



# Lauren Becker

Missionary to Thailand

REACHING STUDENTS, MAKING DISCIPLES

May 3, 2017



Welcome Roxanne Elliott to our team in Lampang! Roxanne came on a two-week trip to Chiang Mai in 2014, and a two-month trip to Lampang in 2015. Now she's back for two years! Here's our team: Lauren, Roxanne, Aaron, Paul, Robyn.



In April I helped with the Thai AG Youth Camp. 200 youth were encouraged to connect with God and serve in ministry.

## Rest.

In eight+ years of newsletters I've talked a lot about my work, but not much at all about rest. Are you getting rest? I am a zealous Sabbath-keeper! Every week I take a day off (usually Saturday) to rest, do things that rejuvenate me, and spend extra time with Jesus. Let me tell you, God knew what He was doing when He made the seventh day holy and commanded us to keep the Sabbath, to rest regularly. A professor in university encouraged me to keep the Sabbath, and the practice has kept me from burnout in ministry.

I have noticed that it is too easy for people to keep going *nonstop* in ministry and in life, trying to maintain a frenetic pace without any break for rest and recovery. Such a rhythm is not sustainable over the long haul. We are human, and we have limits—limits to our energy, our time, our bodies, and our productivity. If you want to last long and do well on the way, make time to **REST**.



Bible school graduates, ready for ministry, joined by proud SoCal missionary Dan Klepel (center).

Also in April, I took a vacation! Time with friends and time to explore a new place renews my spirit, and it's good to come back home too. Resting up for a full summer ahead!



### Spare Sixty

**Will you please spend the next sixty seconds praying for this specific need in Thailand?**

Please pray for leaders in the Thai church. Pray that God will raise up a new generation of leaders and ministers, with His heart to reach Thai people and the world with the good news of Jesus. Pray that the church will grow stronger and stronger as it empowers young people to serve. Pray that God will provide for pastors and their families.

### Praise and Prayer

**PRAISE GOD FOR:** Roxanne's arrival in Lampang; safe travel to youth camp, Thai AG General Council, and on vacation; time to rest and recharge before a full summer of teams and volunteers; teams coming!

**PLEASE PRAY FOR:** Thai teammates to join us in Lampang; summer teams and volunteers, and the local friends they will make in Lampang; relationships we have in town and open doors to share about Jesus.

You can contact me by...



EMAIL [lauren.becker@agmd.org](mailto:lauren.becker@agmd.org) MAIL 8948 Santa Margarita Rd. Ventura, CA 93004 PHONE 805-628-2239

Check out my website: <http://laureninthailand.org> ACCOUNT NUMBER 294540

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