

## RETREAT

REV. DON GUICO

**R**elax, refresh, rest, reconnect, re-energize, reflect, realign, renew. These are the words that we usually associate with a retreat, and this past week, our General Services Department, composed of our custodians, drivers, tech-audio team, electrician, and our carpenter did just that.

In the many times that we have conducted Crossroad Weekends and retreats, this is the first time they've had a retreat as a ministry team. Summer outings as a team and Men's Crossroad as individuals they have experienced, but not a retreat. So you can just imagine how excited they were.

They thoroughly enjoyed the retreat venue's free amenities, which include 3 swimming pools, basketball and volleyball courts, jacuzzi pool and dry sauna, and activities such as tilapia fishing and paintball.



But more than these, they also feasted on God's Word.

In the four retreat sessions, they were reminded of their individual worth because of God's love and calling for them, their invaluable contribution through the various spiritual gifts and skills that God blessed them with, and their important service to God in their respective assignments to help build up the church. And in all these, the need to rest in God was highlighted. In one of the devotions, they studied Ezekiel 20:19-20, which says,

*"Ako si Yahweh, ang kanilang Diyos. Sinabi kong lumakad sila ayon sa aking mga tuntunin, at sunding mabuti ang aking Kautusan, 20 at pahalagahan nila ang Araw ng Pamamahinga **sapagkat ito ang mag-uugnay sa kanila at sa akin**, at sa ganito'y makikilala nilang ako si Yahweh, ang kanilang Diyos."* (Magandang Balita Biblia)

Yahweh (Eng. *the LORD* your God) is the name of God that not only denotes His infinite power and might, but more so reflects His desire and intent to have a personal, intimate relationship with His people. Yes, we show that we love the Lord by our service and obedience. But it is **equally important** to God that we pursue Him by observing the Sabbath, a day of rest each week, where we could know more about Him and His plan for our lives. Knowing God more and deepening our relationship with Him can be best achieved when our heart, mind and spirit are still before Him, ready to receive and ready to surrender and be transformed.

We can never over emphasize the importance of resting in the Lord, that I strongly urge each one of us to spend time with God and His Word **daily** (Quiet Time), extended time **weekly** (Sabbath), and three days yearly (Retreat) to relax, refresh, rest, reconnect, re-energize, reflect, realign, and renew. This benefits us, your pastoral and admin staff. And I am certain that this will benefit not only you, but your family, relatives, friends, co-workers/schoolmates, and co-ministers as well. Because as we grow deeper in our relationship with God, we will become better people to those we love and serve.

And one more thing, when you walk through our hallways in GCF South Metro and come across our GSD staff, let us show our love and appreciation by encouraging and even praying for them. They are the backbone of our ministry, and these wonderful men are worth stopping by for.✱

