



# SBAOC Weekly Update

## NEWS & PRAYER REQUESTS

*If you have any news, prayer requests, or events that you would like to have included in this update, please email the information to [spurgeonassociation@gmail.com](mailto:spurgeonassociation@gmail.com) or call us at 785-456-8513.*

## PHYSICAL CARE FOR A PASTOR

Rest by Brian Croft

(From *The Pastor's Soul: The Call and Care of an Undershepherd* By Brian Croft & Jim Savastio; pp. 139-143; Evangelical Press; [www.epbooks.org](http://www.epbooks.org))

One of the greatest hindrances to the passionate, driven, highly productive modern pastor is an inability to know how to rest. I can relate. For most of my adult life, I didn't know how to rest. In fact, what I now understand as rest and recreation I saw as laziness and lack of productivity. After all the kingdom of God is being built! Who has time to rest? I learned every pastor needs to rest. I did. Otherwise our souls are not given a space to breathe and re-group from the grind of ministry. I came to understand rest as essential and that it comes in the form of three layers as a formula for a long and fruitful ministry. Those three layers are a day off, vacation, and sabbatical.

### A DAY OFF

Some like to question whether a pastor should take a day off. Let me be clear for those who are curious—yes! Every pastor should take a day off every week. Additionally, it ideally needs to be a day other than Saturday. Here are a few reasons.

Sunday is a work day for a pastor. I know it is the Lord's Day. I know some pastors are preaching on Sunday and some are not. Regardless, while most are getting a break from their weekly grind on Sunday, the pastor is experiencing the pinnacle of it. Sunday is a joyful day, but it is also an emotionally draining day and is far from being low-key and restful.

A pastor never really leaves work. Regardless how we spend our evenings or how hard we try, the pastor never completely checks out.

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### PURPOSE STATEMENT:

We unite as an association of Southern Baptist churches in order to manifest the glory of God above all. We purpose to do this by seeking spiritual awakening and revival by intense prayer and earnest obedience to Scripture. We covenant to strengthen and support one another, motivated and guided by the authority and sufficiency of Scripture, by facilitating faithful preaching of the Word of God, proclaiming the gospel of the risen Lord Jesus Christ to all, making and gathering disciples, planting churches and coordinating unified missions efforts.

*"If there is no church... should you not commence one?" C. H. Spurgeon*

## COMMENTS ON OUR PURPOSE STATEMENT

We unite as an association of Southern Baptist churches in order to manifest the glory of God above all. We purpose to do this by seeking spiritual awakening and revival by intense prayer and earnest obedience to Scripture. We covenant to strengthen and support one another, motivated and guided by the authority and sufficiency of Scripture, by facilitating faithful preaching of the Word of God, proclaiming the gospel of the risen Lord Jesus Christ to all, making and gathering disciples, planting churches and coordinating unified missions efforts.

*“Some persons, who affect long prayers, are greatly faulty in this respect; they are speaking to the people and teaching them the doctrines of religion, and the mind and will of God, rather than speaking to God the desires of their own mind. They wander away from God to speak to men. But this is quite contrary to the nature of prayer.”*

Isaac Watts

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Even if the phone does not ring or no one stops by, the sermon is still on the mind and heart, that elderly saint's battle with cancer still weighs on the shoulders, and there just is not a clock we ever punch that magically causes us to forget about the burdens of caring for souls until 9:00 am the next morning. Although the burdens never completely leave, a day where we can try to focus on our families and escape the daily grind is invaluable for our souls and long term ministry stamina.

A pastor needs a weekly day where his family comes first and they know it. There are many sacrifices and crosses to bear for the pastor's family. Because of this, taking a day when they know they will be "dad's focus" helps them give dad up to the busyness of the other days. There are fewer effective ways to communicate your love for your family than for them to know there is a day for them, it is scheduled regularly, and regardless of the craziness, it is coming soon.

One of the best decisions I have ever made for the benefit of my family and ministry has been to commit to a day off every week. Only funerals and true emergencies cause me to compromise it. My day off is Friday because it fits best in our schedule. Pick a day that works best for you and your family. The point is pick a day. Let your family and church know when that will be and stick to it. I still manage to work about fifty to sixty hours a week with a day off. My family looks forward to it. Your family will too if you schedule it in your week and honor it. Little decisions like committing to a day off every week are crucial to the long-term care of your soul.

### VACATION

Some might believe I will suggest how many weeks of vacation you should be given by your church, or how much you should advocate for your vacation time. My concern is not about how much vacation time a pastor is given, but how he uses (or doesn't use) what he is given.

This is an appropriate time to pause for a confession. I often fail at my own advice. Just thought I would acknowledge that in case you think I write this way because I have figured it all out. Far from it. The stewardship of my vacation time has been a glaring area of failure in my life that I have tried to address the last several years.

A couple of years ago, I was lovingly confronted by a dear friend and fellow pastor that I was not using all my vacation time. In his rebuke, he explained to me the reason I should be taking every day of vacation the church gives me, which I had never done. Here was the basis for his thoughtful, insightful, and wise argument:

It's for you. The pastor never gets a break in the regular routine. We are constantly on call. Vacation time is that time where you get time to breathe away from the madness, be refreshed, and rest. All of us who are pastors know we are no good for our people when we are exhausted, distracted, and mentally and emotionally spent. Use the time and use it wisely to achieve that end.

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## UPCOMING CONFERENCES & EVENTS

**True Church Conference—**  
February 14-17. Grace Life  
Church of the Shoals, Muscle  
Shoals, AL. Theme: *Honoring  
the Excellency of Jesus Christ.*  
truechurchconference.com

**Southern Baptist Founders  
Conference Midwest—**  
February 26 & 27, 2019. First  
Baptist Church of Fenton in  
Fenton, MO. Theme:  
*Reformation in Today's  
Churches.* Speakers include Dr.  
Thomas Nettles & Dr. Owen  
Strachan. [https://  
sbfcmw.wordpress.com](https://sbfcmw.wordpress.com)

**Spring Bible Conference—**  
April 5-7. Covenant Baptist  
Church, Broken Arrow, OK .  
Theme: *The Glory of Christ.*  
Speakers: Ron Crisp, Laurence  
Justice, Curtis Knapp, & Robert  
Walker. [www.covenantbc.com](http://www.covenantbc.com)

**Saved By Faith Youth  
Camp—**June 17-21, 2019.  
Webster Conference Center,  
Salina, Kansas. Speaker: Dr.  
Jim Orrick. Theme: *God Is  
Sovereign.* For more  
information go to  
[www.sbfyckansas.com](http://www.sbfyckansas.com) or email  
[trinitybaptistwamego@gmail.com](mailto:trinitybaptistwamego@gmail.com).

**Encouraged to Endure  
Conference—**July 25-27,  
2019. Second Baptist Church,  
West Frankfort, IL. Speakers:  
Joseph Mahlaola, Larry McCall,  
& John Snyder. Worship  
Leader: Tom Clay.

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It's for your family. Your family always has to share you. During vacation, your family has a blocked amount of time where they don't have to share you with the church. When you don't use all your time that has already been approved by the church for this purpose, you rob your family of having your sole focus to care for, fellowship with, and enjoy them.

It's for your church. How is it that many of our churches have somehow existed and functioned for the last fifty to one hundred years without us? Yet all of a sudden, we come and develop this complex that our church can now no longer live without us for a week or two. Using all your vacation time forces others to step up in your absence, shows them they can make it without you for a time, and reminds the pastor most of all that God is not utterly dependent on him for this church to function. We are expendable, and we need regular jolts of humility to remind us of that.

### SABBATICAL

A practice common among some like-minded churches is to grant full-time pastoral staff occasional pastoral sabbaticals. During a sabbatical, a pastor sets aside regular pastoral duties (i.e., preaching, teaching, worship, member care, and administration) to focus his time and energy on other profitable tasks. I was given a sabbatical at the completion of ten years as Senior Pastor of my church. No pastor had ever taken a sabbatical in the eighty-year history of our church. As a result, my fellow pastors felt a need to explain to the congregation what this foreign idea was. Here's the description of what they presented to our congregation:

The intention of a pastoral sabbatical is to provide a time of rest, renewal, and refreshment of the pastor's soul and his family with longevity of ministry in mind. The pastoral sabbatical includes deliberate efforts for the pastor to grow, learn, mature, and excel all the more in his ministry upon his return. The pastoral sabbatical is distinct from vacation time. When the pastor uses vacation time, he is not expected to fulfill ministry obligations. However, during the pastoral sabbatical, the pastor is charged to engage in devotional, theological, pastoral, and personal reflection and renewal.

A sabbatical can take on various forms and lengths. To see the full explanation of my two-month sabbatical and how it was presented to our congregation, see Appendix A. What is important to realize for this context is seeing another layer of rest that is essential for proper care of a pastor's soul and a healthy formula for a long ministry.

The fight for rest in these three layers is real. The pastor must fight to see his own need for this kind of rest and reject the lie that if he's not doing ministry he's being a bad steward of his calling. Additionally, there is the pressure of the congregation that comes into play. Is the pastor being lazy? Why does he need three months off when I only get two weeks? Because of these pressures, a common result is the pastor doesn't rest. He just keeps going. And going. And going. Until he breaks and has no idea how he got there. Pastors, fight for your rest. And when you rest, let go. Submit it all to the Chief Shepherd. Allow him to revive your tired and anxious soul.

SAVED BY FAITH YOUTH CAMP

# GOD IS SOVEREIGN

With Dr. Jim Orrick

[www.sbfyckansas.com](http://www.sbfyckansas.com)

**June 17-21, 2019**

**Webster Conference Center  
Salina, Kansas**

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For youth entering grades 7-12.

Early registration fee: \$160 (includes meals, lodging, & t-shirt)

Questions? Contact Anthony Harwell at 785-477-9417  
or [anthonyharwell@gmail.com](mailto:anthonyharwell@gmail.com).

*SBFYC is committed to the faithful teaching of Scripture. Our goal is simple;  
pour the Word of God into the lives of students and watch God do His work!*

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## PRAYER MEETINGS FOR SPIRITUAL AWAKENING AND REVIVAL

- Fellowship Baptist Church in Onaga, Kansas—5:00 pm on Sundays
- Trinity Baptist Church in Wamego, Kansas—8:00 pm on Saturdays

*The Spurgeon Baptist Association of Churches is an association of Southern Baptist Churches that are united to manifest the glory of God above all. We set out to do this by seeking spiritual awakening and revival by intense prayer and earnest obedience to Scripture. As an association of churches we are bound in mutual covenant to strengthen and support one another - motivated and guided by the authority and sufficiency of Scripture - by facilitating faithful preaching of the Word of God, proclaiming the gospel of the risen Lord Jesus Christ to all, making and gathering disciples, planting churches and coordinating unified missions efforts.*

*We are a non-geographic association seeking to include any like-minded body of believers so that together we might better fulfill the great commission of our Lord and Savior, Jesus Christ. Our intent is to lean on His instruction and not our imaginations so that He is honored in all that we do. We welcome churches who adhere to the confessions of faith accepted by Southern Baptists throughout their history, including, but not limited to, the Second London Confession (1689) and the Baptist Faith and Message.*



Baptist Association of Churches