

Mentoring for Christ-centered Homes (MCCH)  
**Thanksgiving 2018 Newsletter**

**The Blessing of Discipleship**

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. (Jesus said,) “For my yoke is easy and my burden is light”. (Matthew 11:29, 30)*

Using Tony Horsfall’s book *Rhythms of Grace* we learn together how to slow down to listen to God and develop a sharper focus daily. MCCH has provided summer weekend retreats for drawing closer to God’s heart through biblical rest.



Pastors and church leaders enjoyed a 24-hour rest in body, mind and spirit

**Intimacy with God through Contemplation**

MCCH Men of Faith and MCCH Women of Faith went for a Biblical Rest retreat to learn how to rest in God by knowing Him more deeply. We did this by practicing a spiritual exercise called *Lectio Divina* (literally divine reading).



During the Biblical Rest retreat we took a day-off to enjoy periods of stillness, silence and solitude to allow the Lord to speak to us through His Word. Together we read aloud a short passage of Scripture then listen to which word or phrase that the Holy Spirit is calling our attention to. Next, we repeat out aloud the word or phrase to **meditate** on what was God saying to us. We then took these thoughts and convert them into **prayer**. Lastly, we enter into **contemplation** by being opened to Him and by listening to Him.

At that retreat, Johnny prayed thanking God for His intimate presence that brought refreshment and renewal to his soul. At times the Lord would prompt him to ask His forgiveness for not taking regular time to rest in His love.

**Testimonials: How relevant was MCCH 2018 Biblical Rest Retreat to me?**

The Biblical Rest retreat has helped me to understand that the Sabbath rest is an invitation from God. It is a gift of rest from God with assurance that I will experience God’s presence more, have a more intimate relationship with Him and my strength will be renewed. A.T.

I didn’t think I need this retreat but after reading the pre-class material, I felt excited to go. K.L.

From the scriptures I was taught about the importance and the how-tos of Sabbath. The light schedule with delicious food and sweet fellowship in the Lord leads to my first taste of Biblical Rest. D.L.

I enjoyed entering the Lord’s rest without it being too structured and stressful. I laid aside my personal agenda and burdens, just like a weaned child resting in his nursing mother. Y.C.

It was a purposeful slow down!  
By being away from home, we had ‘unforced rhythms of grace’ in quiet segments and walk down to water and parks.  
Personal sharing in Lectio Divina revealed great depth in lives of these women leaders. I was surprised by quiet people include unexpected spiritual experience. D.A.

All modules built a stronger foundation for me to grow brain deeper and life deeper. D.A.

**Summer 2018**

Dick and Donna felt called by the Lord to walk alongside others to help them enjoy biblical rest, be renewed for greater fruitfulness and experience a balance life. *Dick and Donna*, are the couple in the middle of the photo, *with their sabbatical accountability group*.

**Summer 2019**

Together with Dick and Donna, Johnny and Sun Koo’s mentors and mentoring partners, we are seeking the Lord’s guidance to find biblical rest in our busy lifestyle. Pray for MCCH’s plan in 2019 to offer guided retreats to help Christians to draw closer to God by resting in Him.

Dick and Donna Andrews  
Co-lead with  
Johnny and Sun Koo  
MCCH 2019 Biblical Rest Retreat



## 2018 Highlights of Families Living Out Mentoring Experience



*Dennis and Joyce Hodge were our first MCCH mentee couple. (L)*

Also like father Abraham, God revealed to Dennis his plan of becoming a father in his forties. God is calling them as intercessor prayer warriors and spiritual directors in their child bearing years. They also mentor others in church as well as their children at home. What a joy to see God our great Shepherd and guide journeying with them in life.

*Franklin and Theresa Tseng (Evangelical Chinese Church Young Student Fellowship Counselors in early 80s (right)*



*Franklin and Theresa Tseng*

Watching God's converging the couple's spiritual gift, ability, knowledge with experience to serve together with joy and fruitfulness. They are impact players with people of all ages starting with their own family.



*Charlie and Shirley Wang (top)*

MCCH mentees, who caught **the vision of building healthy church by building first a healthy family.** Charlie and Shirley began by homeschooling their five children. Their pastor led the Wang family to go door to door evangelism on weekends. He also brought them on cross culture mission trips for hands on learning. As a result, the parents enjoyed their children as a gift from God.



Families that live out:  
 Faith to Faith  
 Generation to Generation  
 Life to Life  
 Eugene and Belle (top)  
 Yuanjing and Haibo (right)

**MCCH: Our Next Steps 2019 Biblical Rest Locally and Globally**

Please share with us your personal updates and prayer requests.

*A blessed celebration of Thanksgiving to you!*

*Johnny and Sun Koo TO*

Website: [www.mentoring4Christ.net](http://www.mentoring4Christ.net), (253) 639-5683, 4026 1<sup>st</sup> AVE NE, Seattle, WA 98105