



PEOPLE REACHING PEOPLE

**A MINISTRY OF BISHOP TODD
& REVEREND PATSY MCGREGOR**

Engaging Partners in Evangelism,
Education & Economic Development

Sabbatical Stories

Sabbatical: a period of leave for study and reflection

Why take a sabbatical?

What happened during our time?

What are some of the takeaways?

In our final Reflections, Patsy+ and I will share lessons learned and valuable takeaways from our sabbatical time. We trust the Reflections have been meaningful to you and provided encouragement for your own time of prayer and meditation.

Blessings,

+Todd

What are Some of the Takeaways?

A reflection from Rev. Patsy:

**“Those who wait on the Lord shall renew their strength;
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.”**

Isaiah 40:31

Waiting on the Lord isn't necessarily passive. It's about keeping pace with God. At the beginning of the sabbatical, I thought this was a way to recharge batteries in order to re-enter ministry with new vigor and strength. However, back on the mission field, I find our sabbatical was not a pause in our work to give us power to win the rat-race, but wisdom to stop living like life is a rat-race all together. After the stillness of sabbatical, I realize my task-oriented, busy self is an imposter to my true, prayerful self, thirsty to spend time with Creator God.

From previously striving to tick off my task list, to thriving through resting and quieting my heart, I find a purposeful day now evolves through a prayerful day. Sabbatical was a reminder of joy, a foundational, developmental stage for inner healing and growth.

Sabbatical opportunity allowed for reading. During our four months we were encouraged by our mission counselors to read two books from the Life Model Series, *Living From The Heart* Jesus Gave You and *Joy Starts Here*. I find principles brought out in these books

foundational pillars for establishing a joy-filled life.

Creator God has wired our brains for joy, knowing we are the twinkle in someone’s eye. Conscious we are special to someone, joy allows a deep sense of identity that doesn’t get lost when we are in pain.

Our life, brain and relationships work best when deeply rooted in high-joy connections with God and others, building strength and stimulating brain growth. Joy makes us smart, action-oriented and helps us get things done.

Creator God has designed our brains to grow with joy, respond to joy, produce joy in others and amplify joy. As a response to our relationship with God, joy knows we cause the sparkle in another person’s eye, specifically God’s eye. When we see with God’s eyesight, we know we are special to God, creating a glad-to-be-with-you lifestyle.

Relational. Contagious. Transforming. Joy starts with a smile, reduces stress and helps our brain grow. Improving our immune system, joy gives us strength, protects marriages and raises resilient children. Viewing life from God’s perspective, joy knows we and others are especially hand-made in the likeness of loving, Creator God. Now that is something to be joyous about!

With the Joy of the Lord,

Patsy+

The Rev. Dr. Patsy McGregor

Serving Christ Together

To make a gift in support of the McGregors' ministry, please use the Society of Anglican Missionaries and Senders (SAMS) secure website: <https://give.sams-usa.org/missionary/todd-and-patsy-mcgregor>. Or call 724.266.0669 to make your gift.

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