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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.




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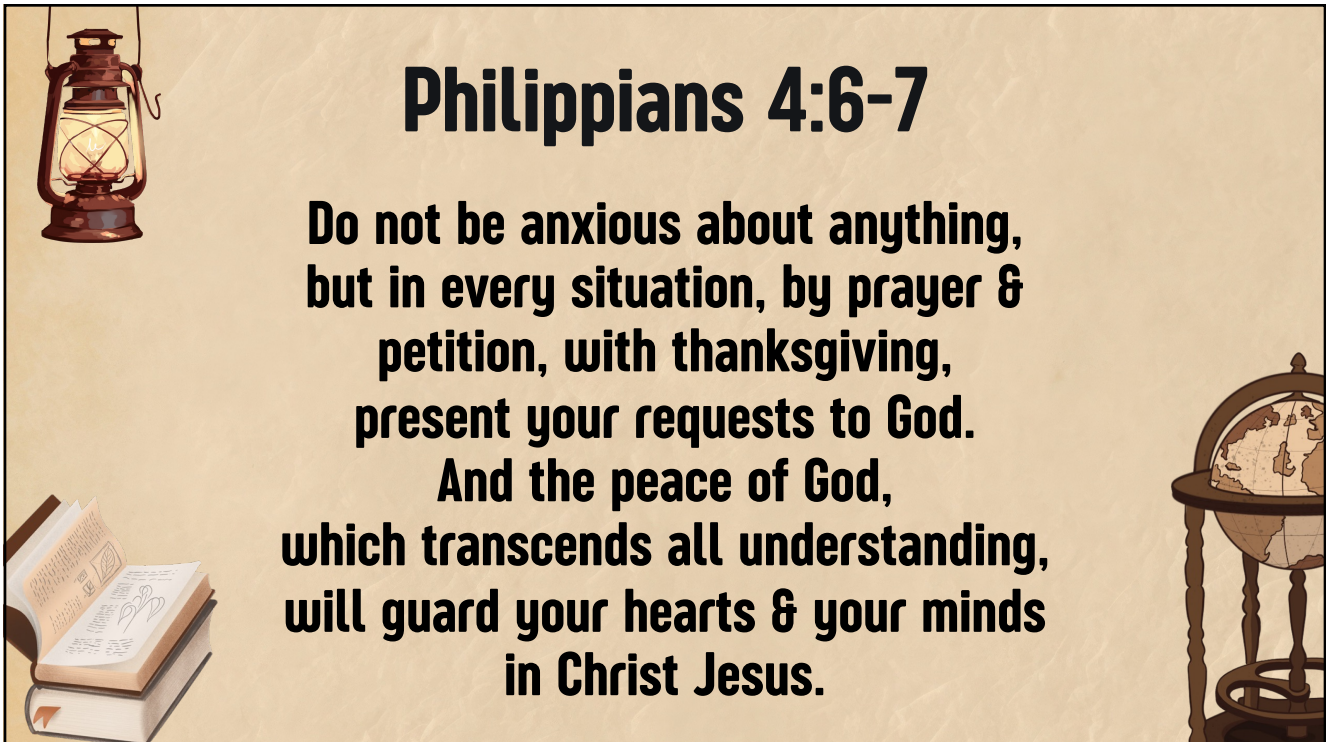
**SHEPHERD'S
CANYON** RETREAT
MINISTRY
ARIZONA & MISSOURI



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



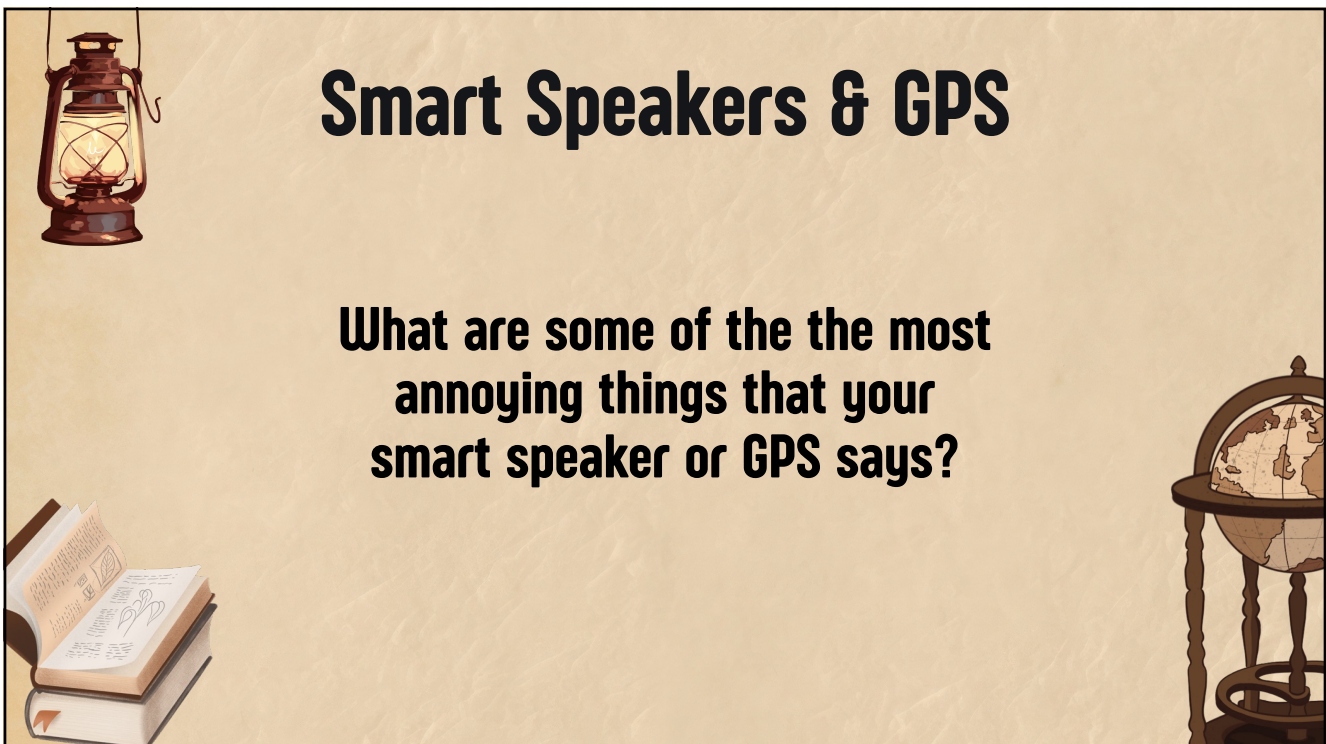
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Philippians 4:6-7

**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.**

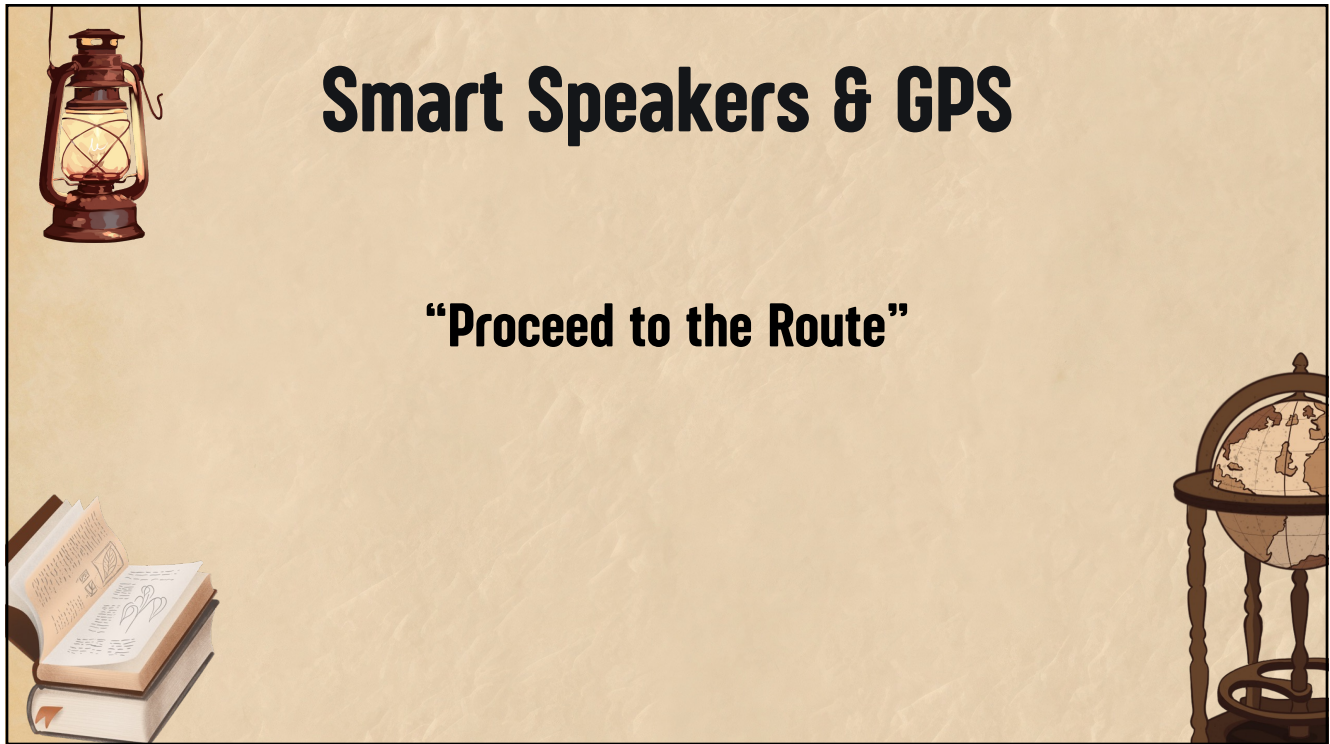
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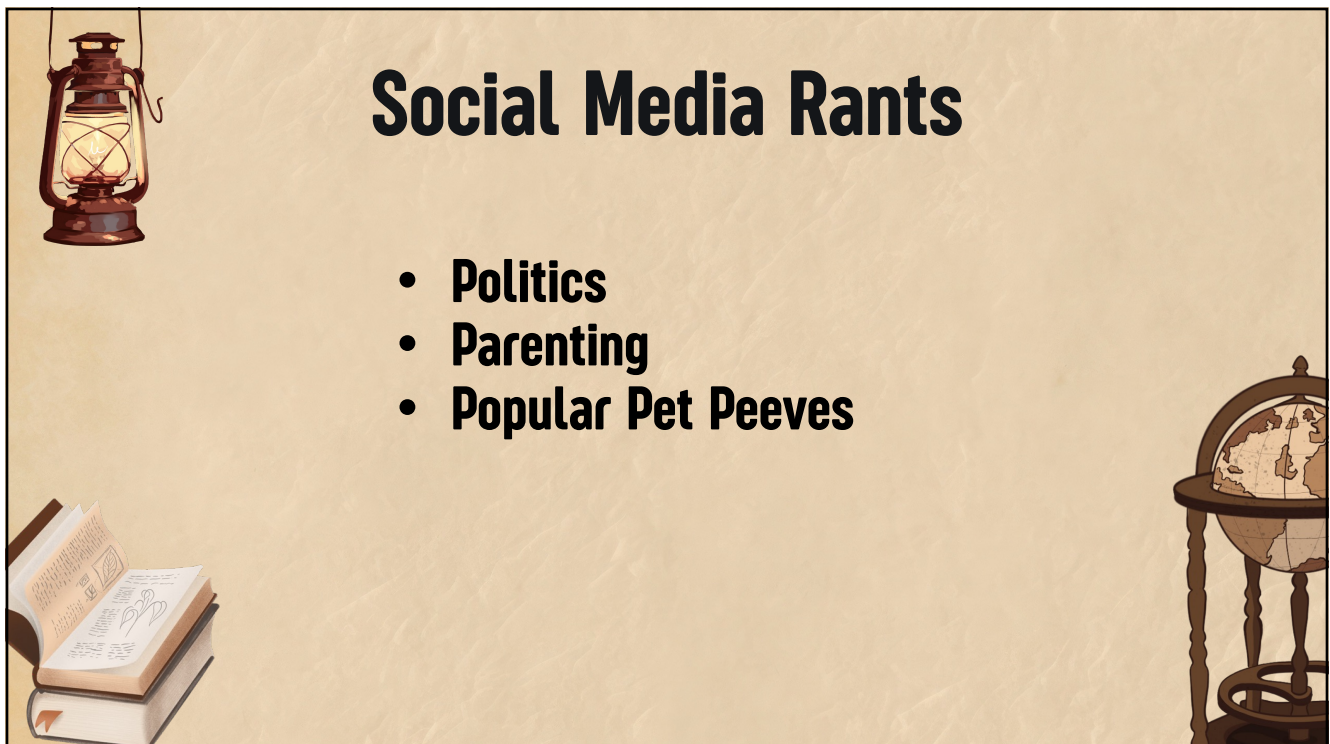
Smart Speakers & GPS

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

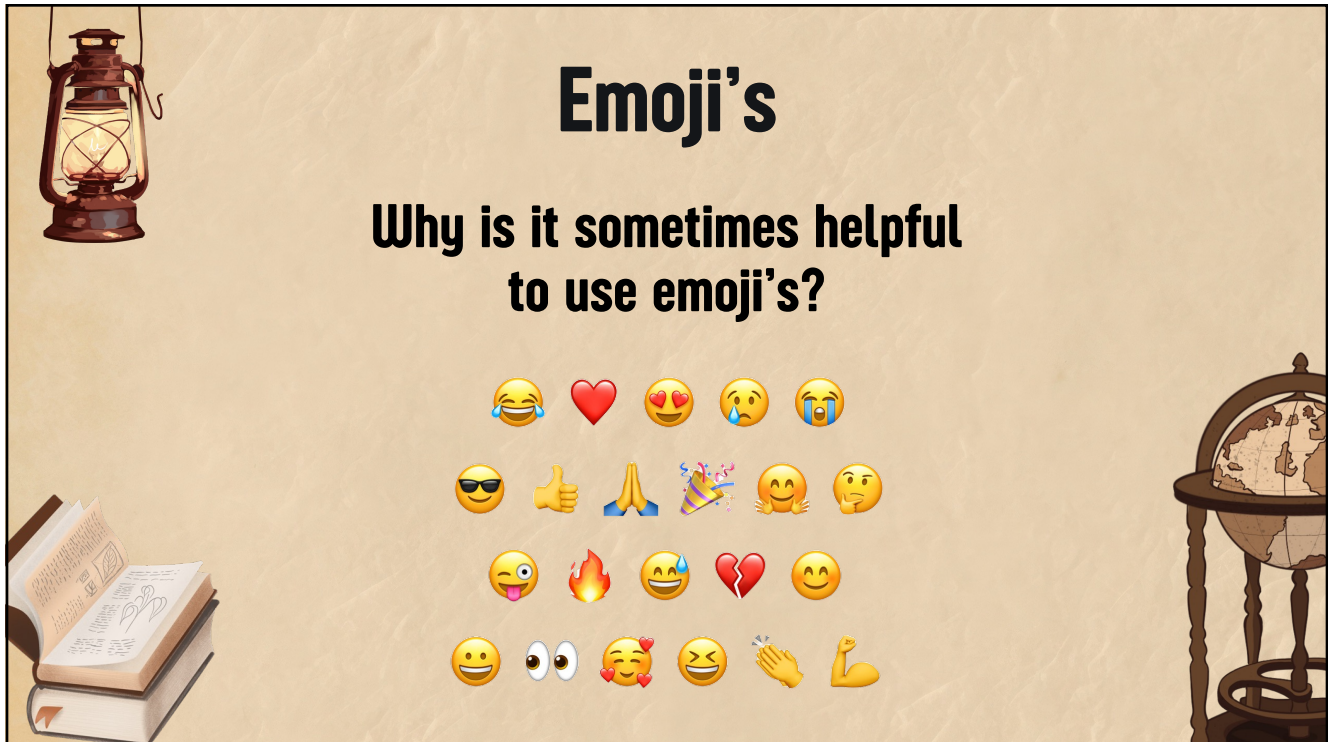
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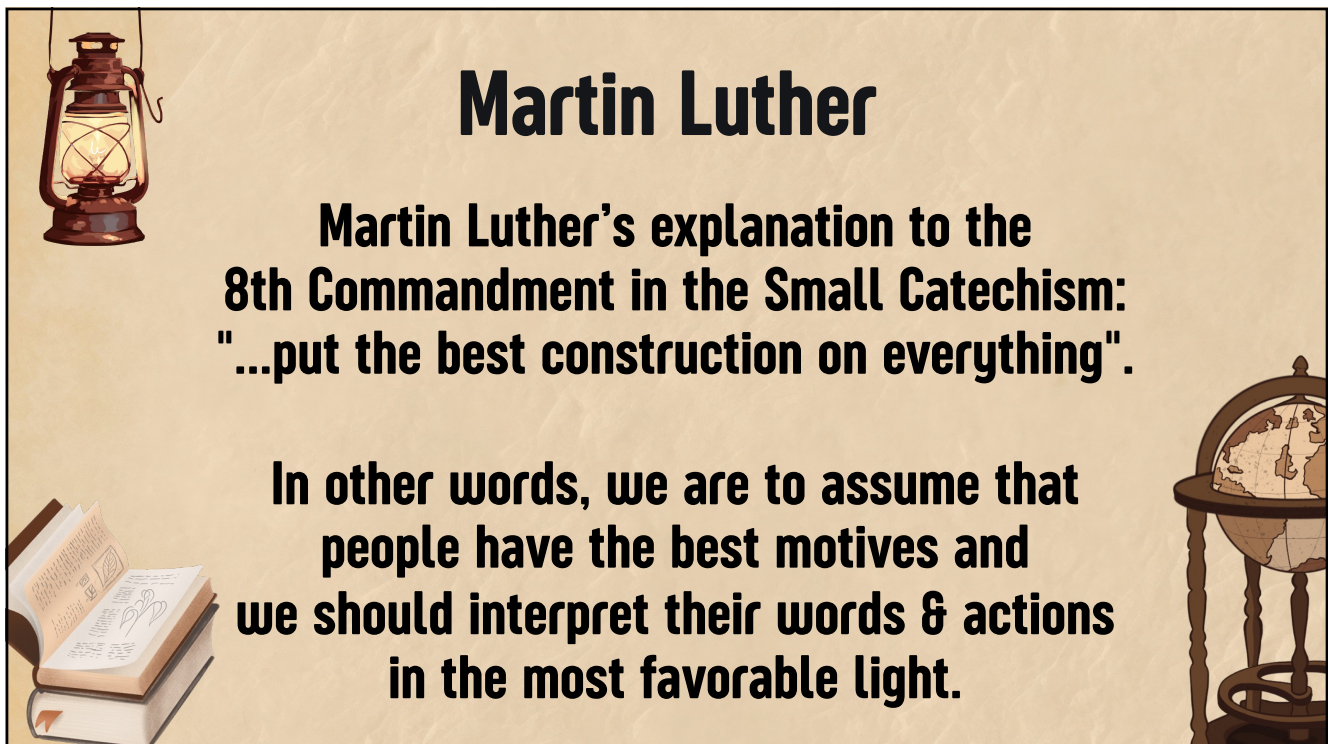
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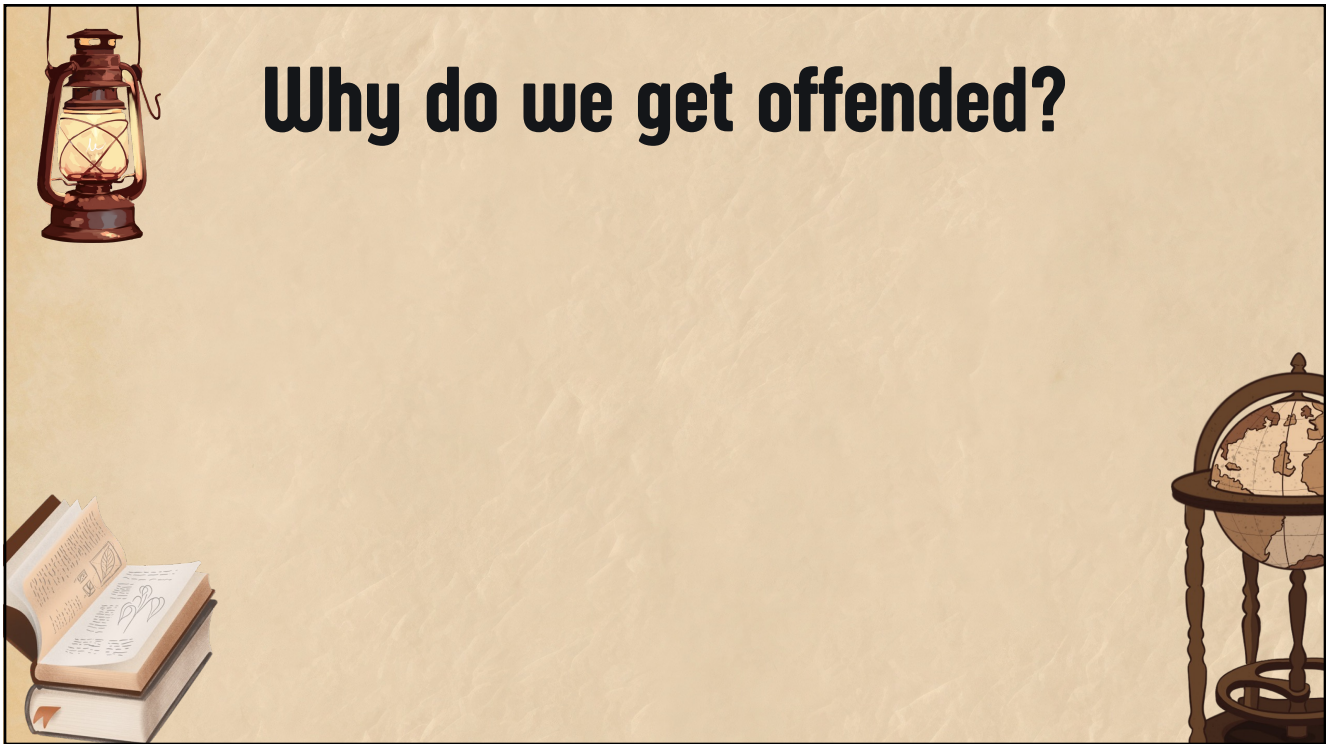
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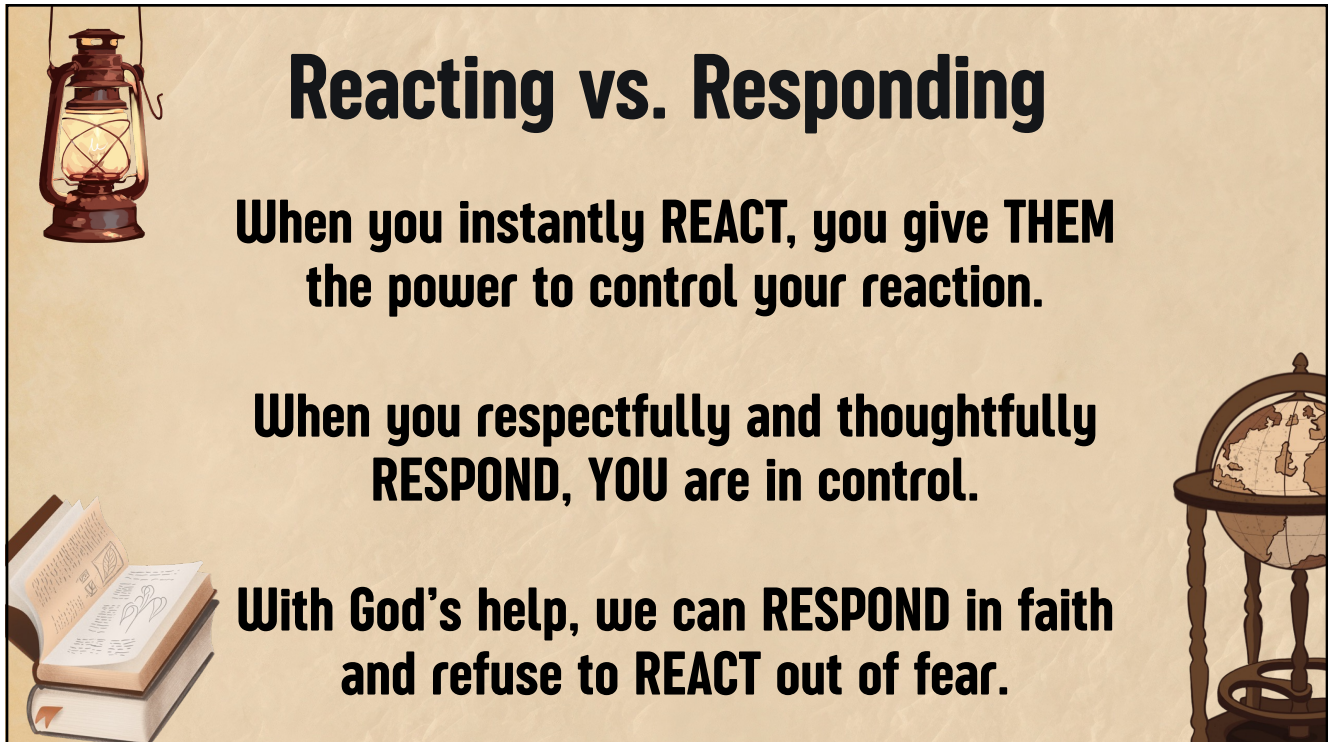
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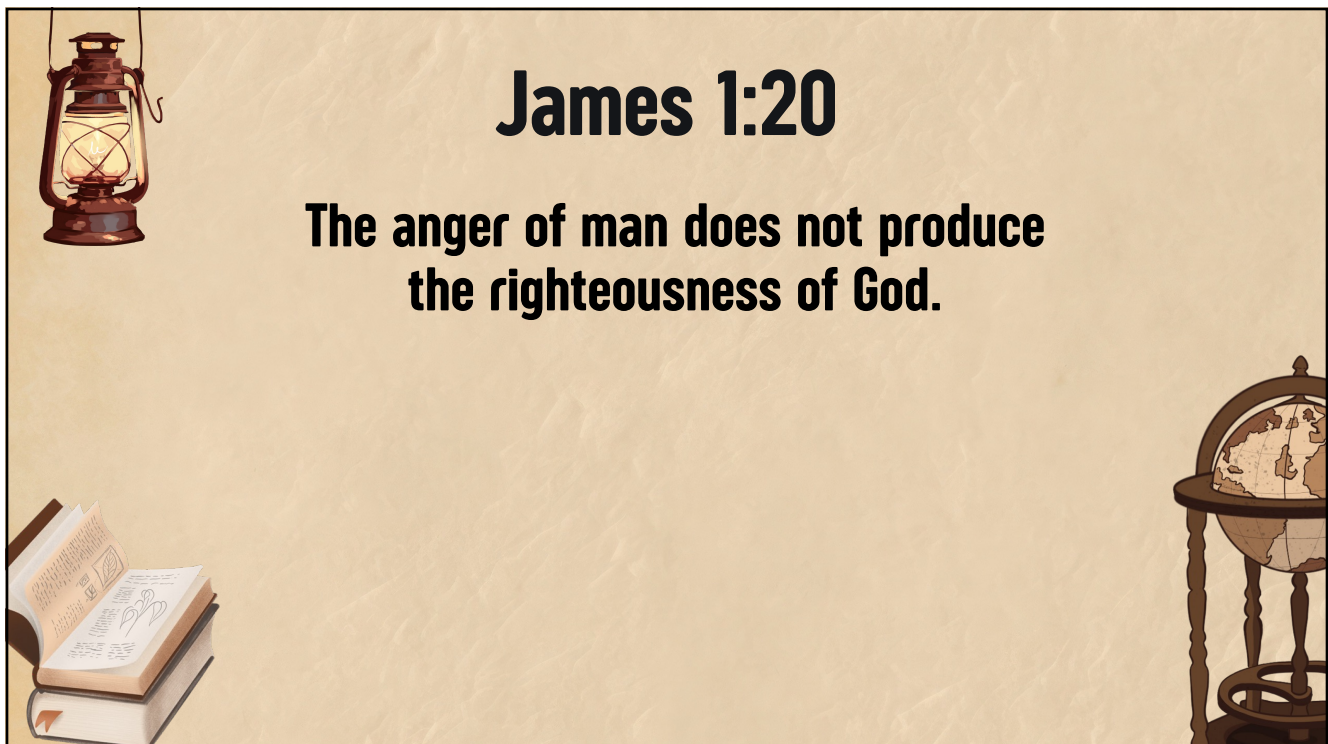
Reacting vs. Responding

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.

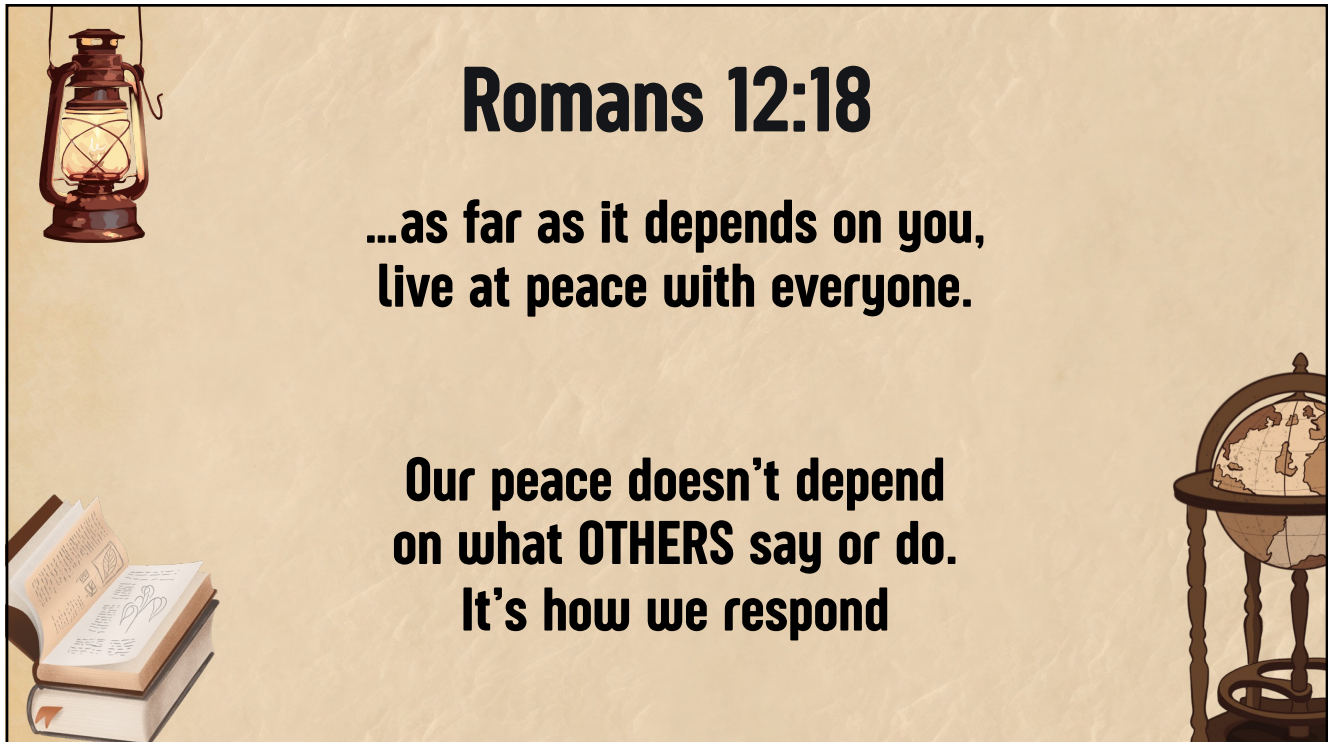
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James 1:20

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

14

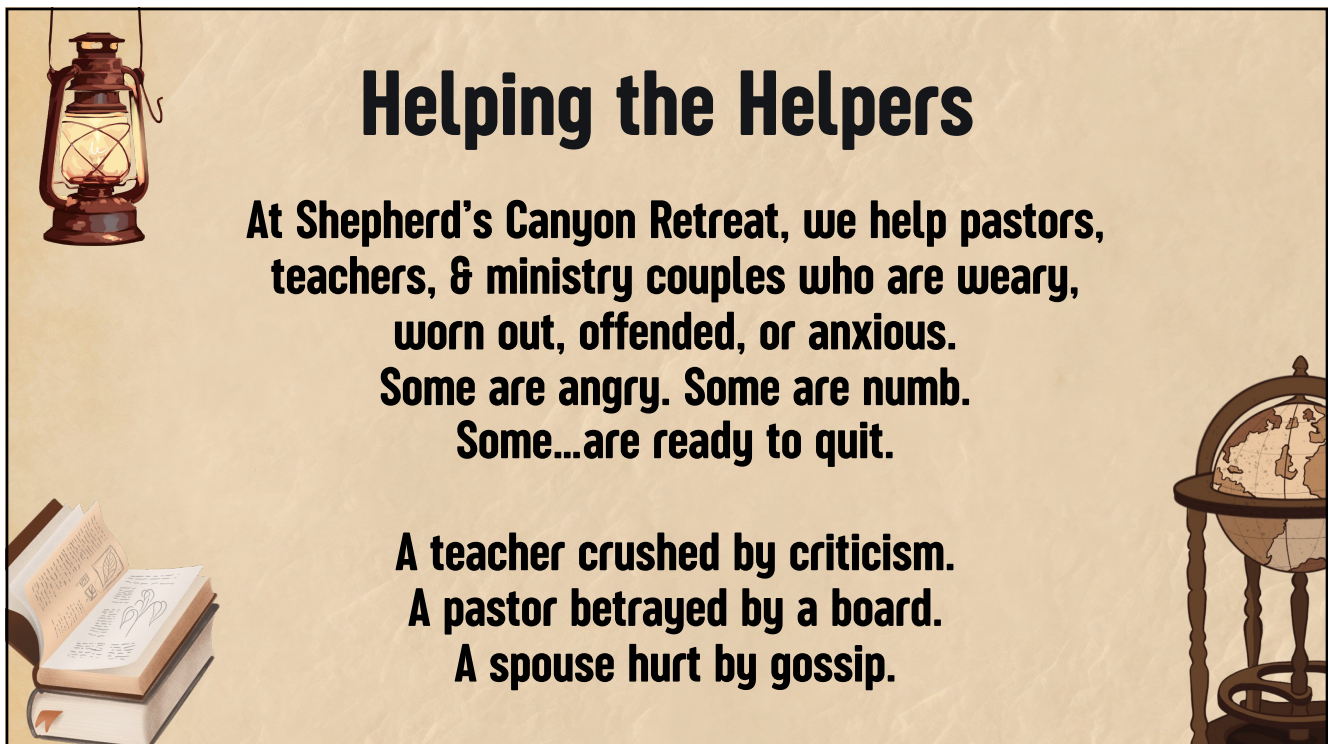


Romans 12:18

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

**Our peace doesn't depend
on what OTHERS say or do.
It's how we respond**

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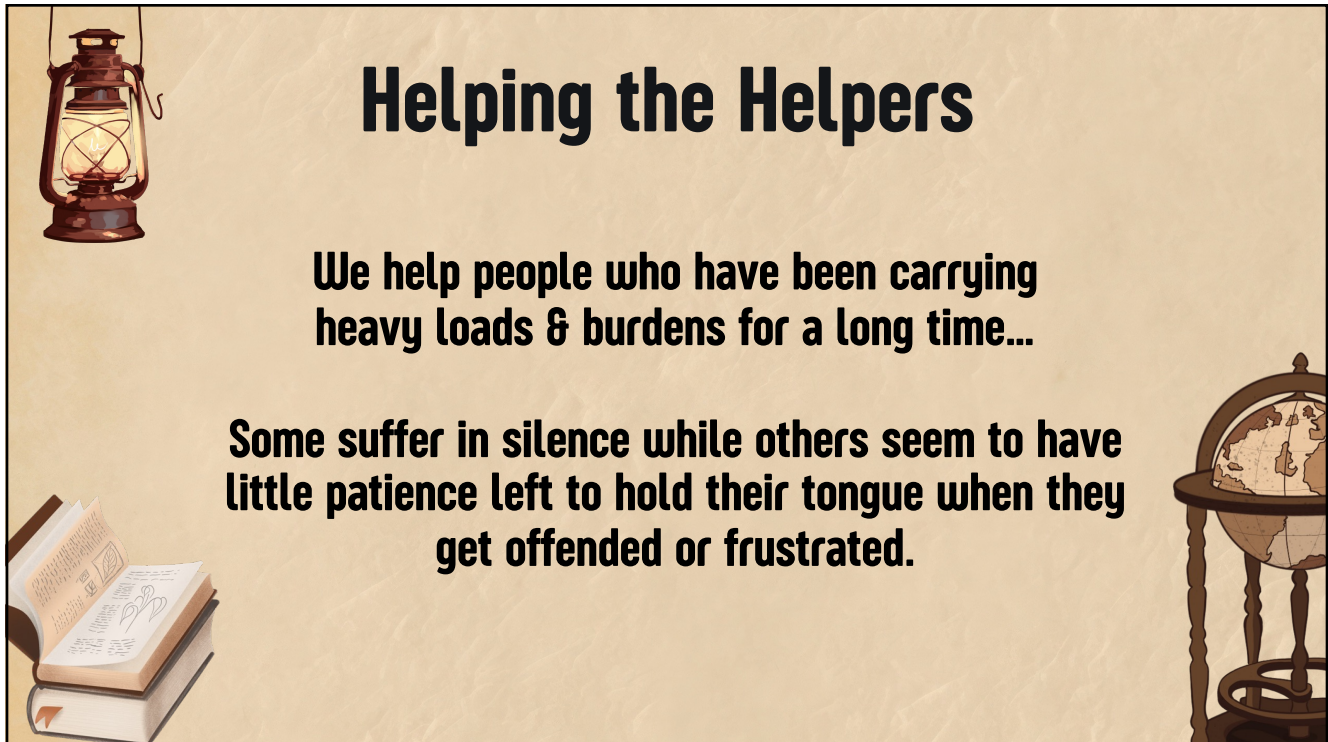


Helping the Helpers

**At Shepherd's Canyon Retreat, 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.**

16

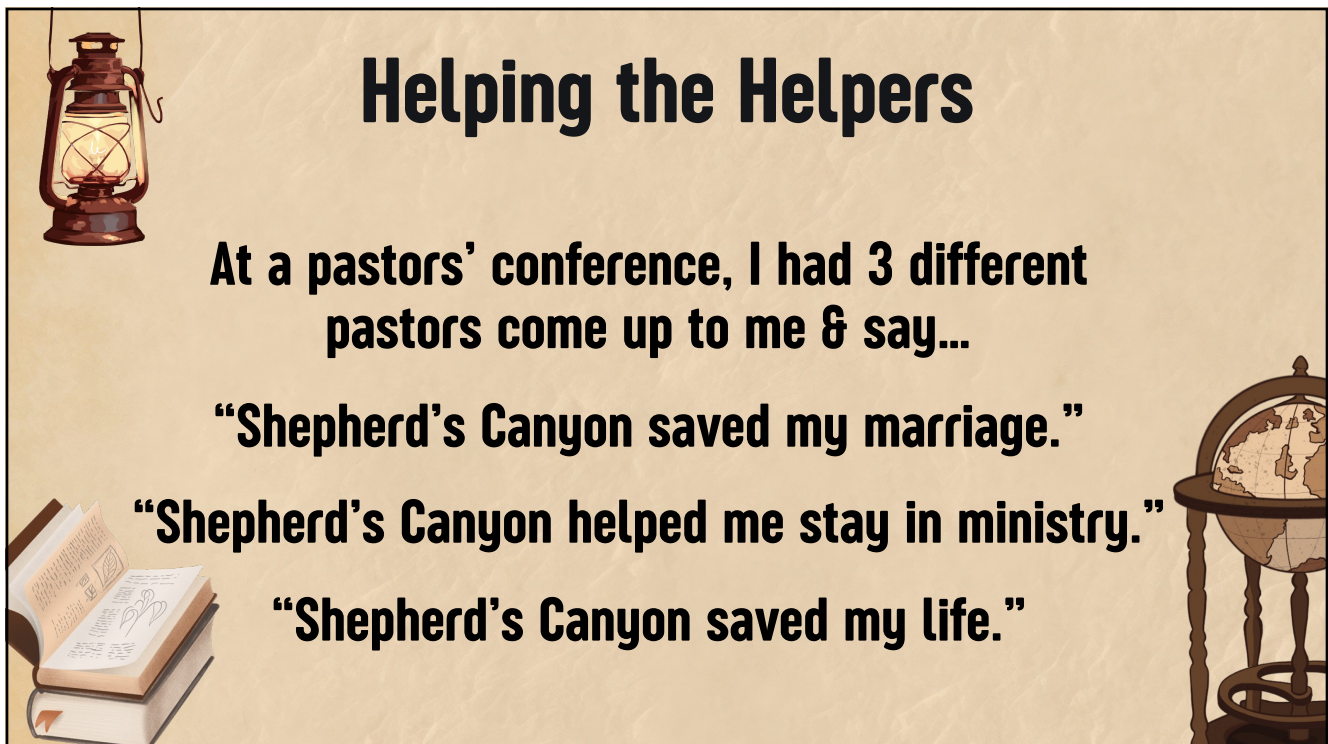


Helping the Helpers

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

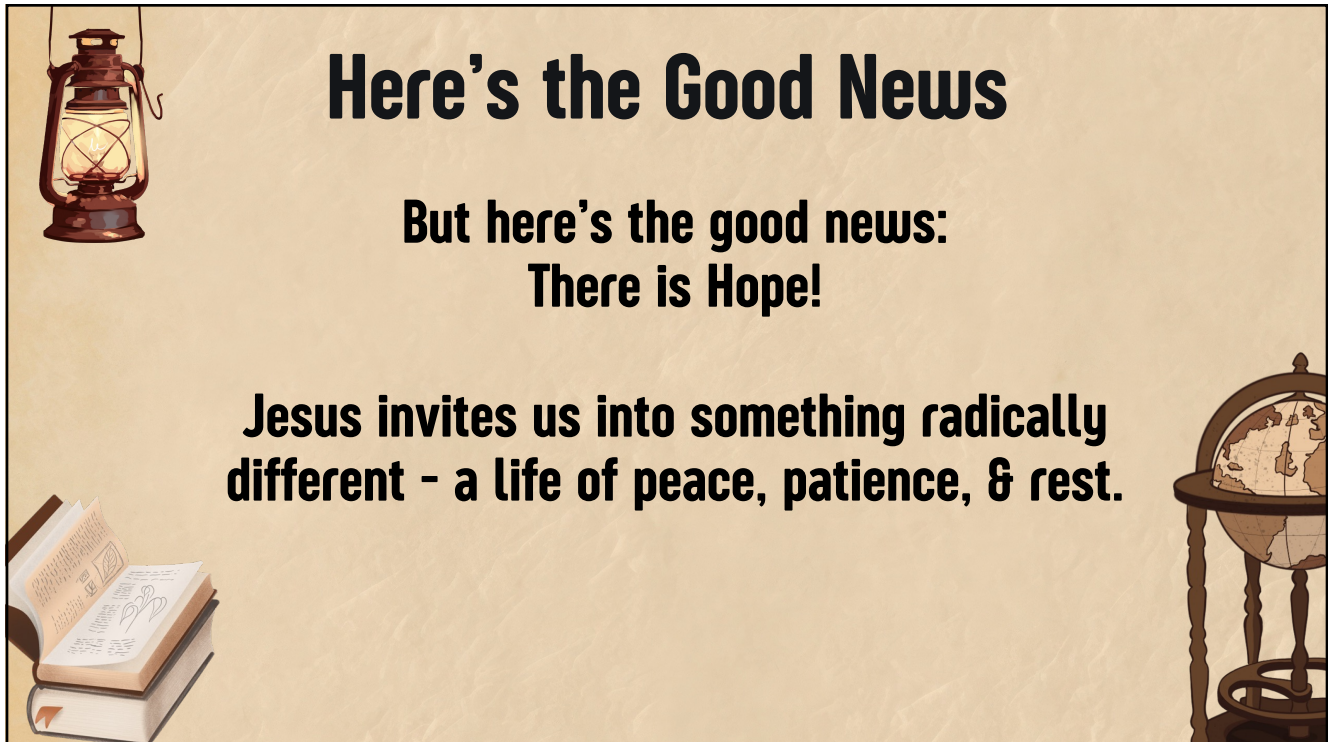
At a pastors' conference, I had 3 different pastors come up to me & say...

"Shepherd's Canyon saved my marriage."

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

"Shepherd's Canyon saved my life."

18

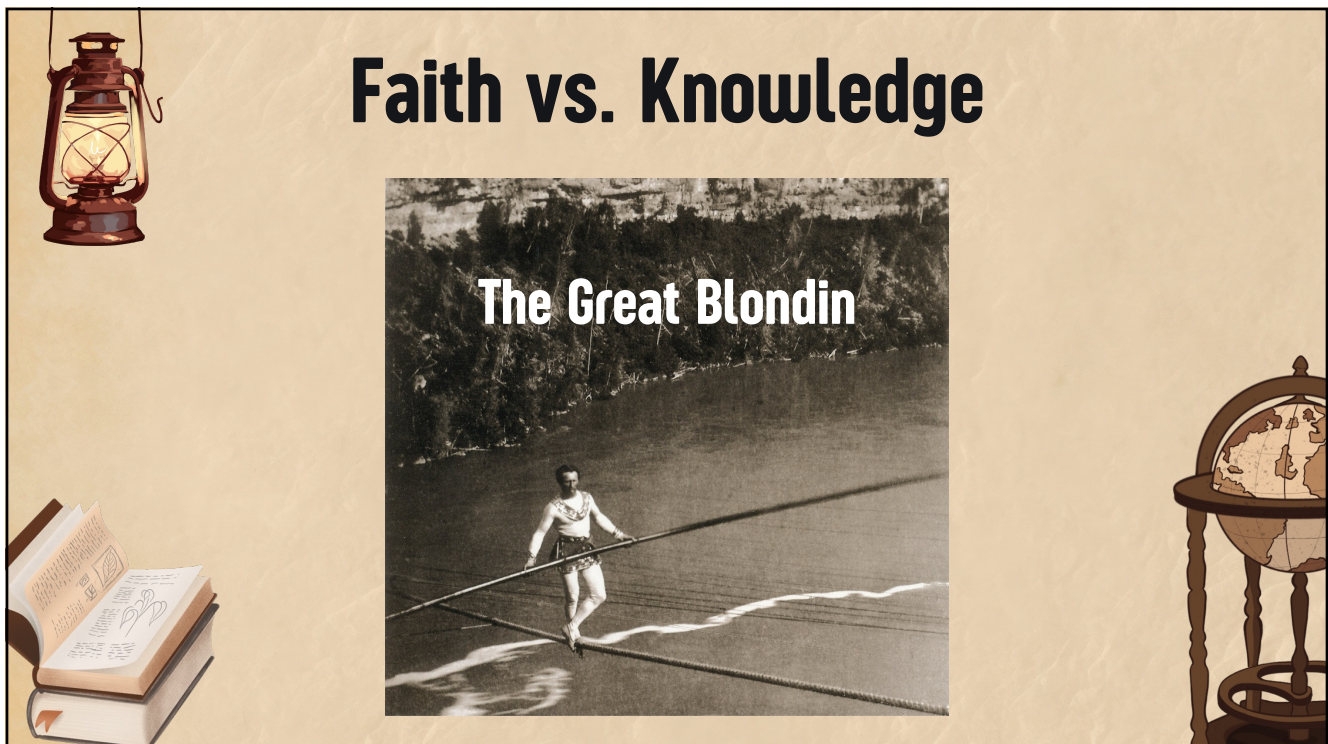


Here's the Good News


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

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

19



Faith vs. Knowledge

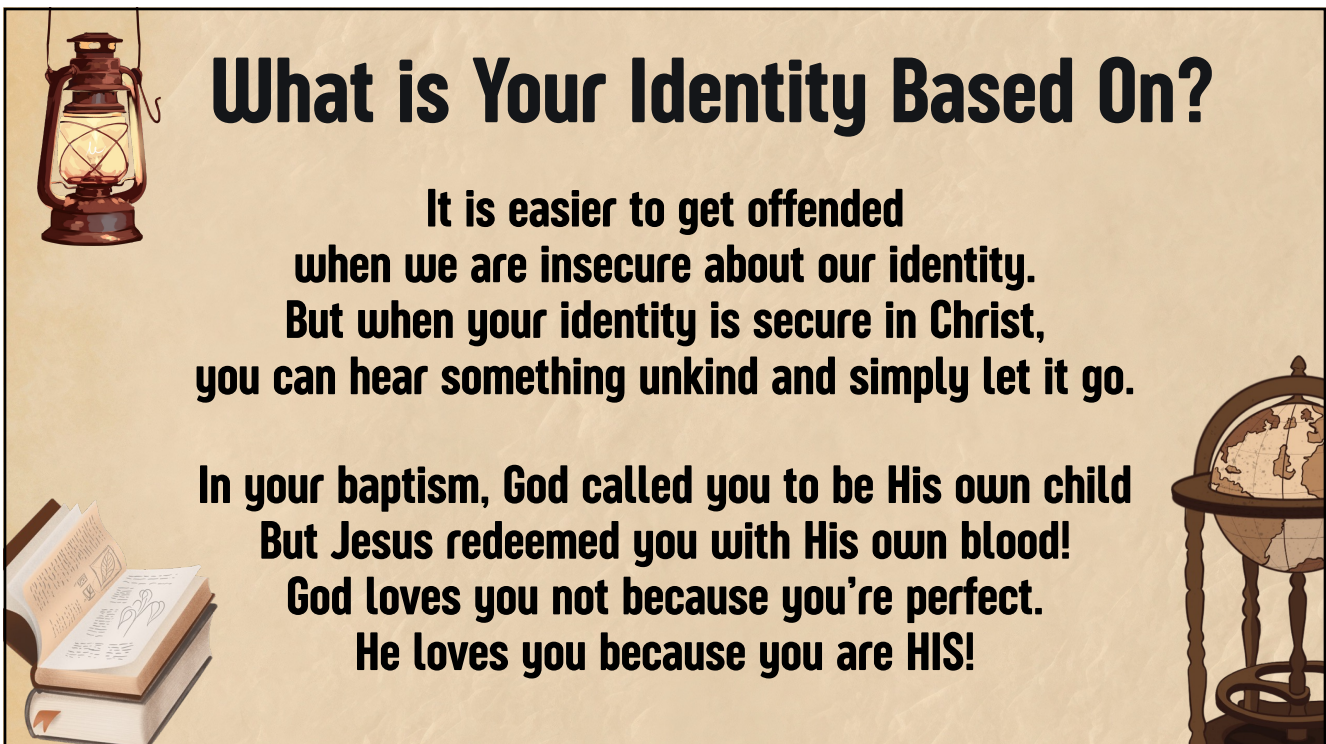


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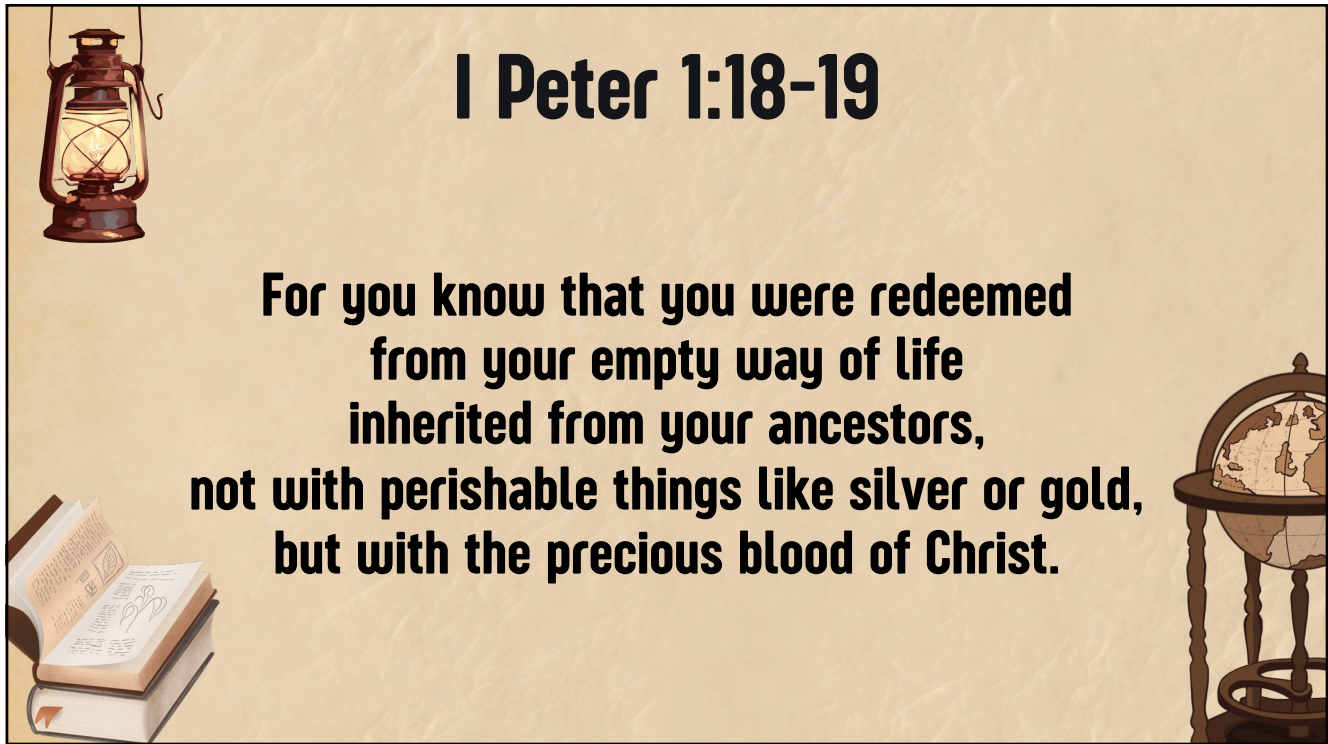
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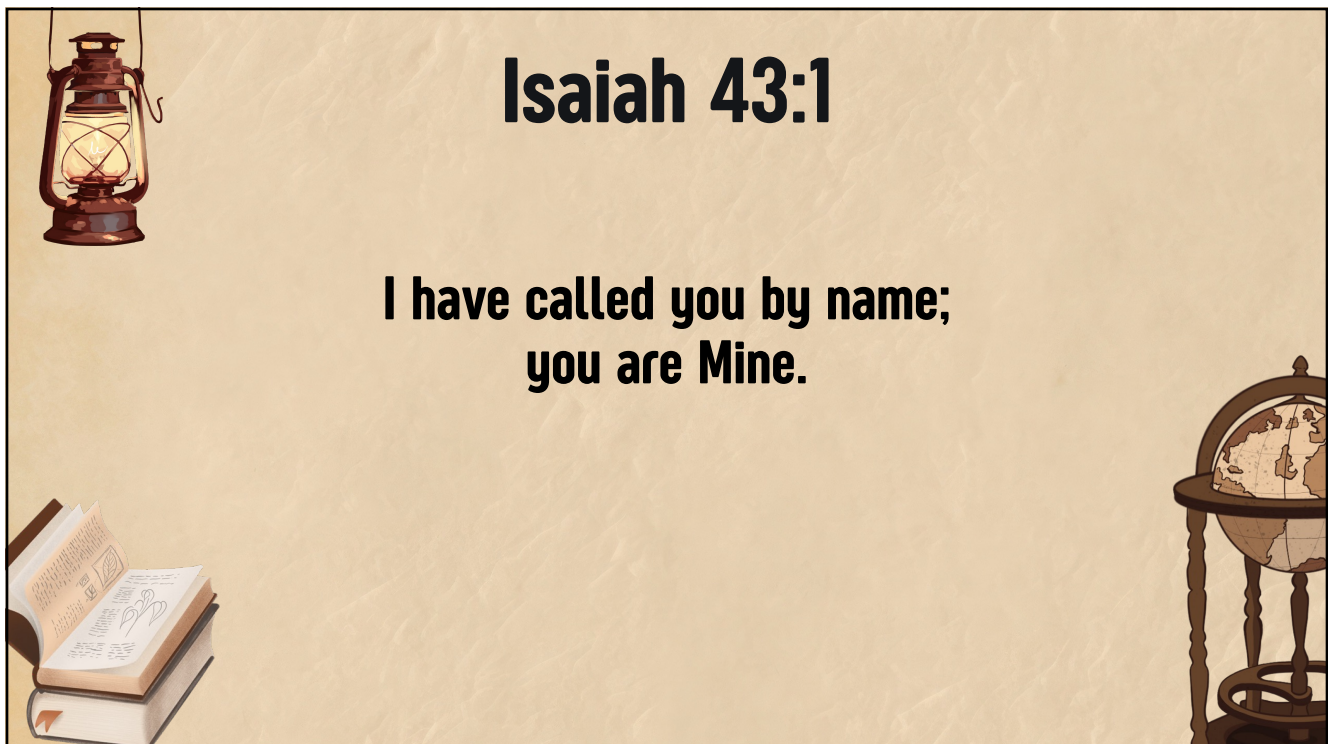
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We Put Our Trust in Jesus

**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**

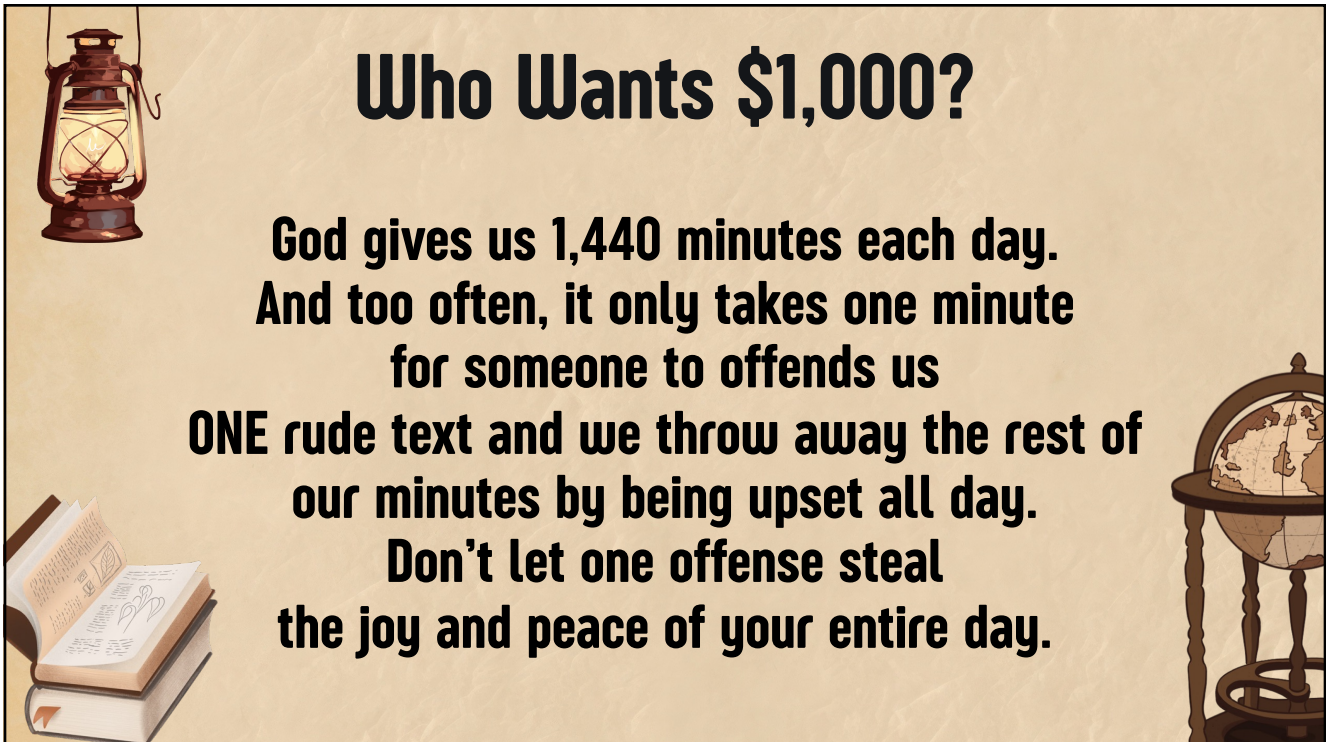
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Who Wants \$1,000?



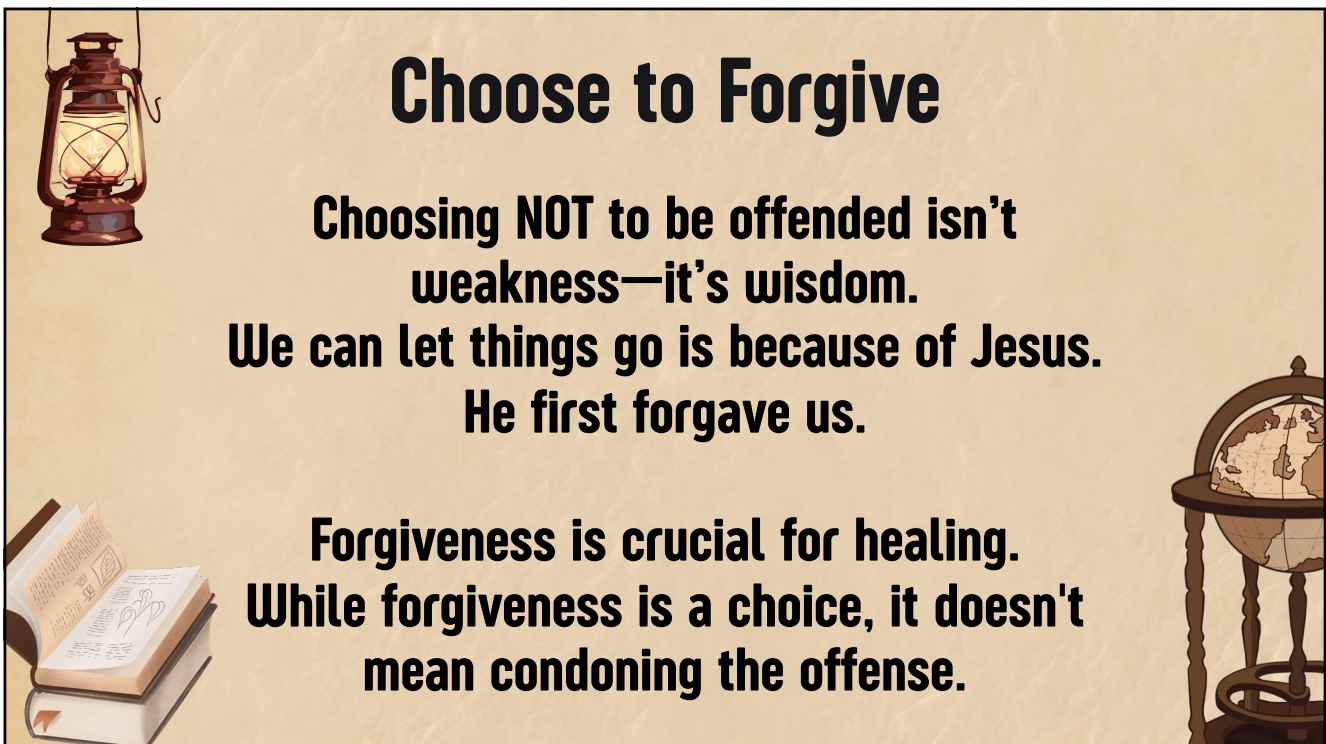
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Who Wants \$1,000?

**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

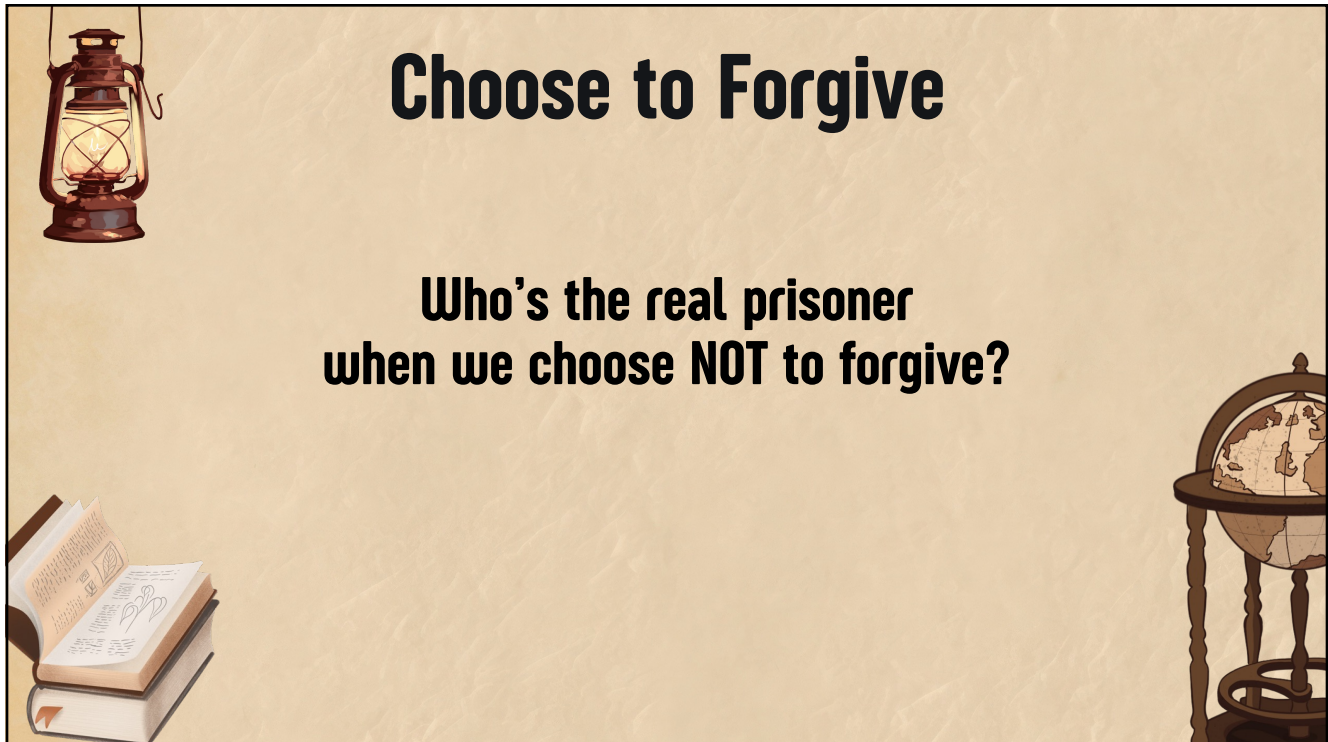


Choose to Forgive

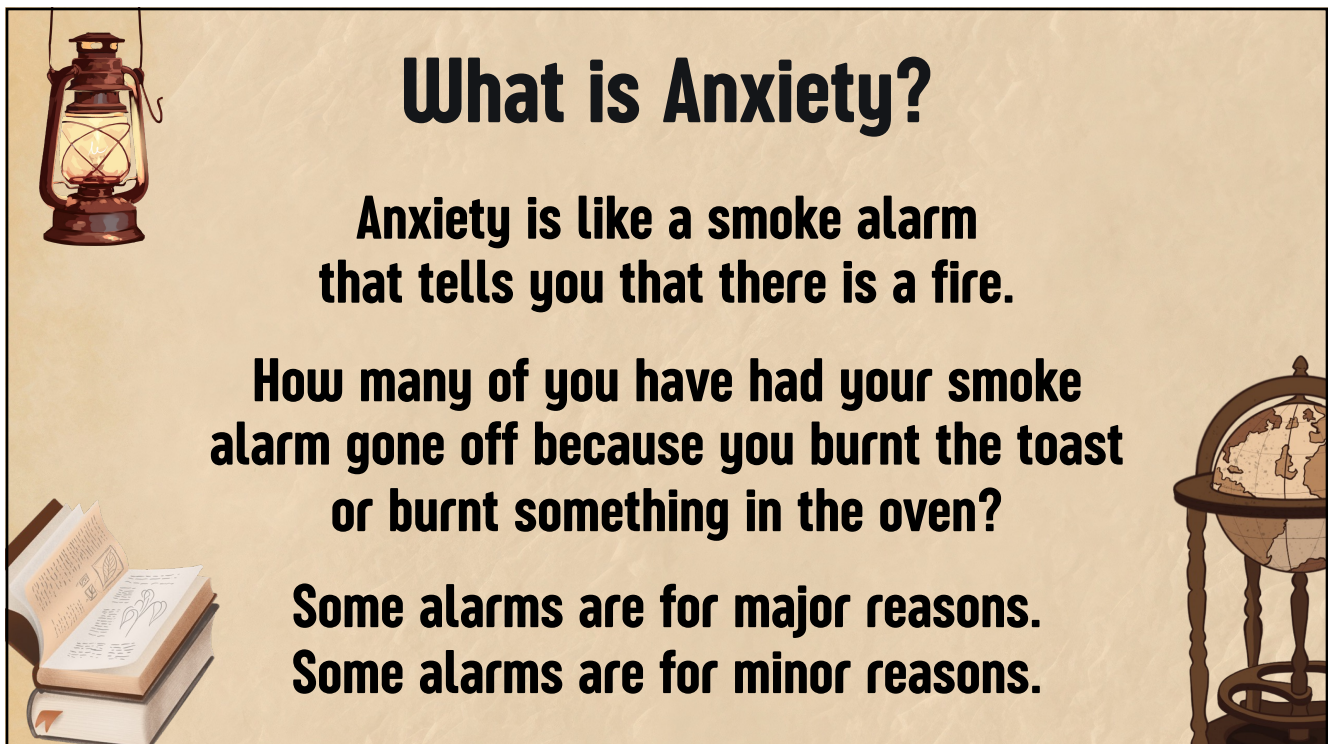
**Choosing NOT to be offended isn't
 weakness—it's wisdom.
 We can let things go is because of Jesus.
 He first forgave us.**

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




28



29



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

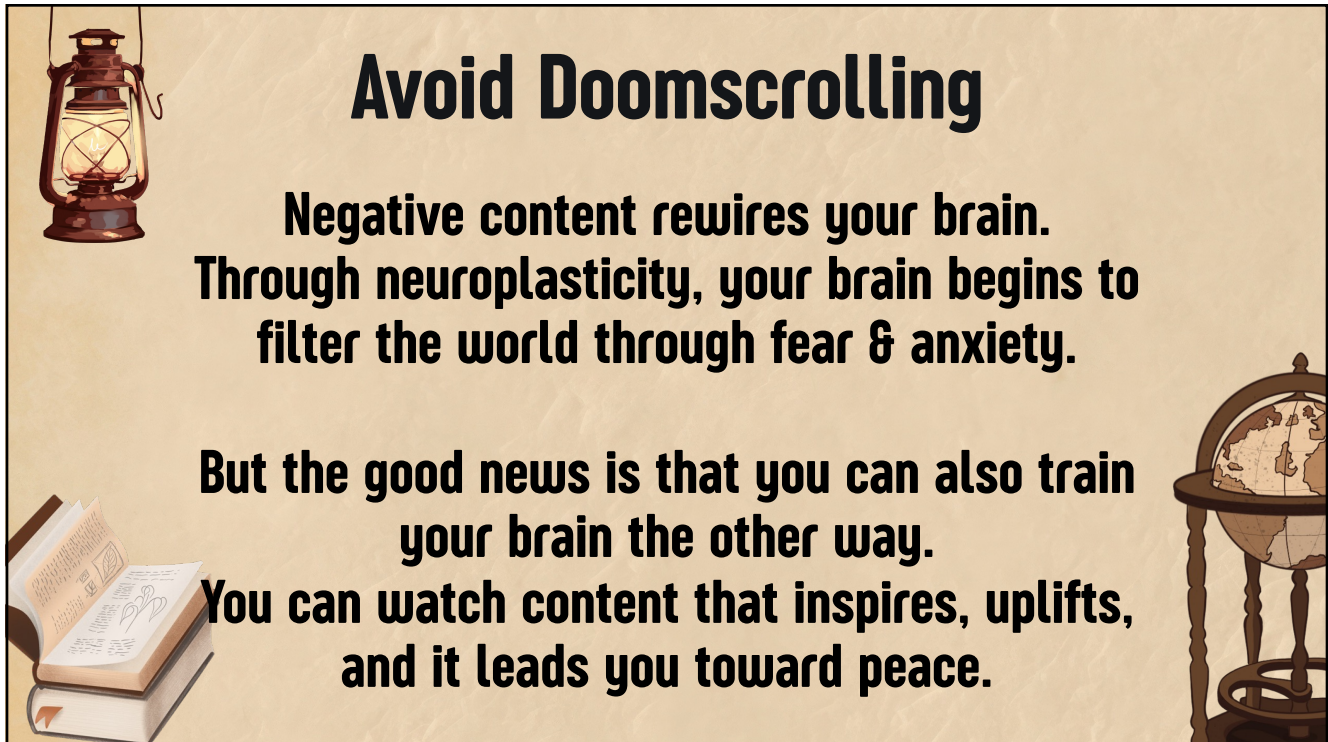


Avoid Doomscrolling

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

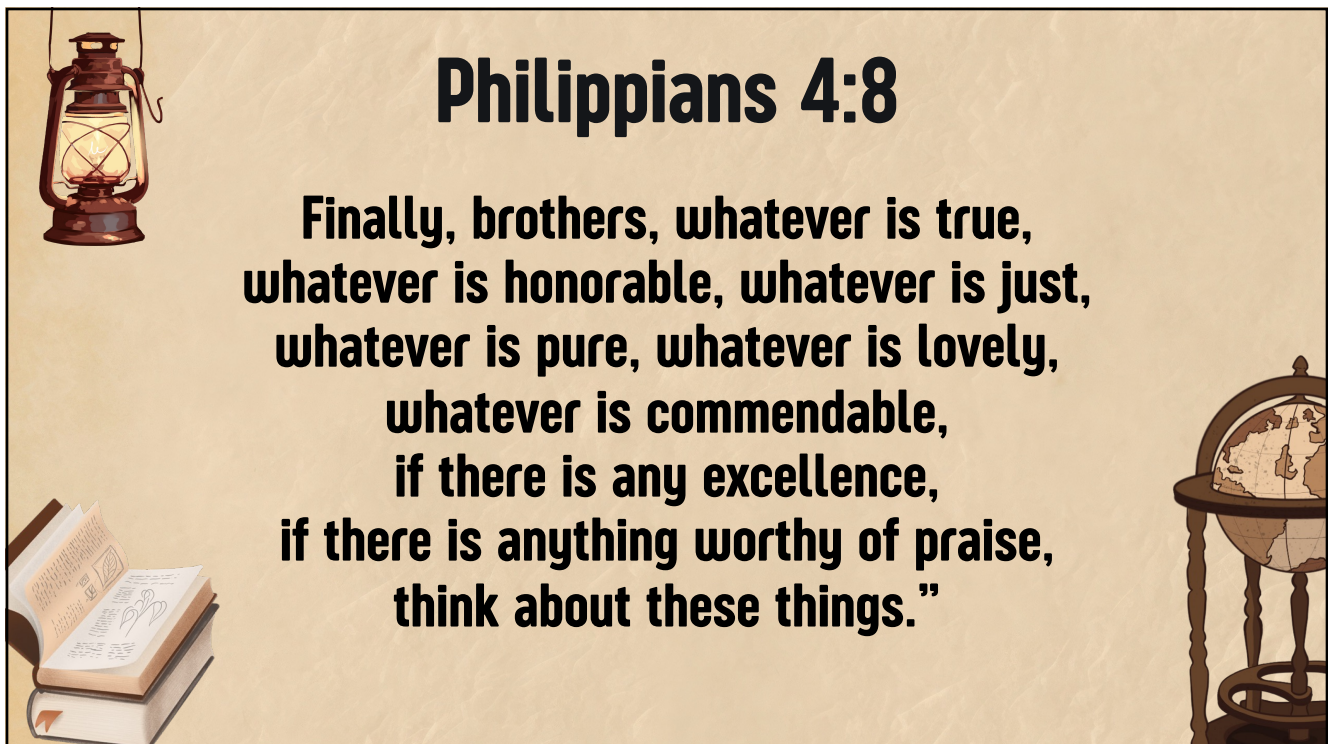


Avoid Doomscrolling

**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.**

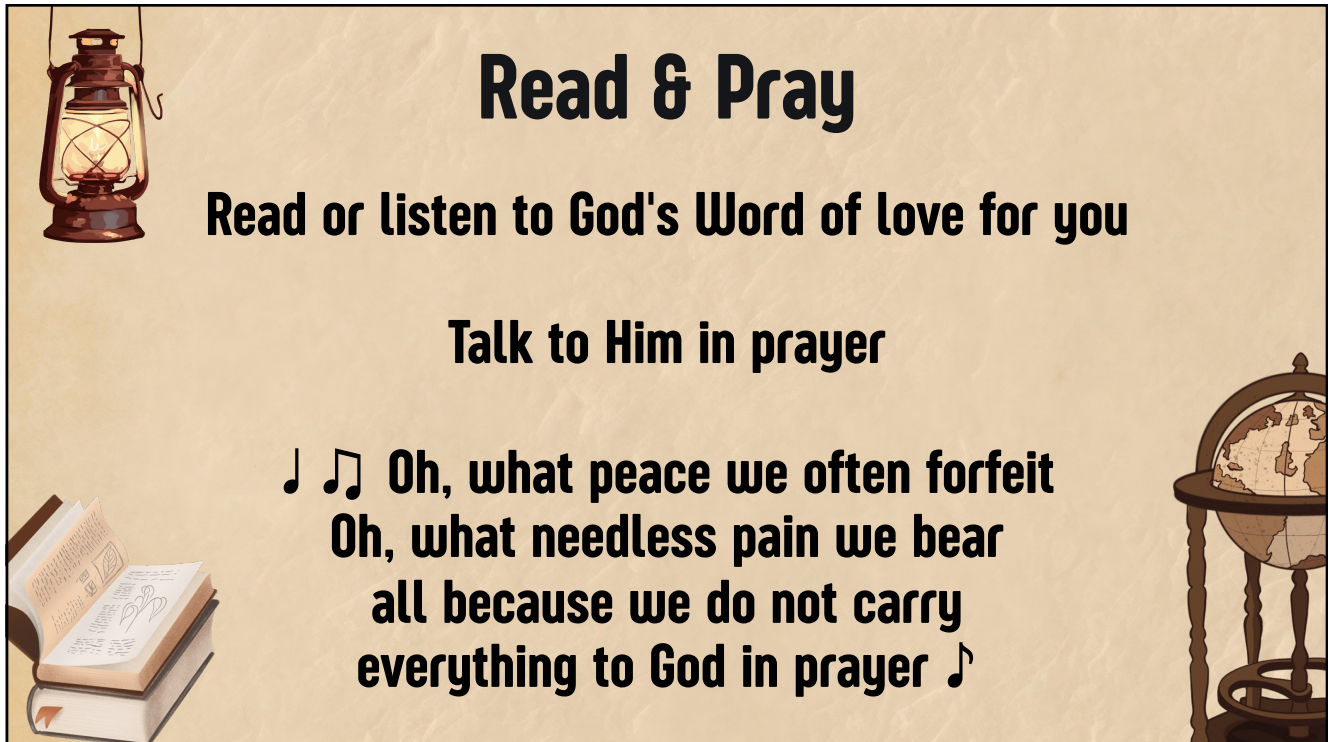
33



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



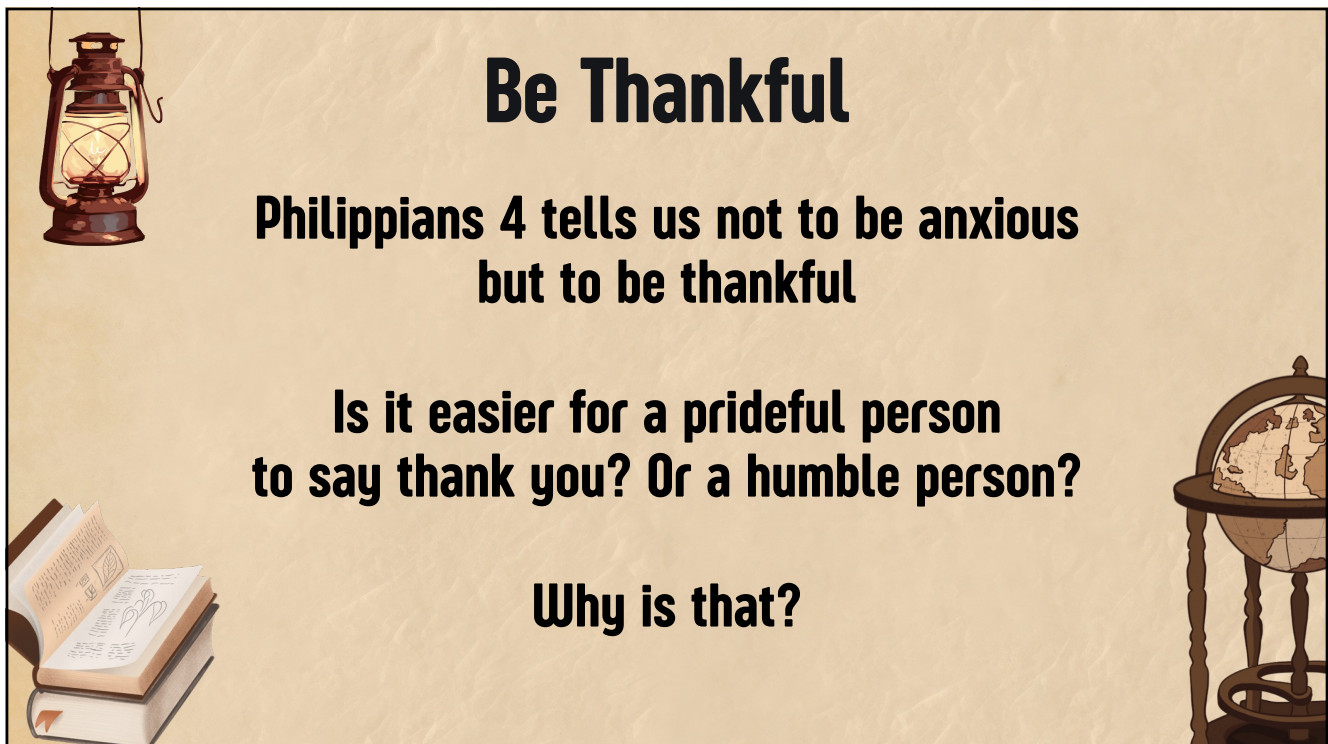
Read & Pray

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 ♪

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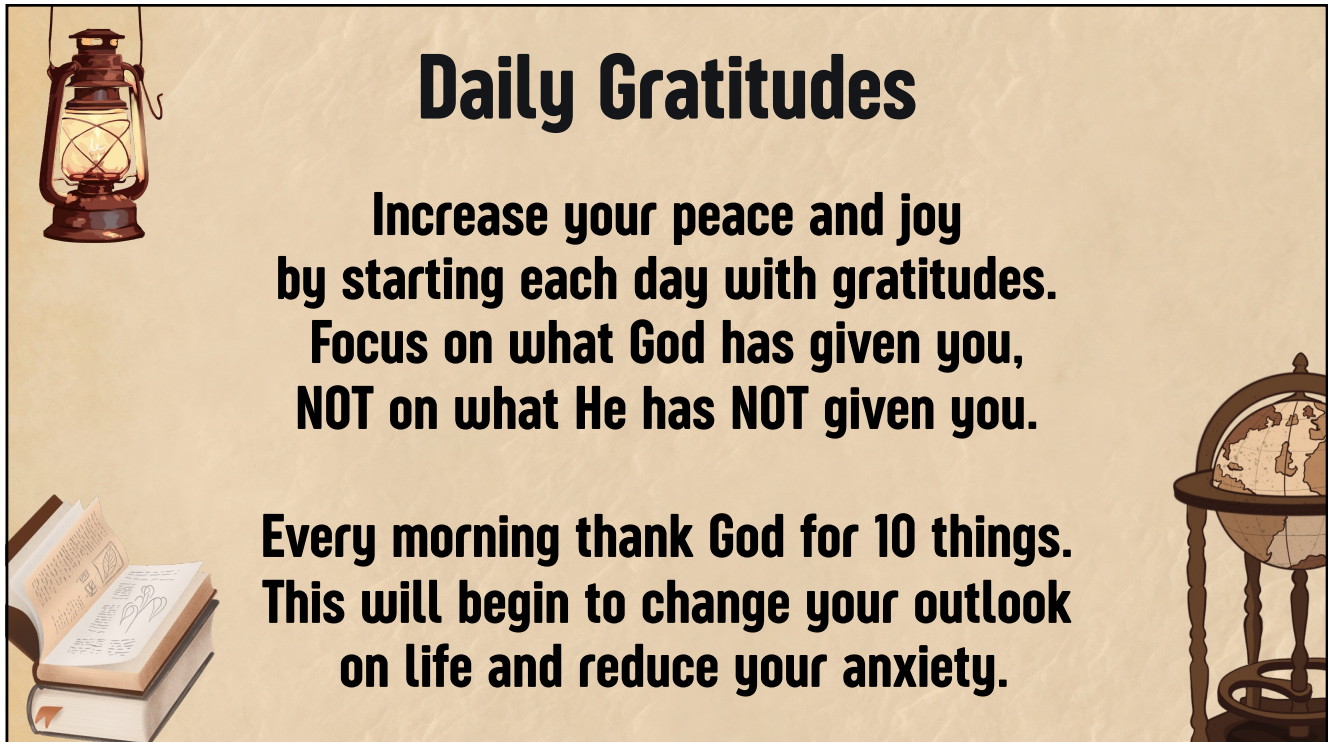
Be Thankful

**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

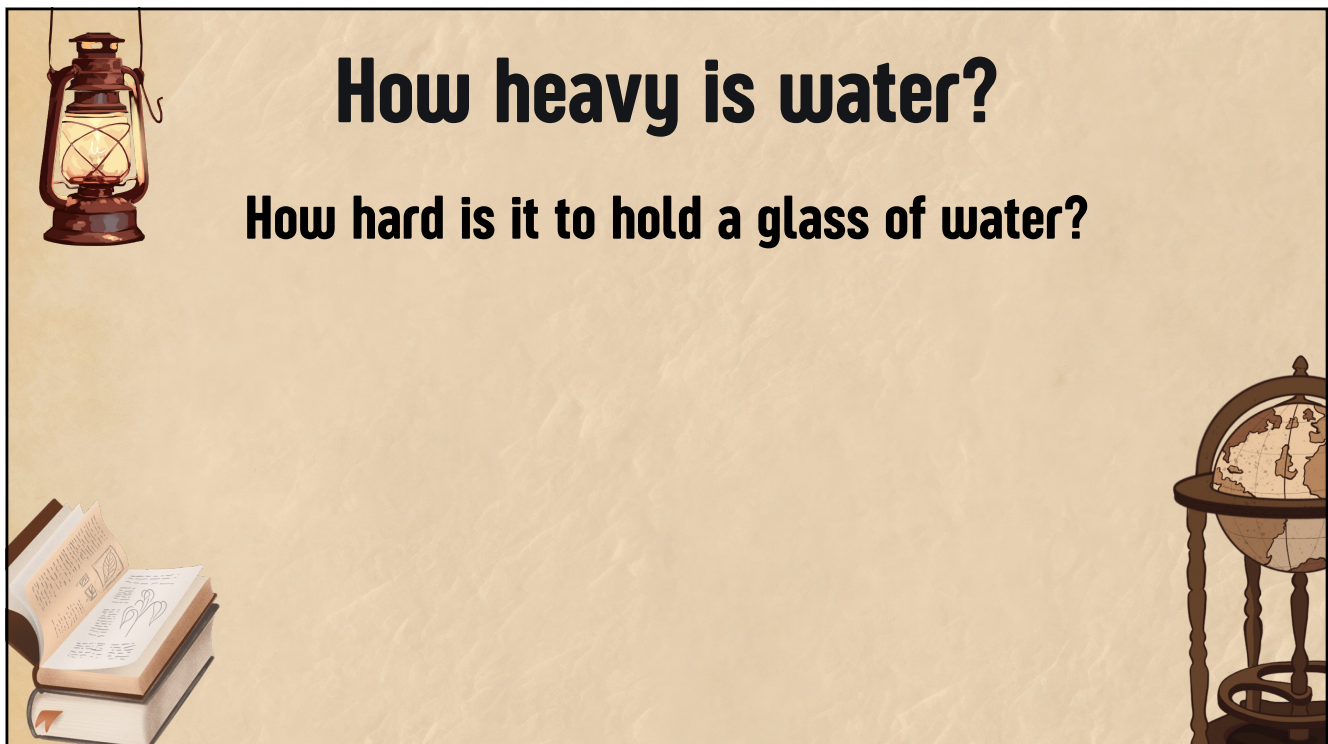


Daily Gratitudes

**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.**

**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.**



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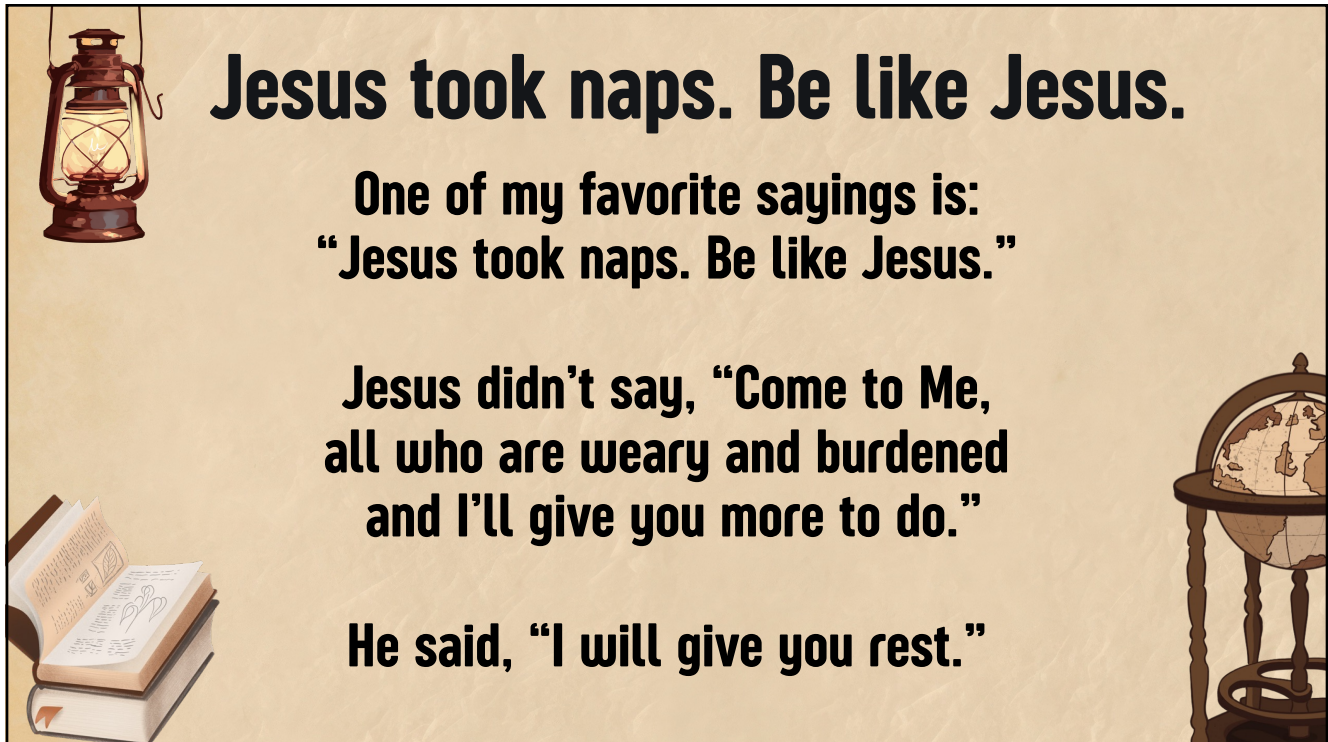
Jesus Asleep in the Boat

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

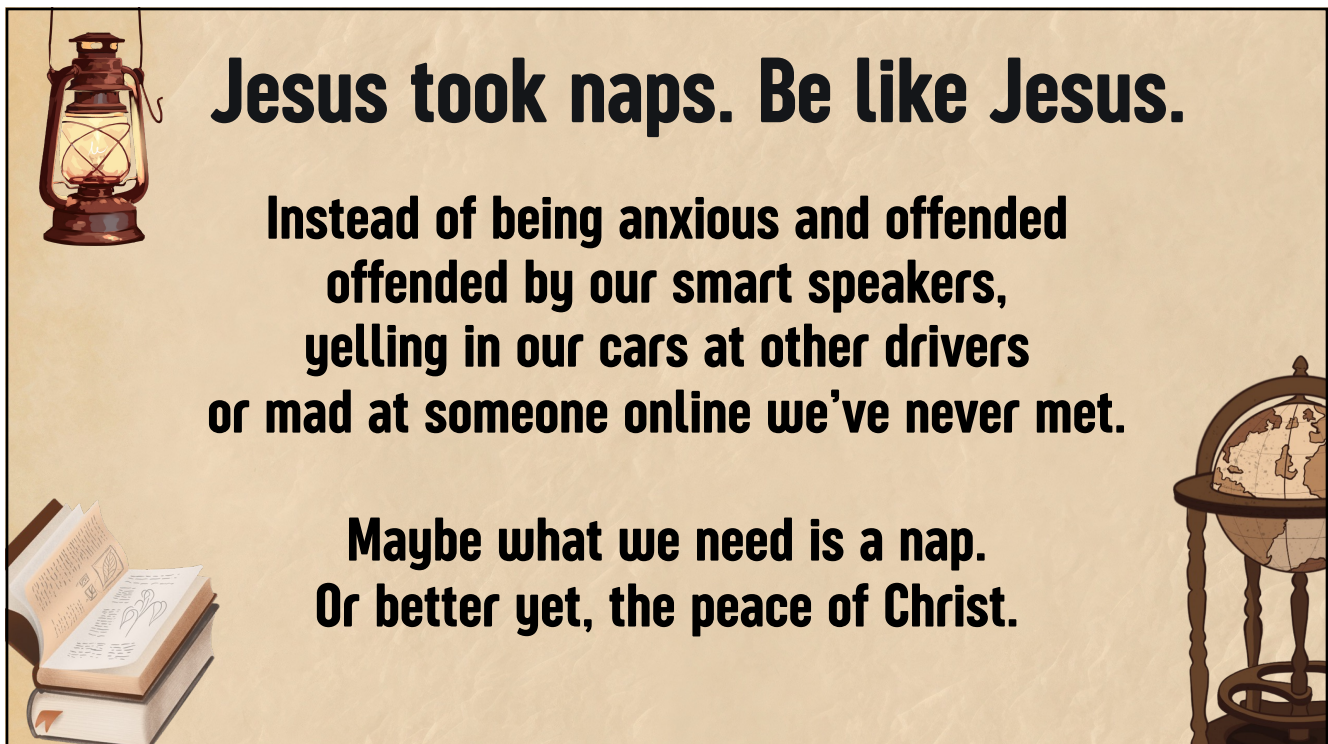
**Jesus was modeling the peace He wants to
give us—a peace rooted in trust in God
not in trying to control everything
by our own limited strength**

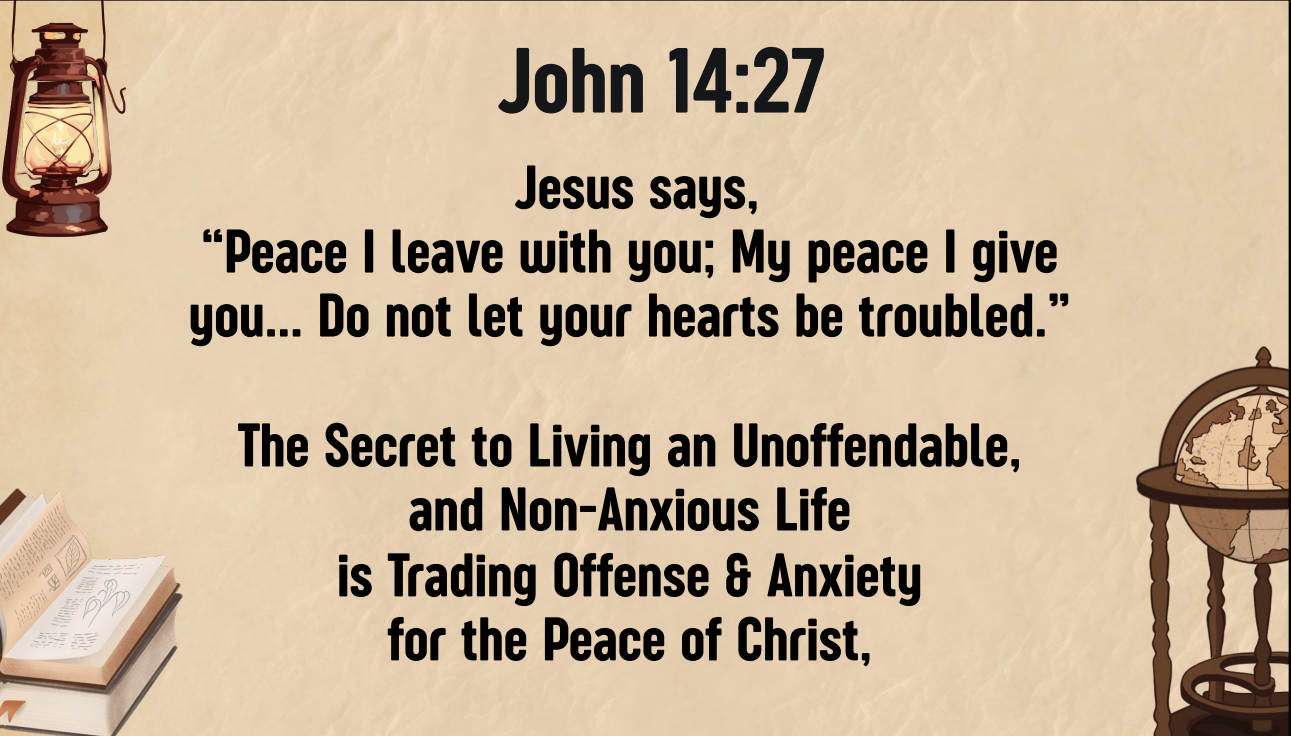
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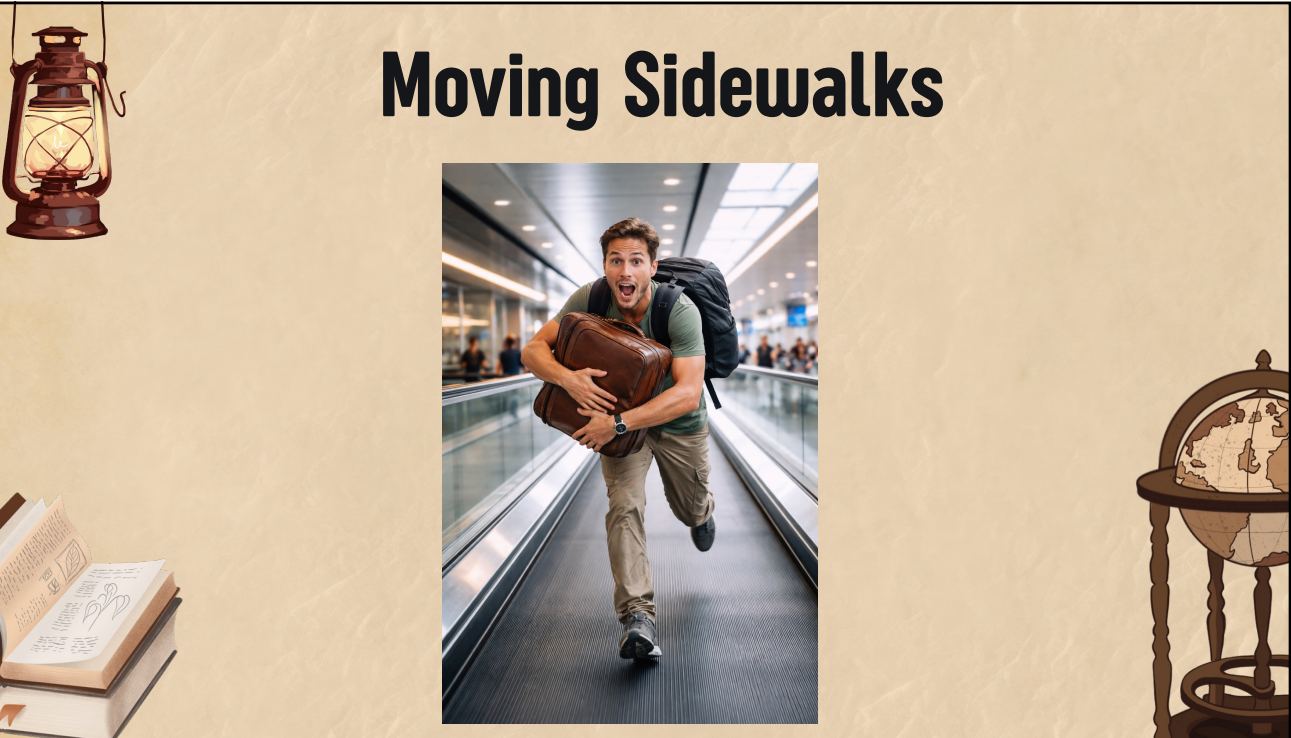
John 14:27

**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,**



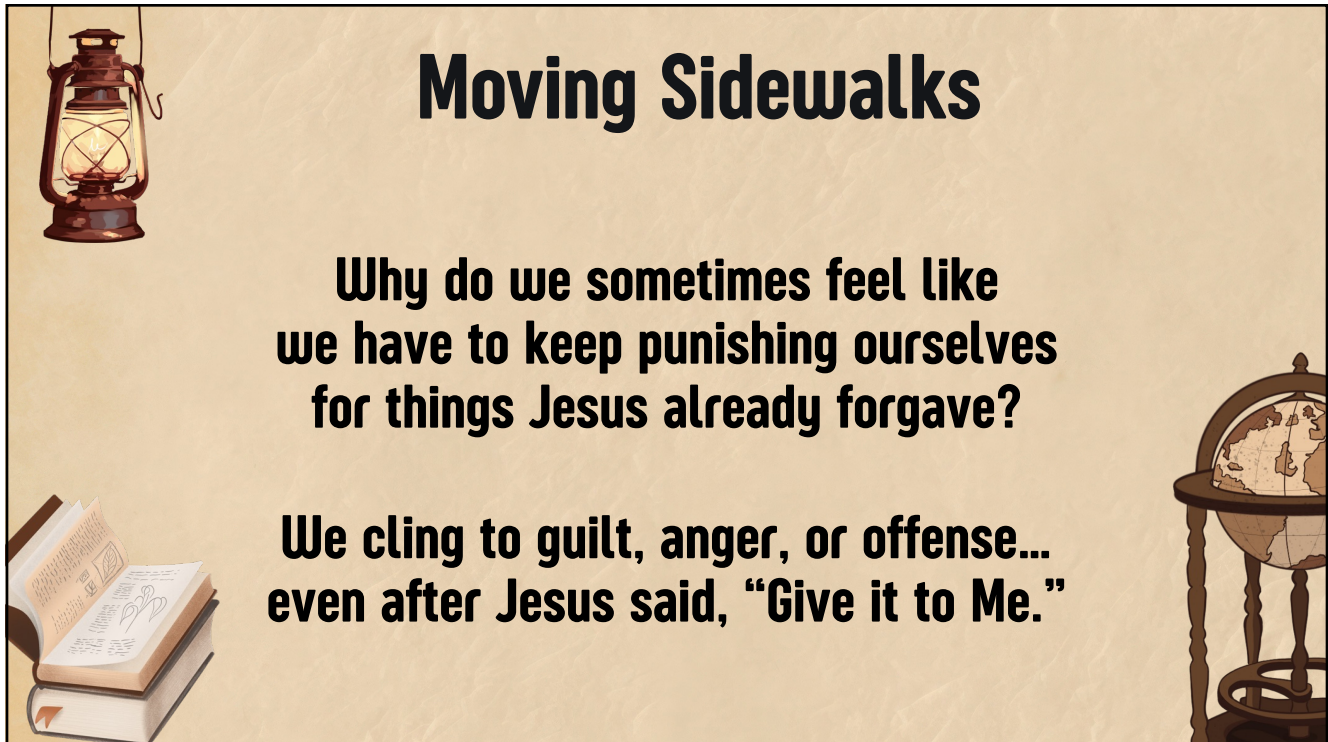
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Moving Sidewalks



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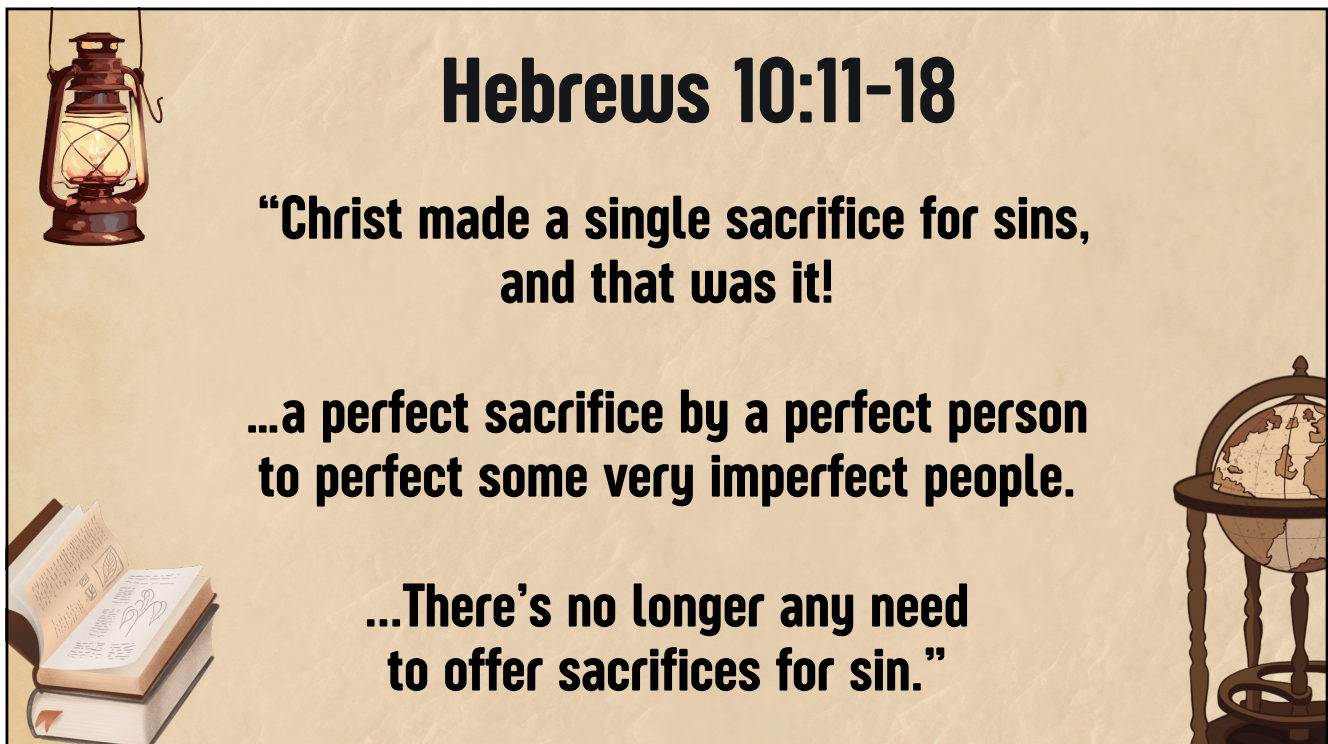


Moving Sidewalks

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?**



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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.



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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!

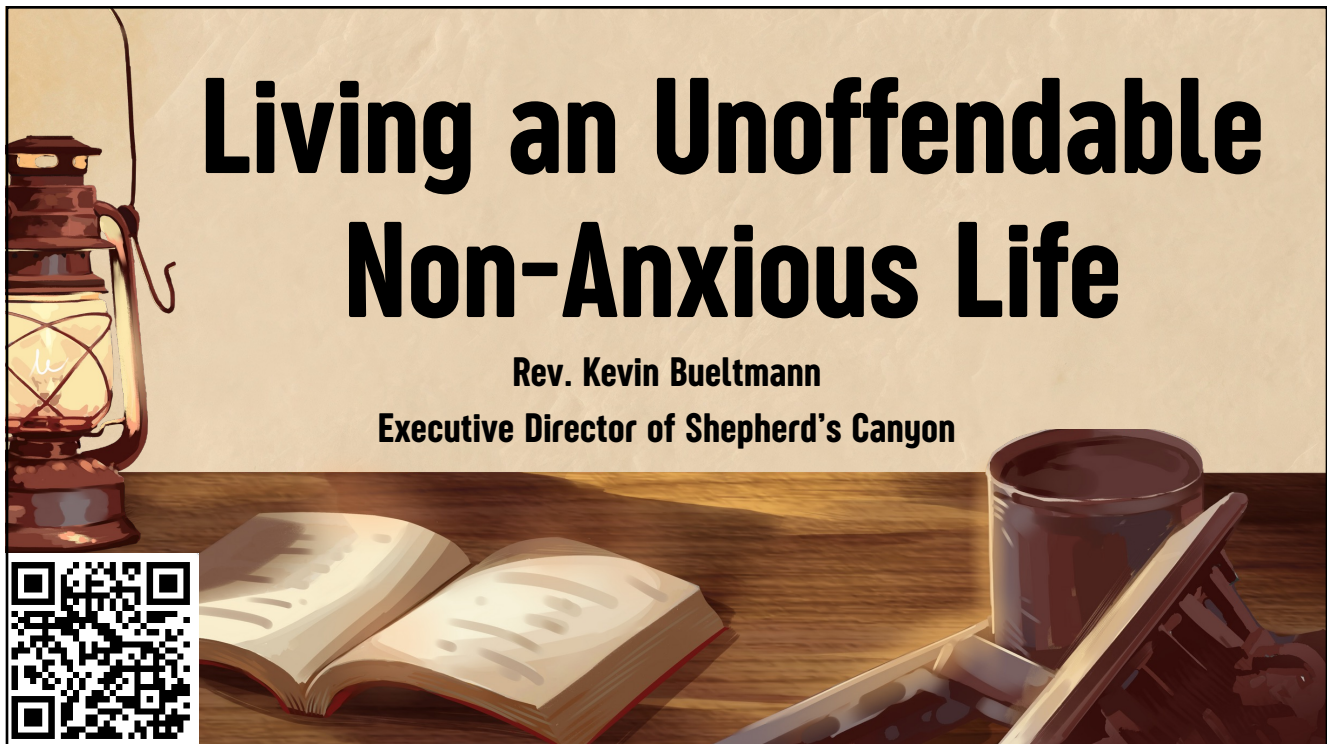
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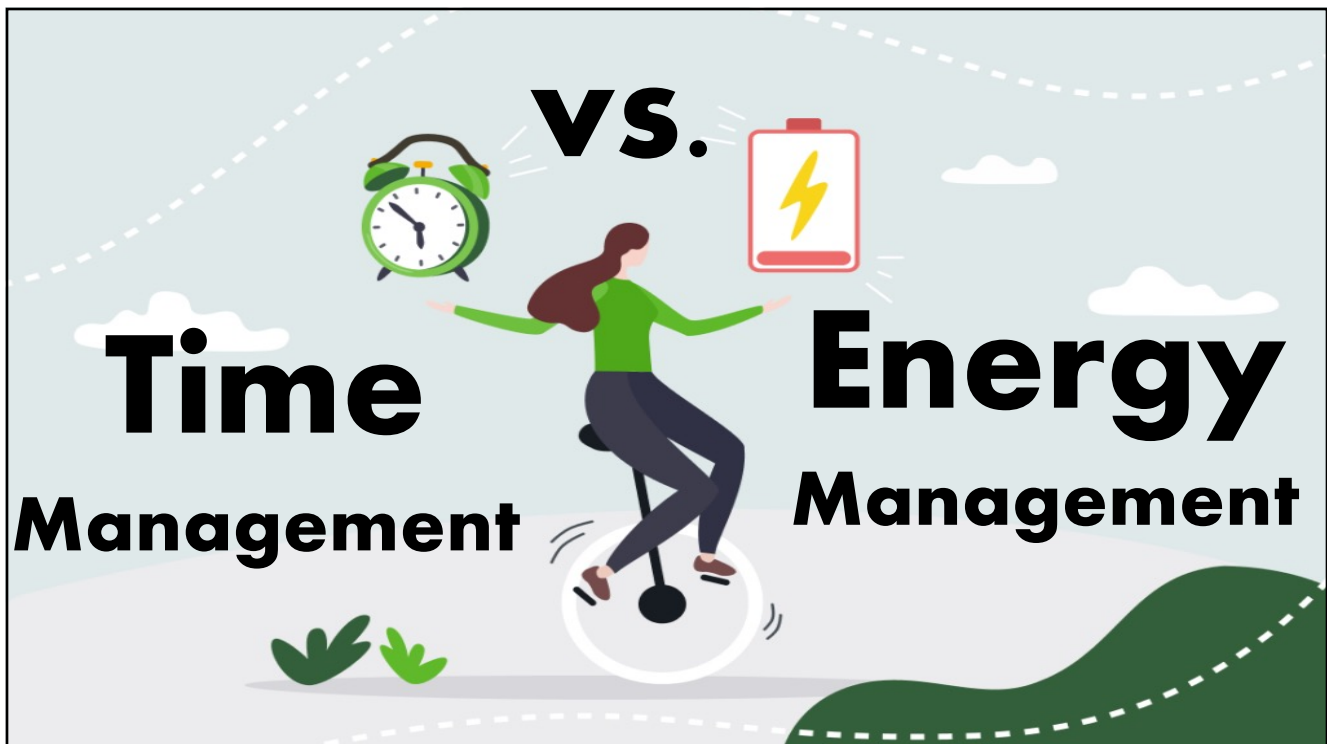
2 Thessalonians 3:16

**"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.**

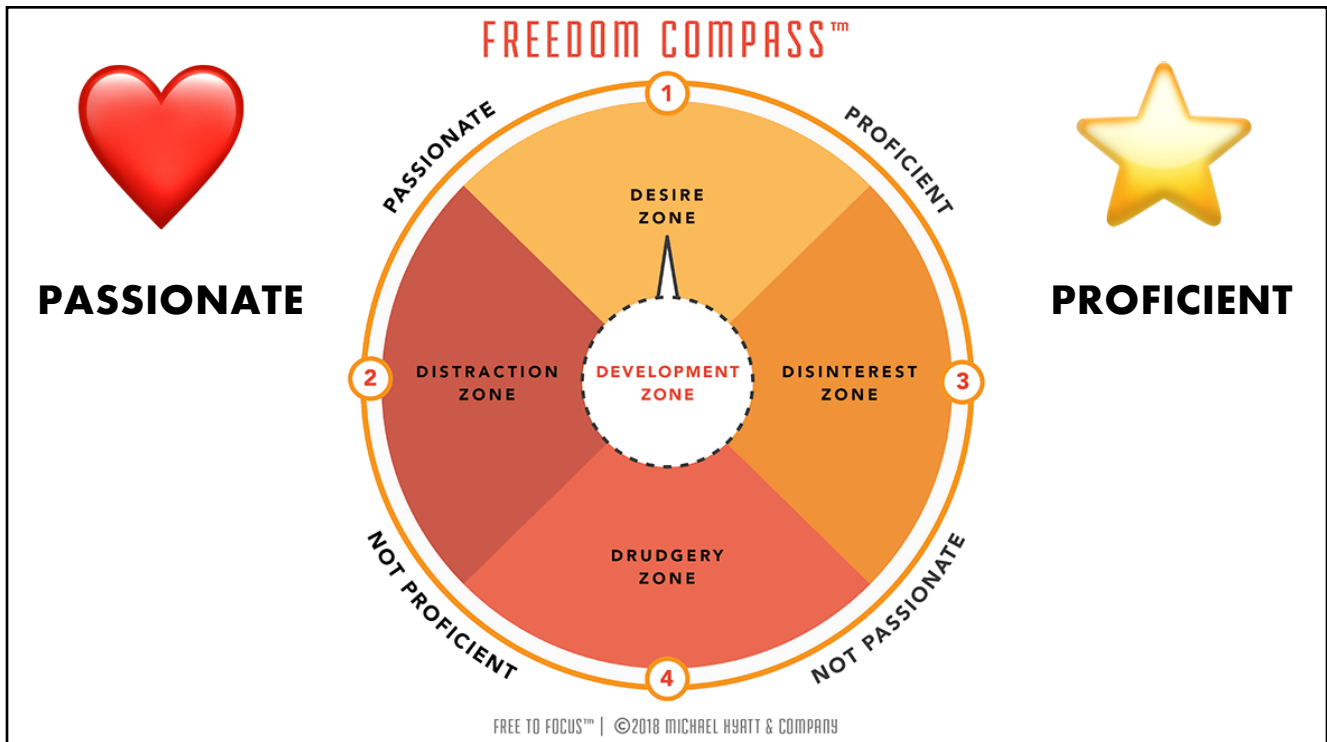
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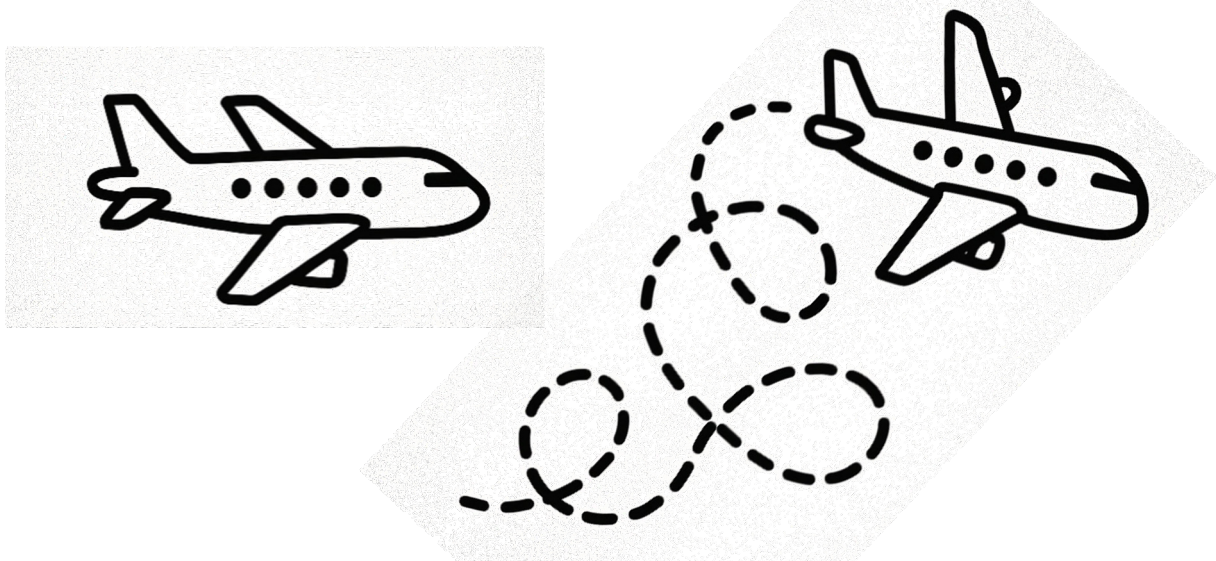


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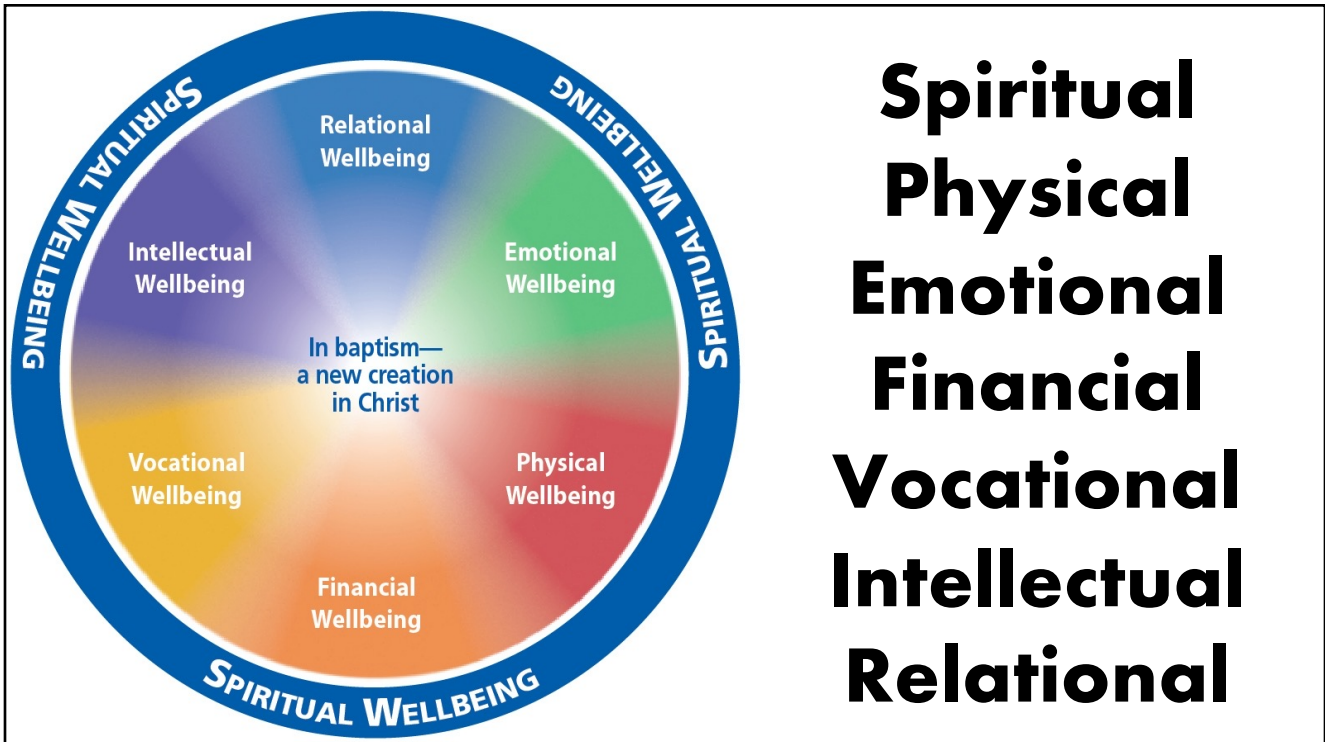


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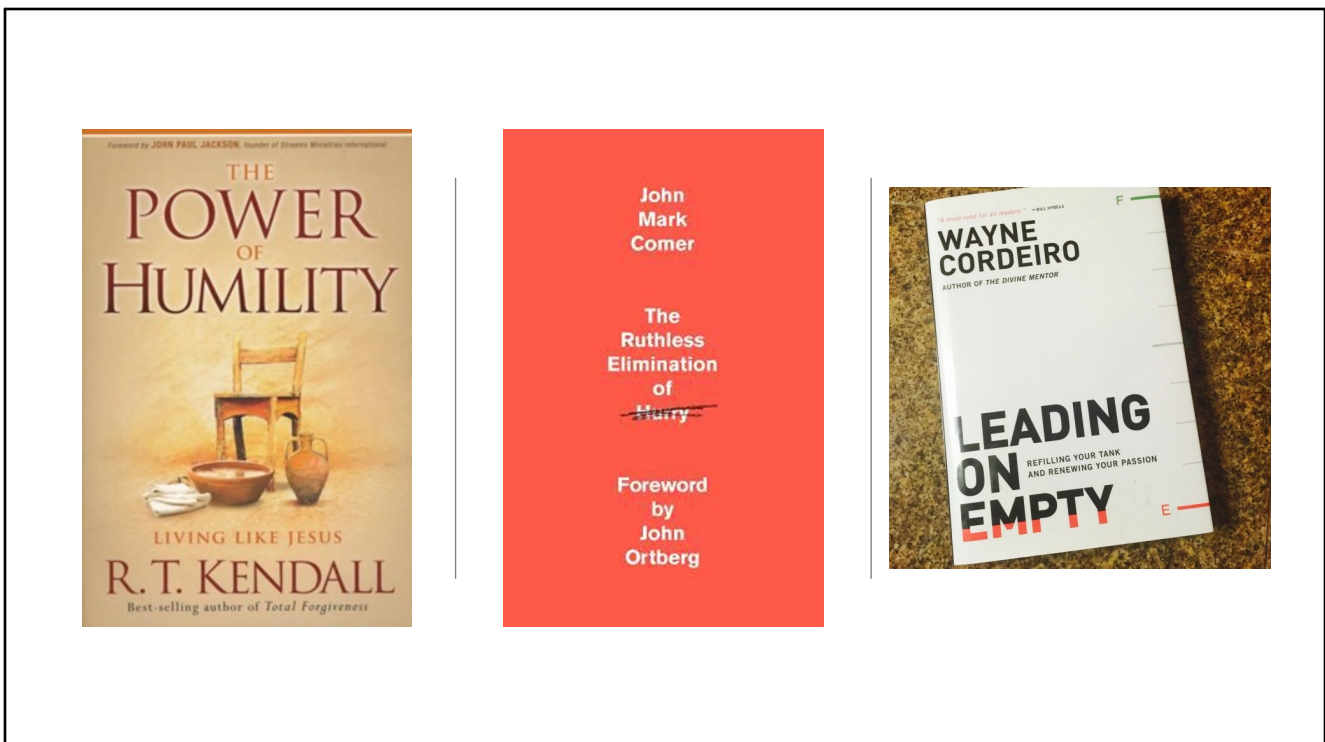
Parable of Two Pilots



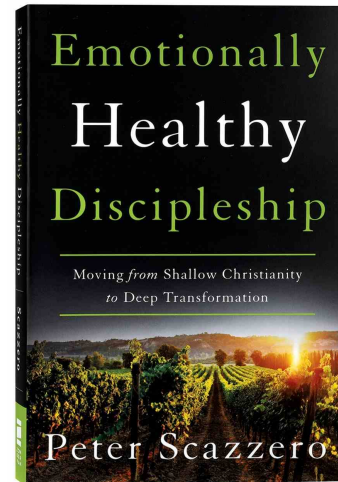
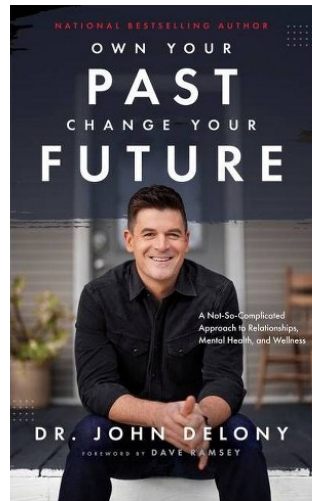
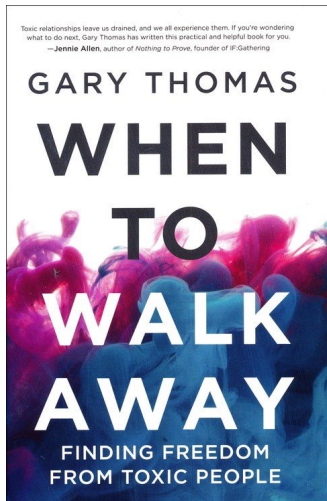
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LCMS Wellness Ministries

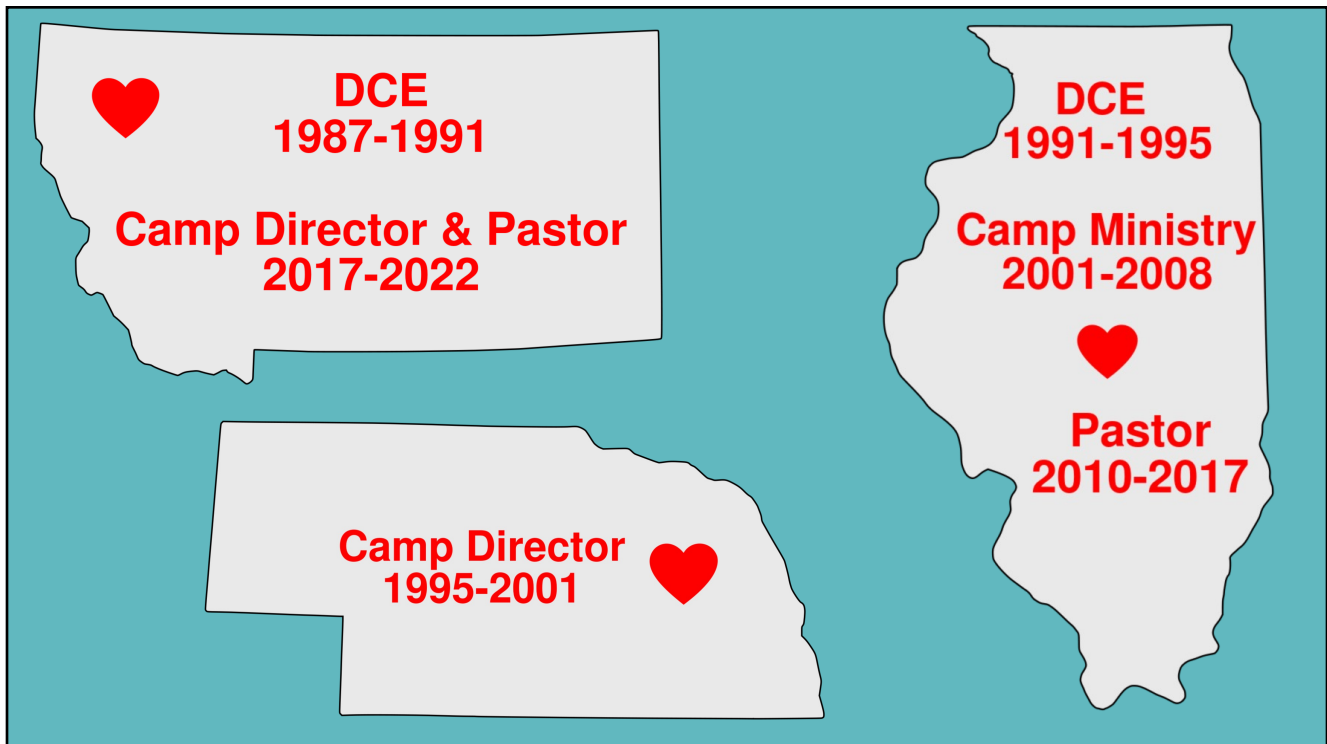
What's the difference?



Preventative

Therapeutic

60



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

65



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SHEPHERD'S CANYON RETREAT MINISTRY

ARIZONA & MISSOURI

Send Us Your Workers
Invite Me to Speak
Pray for Us



ShepherdsCanyonRetreat.org

Pray
Give
Volunteer

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