

Advanced Sabbath Retreat

Timber Bay Lodge, July 26-28

Advanced Sabbath Retreat: Was your Sabbath Retreat life impacting? Has a regular Sabbath brought greater rest and productivity to your life and ministry? Are you interested in taking the Sabbath experience to a new level? July 26-28, 2009 Jim Anderson and Kelley Johnson will facilitate an Advanced Sabbath Retreat at Timber Bay (<http://www.timberbay.org>). This retreat will center on the connection between trusting in God and resting in God, and will include an extended fasting and prayer times. The requirements for attending this retreat are that you have attended a regular Sabbath Rest Retreat and that you regularly practice a personal Sabbath. If you are interested in attending please contact Jim at productiverest@brainerd.net on Kelley Johnson at Kelley.johnson@frontiernet.net for more information or to register.

Who is eligible?

Pastors and church leaders are invited provided they have previously attended an NCD Sabbath Retreat and have practiced weekly Sabbath retreats on their own with some consistency. Spouses of those who have attended a retreat are welcome provided that they have also practiced weekly Sabbath retreats on their own with some consistency.

What preparations are necessary for the Advanced Sabbath Retreat:

I. Read: *For God's Sake, Rest! The Pleasure of His Rest*, by Jim Anderson and Journal your answers to the questions at the end of each chapter.

II. Read: *The Sabbath, Its meaning for Modern Man* by Abraham Joshua Heschel. Write a four page paper covering the following points:

- 1) Summarize Heschel's contrast of the life that values space over time with the life that values time over space.
- 2) Evaluate your culture in terms of its value of time and space using illustrations.
- 3) Describe ways in which valuing time over space may change your life.
- 4) Write out practical ways of implementing this change in values.

If you are interested, please email or call

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