



## Discovery ~ January 2007

Be encouraged. The need for rest is a sign of life. Renewal is part of growth.

*BetterDays is especially focused to provide and direct time for members of Christ's Body to experience rest and renewal. While restful, our belief is that the Spirit will use these next several hours for the purpose of His ongoing sanctification of your mind, body and spirit.*

Welcome to Discovery.

This retreat removes you from and disrupts the default patterns, the routines, and the distractions of life as usual.

It also is...

**A rest stop.** There's no pretending that the very real things, concerns, and commitments have magically disappeared upon arrival. That stuff chased you all the way out here; it will be waiting on you when you depart. It's not forgotten; it's put into perspective. Jesus told us to go outside of the stuff worrying you, look at the flowers and birds and the care of God within creation:

*Is not life more important than food, and the body more important than clothes?  
26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?  
-Matthew 6*

**An offensive strike.** The enemy roams in our daily ruts and mundane paths, seeking to destroy the gift of life. During these hours of Discovery we will take hostage thoughts, feelings, impulses, and bring them into the presence of our Lord Jesus Christ.

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.  
-2 Corinthians 10:5*

**A place to ask questions.** In the Lord's presence questions begin to surface more quickly than do answers. To be sure, though, the questions bring clarity and peace:

*To whom will you compare me or count me equal?  
To whom will you liken me that we may be compared?  
-Isaiah 46*

**A place for silence and solitude.** Chances are the sustained silence and solitude that you are able to enter will be as refreshing as it is unsettling. The solitude may be difficult to face and the questions disquieting.

*Be still, and know that I am God.  
I will be exalted among the nations,  
I will be exalted in the earth!  
-Psalm 46:10*

My hope is that you strive to "Be still and know" the powerful and abundant presence of God. In that place, like the quiet center of a storm, you will find what you need.

All those things that chased you out here, that will greet you upon departure, are within His sovereign reach.

**A place to imagine God's rule.** Take time to imagine God at work. Imagining His rule is the first step of implanting His rule. The prophets often called the people of God to imagine His rule in their life. Take for instance, Isaiah 11:

*And the Spirit of the LORD shall rest upon him,  
the Spirit of wisdom and understanding,  
the Spirit of counsel and might,  
the Spirit of knowledge and the fear of the LORD.  
And his delight shall be in the fear of the LORD.  
-11:2-3*

**Discovery!** Chief amongst your findings in times such as these is a renewed vision for Christ's Lordship. My prayer is that you will hear Jesus, again, saying to you:

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.  
-Matthew 11:28-30*

I'll be praying for you.

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