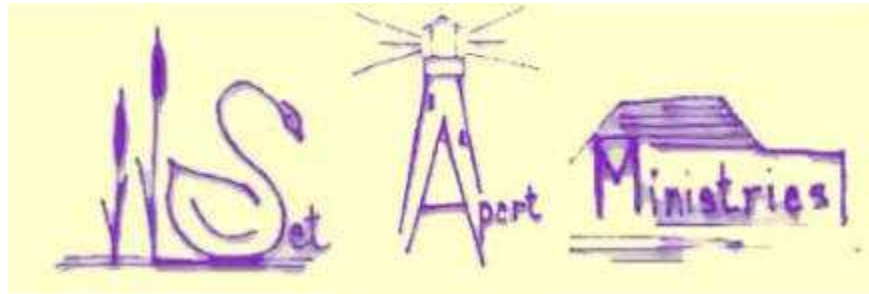


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## Conquering Life's Mountains Together!

Personal Life Coaching

April 2006

### Greetings!

Spring is slowly moving forward here in the Northland of Wisconsin. Springs rains, winds and sunshine bring the promise of green trees and blooming flowers. The neighbors have been out raking up the old leaves and dead grass from the previous year to clear the way for new growth.

Our lives often need the same kind of care and attention. What are you doing to nurture the positive growth in your life to bring forth abundance? What old, unhealthy habits should be cleared out that hold you back from achieving your goals?

As we continue our series on the Fruit of the Spirit, we challenge you to think of some ways to enhance the influence of the Spirit in your life. Growth sprouts from an intimate relationship with the Vine Grower as He prunes and cares for us.



***Barbara Klika and Marilyn Guffey, Personal Life Coaches***

## ***Gentleness: Built upon the Solid Rock***

According to Strong's Exhaustive Concordance, gentleness is goodness in action:

- *The virtue that pervades and penetrates the whole nature that mellows anything harsh and austere.*



Goodness is expressed in the fruit of a person's life.

In James 3:17 we can find some important keys to developing gentleness in our lives.

To learn goodness we must first have a solid base in the Word of God--to know what is clean and unclean in God's eyes. When we understand the righteousness of Jesus of Nazareth, our lives become a living testimony. We will be fit representatives for our Savior.

- o *But the wisdom from above is first clean, then peaceable, gentle, ready to obey, filled with compassion and good fruits, without partiality and without hypocrisy.*

Often when people think of *gentleness*, they think of weakness. In today's movies, women are often portrayed as street smart warriors who are able to handle guns and know all the self defense techniques to protect themselves and the world. Is a meek person someone who has no back bone or confidence? Do you remember Superman's alter ego, Clark Kent? He was described as meek and mild mannered, implying "weak." Looks are deceiving. Underneath the business suit and glasses was the "Man of Steel."

A believer in Jesus of Nazareth may appear meek and mild on the surface. Beneath a quiet, mild exterior lies the foundation of the SOLID ROCK. It is a foundation that will not be moved by swirling winds or floods. It is the quiet confidence of knowing from where his strength comes. *Yet those who wait for the Lord Will gain new strength; They will mount up with wings like eagles.* (Isaiah 40:31 NASB)

In addition to a solid base in The Word, we must be ready to obey what The Living Word tells us. Rebellion within our hearts needs to be exposed and rooted out. We need to discover what keeps us from being fully submitted to the God of Abraham, Isaac and Jacob. Rebellion will not produce gentleness and kindness, only bitterness and anger.

Thirdly, we should treat all people with respect and compassion, not thinking ourselves better than others. We will then be a person who attracts others and in doing so, attract them to our Lord and Master. True gentleness will come from a heart devoted to our Creator and King.

In studying the Fruit of the Spirit, it becomes obvious that development of one aspect leads to another. Love, peace and goodness will lead to gentleness, which will lead to kindness. etc. The power of the Fruit of the Spirit comes from a heart fully yielded to the One who formed us, who gave His life for us and is now preparing us for eternity.

### *Depression Survey*

Do you have questions on **depression**? Barb is conducting a survey on *Christians in Depression*. If you would like to take part in this survey, please [click here](#) to answer the survey question. An ebook will be written based on this survey and participants will receive a free copy! Thank you for participating!

## Another Survey Opportunity

Marilyn Guffey is conducting a survey on the Life Changes of Women. Please take a moment to submit one important question that's on your mind. Marilyn plans to use the answers for future articles and eventually an e-book. Thank you for your input! [Click here to ask your question.](#)

## ABOUT US

**Barbara L. Klika, MSW, LCSW, Personal Life Coach** is a licensed mental health professional and founder of Set Apart Ministries, Inc., who is trained to help people learn new skills and make significant behavior changes. She is a trained Bible Study teacher and has been mentoring people in their spiritual growth for many years. She has completed Life Coaching training through Mentor Coach, Inc. She is here to offer her skills in the areas of faith development, communication, problem-solving, and behavior change.

**Marilyn T. Guffey, lay counselor, Personal Life Coach**, worked in a church setting for ten years before joining Set Apart Ministries, Inc. in January 2003. She has received instruction through a variety of Christian lay counseling courses as well as working alongside pastors and professional mental health therapists. She has also completed Life Coaching training through Mentor Coach Inc. Marilyn has worked extensively supporting women --spiritually, emotionally and practically--through encouragement and prayer.

*In Coaching, you come for help to make decisions and then implement them, in order to achieve goals that you have chosen for yourself. May we come alongside and encourage you along the way?*

## Keeping Your Joy FULL!



*There be whales there! Our family is planning to go to Chicago at the end of this month to visit the Shedd Aquarium. They have whales along with dolphins and many other aquatic sights to see. This is a joy to anticipate being with family and seeing a place we haven't yet toured.*

*In the midst of all the stressings of life, it is often a challenge to be joyful. Yet, a cheerful heart does one good! If you haven't found anything to be cheerful*

*about of late, try planning an outing to someplace fun perhaps once every six weeks, or every two months. Experiment to see how often you need something scheduled to hold on to the anticipation of joy between such times.*

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