



In all my nearly 40 years of traveling around the world proclaiming the “good news” through word and song, I have found two important aspects for renewal. These two aspects are the time and the place I have found the perfect way for me to be refreshed. The idea is not mine—it came from the Lord Himself, who says I am to labor six days and on the seventh day I must rest. It is this Sabbath day I have come to treasure.

My best retreat happens in my own home. Yes, I have attended many great retreats, but that is not my favorite way to be renewed. Often, if I must go to the garage, get a suitcase, bring it into the bedroom, and decide what I should take for this “time away” to be refreshed, it just seems to add to the fatigue! But when I have a “Sabbath day of rest” each week, that is when I am completely rebooted and restored!

It is wonderful that I am able to minister often three weekends a month and a couple of days during the week. Those of us who travel in full-time ministry are well aware that Sunday is not our Sabbath, so for my “Sabbath” day, I stay in comfy clothes, surround myself with my favorite book (the Bible) and magazines, and read over and over again what *Jesus Calling* says to me that day. What an easy and effective way to be lifted into His presence, look into His face, and hear Him say to me what I have just read in that awesome devotional book.

No TSA, no airplane ride or long drive to a remote place to be asked to attend many different sessions. No. Here I am in my own home, relaxing and enjoying basking in His presence. At the end of my Sabbath day, what consolation I always feel because my body, soul and spirit are refreshed and I am ready to go out with joy.

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