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## Conquering Life's Mountains Together!

Personal Life Coaching

February 7, 2006

### Greetings

Today's article is on **Patience**. The Biblical Cyclopedic Index of the New American Standard Bible defines patience as *the ability to bear trials **without grumbling*** (emphasis by M.G.). When we are ready to move ahead and make changes in our lives, it is sometimes hard to be patient. We want changes NOW!

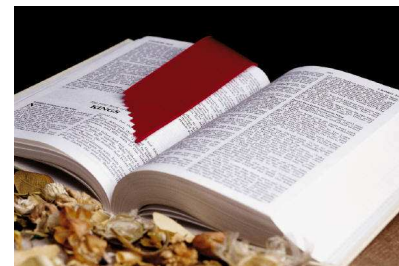
*But the fruit of the Spirit is love, joy, peace, **patience**, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. (Gal. 5:22-23 NASB)*

In upcoming articles, we will continue to examine how the Fruit of the Spirit applies as we seek to set goals for our lives. Our desire should be to walk in the Spirit in all aspects of our lives. *Unless the Lord builds the house, they labor in vain who build it (Psalm 127:1a).*

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

## Bearing Trials Without Grumbling

In Ephesians 4:1-2, *Shaul* (Paul) tells us to walk in patience. Making changes in life takes time and patience. In our October 2005 newsletter, we listed Prochaska's Stages of Change. As stated, **change is a process**. Life will bring distractions that pull us from our goals and plans. Sometimes, we will need to re-evaluate our plan and begin again rather than giving up prematurely.



Here are some steps you can take to develop a more patient attitude:

- **Identify the Current State of Your Patience**

1. What is your definition of patience?
2. How much patience do you have when a problem presents itself?
3. How patient are you with your own rate of personal growth?

4. How patient are you with the rate of growth of the significant others in your life?
5. What negative consequences have you experienced as a result of your lack of patience?
6. How do others react to your lack of patience in yourself? In them?
7. What feelings do you experience when you are impatient?
8. What beliefs block your ability to have patience?
9. What replacement beliefs would help you gain more patience?
10. What new behavior traits could you develop to gain more patience?

*(Developing Patience (Coping.org) by James J. Messina, Ph.D. & Constance Messina, Ph.D.)*

- **Carefully Evaluate Your Goals**

Are your goals realistic? Break large goals into smaller steps. Are your goals in line with Scripture, therefore God's will? Do you really **want** to make these changes?

- **Expect the Unexpected**

Our plans will not always turn out the way we expect; mistakes will be made. Be prepared to make changes and fine tune your plan.

- **Recognize that the Process is as important as the Outcome**

What is God teaching you in your circumstances? Your faith can be strengthened in difficulties and better prepare you to deal with future problems.

- **Recognize the Consequences of Impatience**

Impatience causes anxiety, difficulties in relationships and discontent.

The development of patience in our lives will lead to more contentment in all circumstances. We will find more satisfaction in our relationships and peace within ourselves. As we learn to wait upon the Lord, our trust in Him will grow as we see His work in our lives. When we are impatient, we are tempted to take matters into our own hands.

*Yet those who wait upon the Lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary. (Isaiah 40:31 NASB)*

- M.G.

### ***Keeping Your Joy Full!***



Here in Northern Wisconsin, one of the most joyful sights is a fresh snowfall. The frosty snow clings to the trees and glistens in the sunlight. We see God's signature in His creation.

As you are walking or driving, look for God's special

signature in your area. There is joy in what He has created.

## Contact Us

Email us at [info@setapartmingb.org](mailto:info@setapartmingb.org) with any suggestions, feedback, or questions you would like to ask. We are looking forward to having teleconferences on a variety of subjects that people would like to discuss. Barb has an extensive mental health background and both Marilyn and Barb have been involved in extensive Bible study and discipleship. So let us know what you'd like to see provided. Teleconferences are done as a group. When you register, we will provide you with the telephone number and pin number to be included in the call. When using a long distance phone card, the long distance charge can be as low as \$1.80 for an hour. It's fun and it's great to meet and talk with people from all over the U.S.

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## 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?

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