers", "Invite Me to Speak", and "Pray for Us", each on a new line. Below this text is a QR code. In the center, the website "ShepherdsCanyonRetreat.org" is prominently displayed in white. The background of the banner is a photograph of a desert landscape at sunset, featuring several tall saguaro cacti silhouetted against a vibrant orange and yellow sky. On the right side of the banner, there is a photograph of a large, white, two-story house with a balcony and a deck, situated on a grassy hillside overlooking a body of water. In front of the house, several colorful beach chairs are arranged on the grass. To the right of the house, the words "Pray", "Give", and "Volunteer" are stacked vertically in white text.

SHEPHERD'S CANYON RETREAT MINISTRY
ARIZONA & MISSOURI

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Invite Me to Speak
Pray for Us

ShepherdsCanyonRetreat.org

Pray
Give
Volunteer