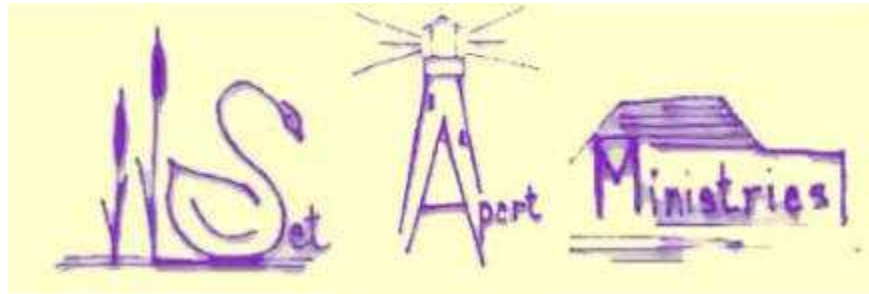


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Conquering Life's Mountains Together!

Personal Life Coaching

January 21, 2006

Welcome!

What a strange winter we've been having in Northeast Wisconsin! December was one of the coldest on record and January has been one of the warmest with the longest stretch of no sunshine! On these gloomy days it is sometimes hard to feel motivated. Daily responsibilities await us when we would rather just read a good book or take a nap.

Sometimes, it is hard to continue in the face of difficulties and trials. Our Messiah has told us, *In the world you have tribulation, but take courage; I have overcome the world* (John 16:33b).

In today's article we will talk about perseverance. What do the scriptures have to say about persevering, what examples do we see and what can we learn for our own lives?

Just a reminder, there's still time to sign up for the teleconference on Monday, January 23 at 7:00 p.m. We'll be talking about why we act the way we do. It is an introduction to the *Life Model* and learning to mature. Join us. Email Marilyn at info@setapartmingb.org.



Barbara Klika and Marilyn Guffey, Personal Life Coaches

Steadfast and Persevering

God has said He will exalt you in due time, but remember He is referring to His time and not yours! (A.W. Tozer. *I Call It Heresy*, pg 104)

In our last newsletter, we talked about Maturity in our Prayer Life. Each stage of life has primary tasks to be accomplished. There are also consequences in adult life when these tasks are not addressed earlier in life.

As children, age 4 through 12, the primary developmental task is learning to take care of self. As an adult, failure to have accomplished this leads to difficulty in taking personal responsibility.

One aspect of the self care task is development of persistence to do hard things. Children need to be challenged and encouraged to do difficult tasks. If a child fails to accomplish this task, he/she will likely experience failure, undependability and an inability to move ahead. An adult with this background may focus excessively on fantasy and comfort.

Let's face it, life **is not** easy. There are many difficult obstacles to overcome--health, financial, relational and our own immaturity and woundedness. We can't change the circumstances, but we can take steps to encourage our own maturity. As personal life coaches, we help people to design those steps.

In previous articles, we have talked about the steps of change and goal setting. What changes do you want to make in your life? What goals and visions are in your mind? **What are the obstacles that keep you from moving forward?** We can come alongside you to explore the answers to these questions and others. When leaving on a trip, a map is needed to show the way. Through prayer and self examination, you can design a road map to reach your goals.

At times, your goals may seem unobtainable. **Obstacles will arise.** This is where persistence is needed. In Romans 5:3-4, the apostle Paul writes, *And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope* (NASB).

In Scripture, we see that steadfastness and perseverance are connected to maturity. In the Psalms, David prayed for steadfastness; Paul calls for us to *walk in a manner worthy of the Lord* to please Him (Col. 1:11). Our Messiah, Jesus of Nazareth stated in Luke 21:19, *By your endurance you will gain your lives.*

God is in the process of perfecting a people for His Kingdom. He uses the circumstances in people's lives to refine them. There are many examples in Scripture of those who stood firm in their belief and promises of the God of Abraham, Isaac and Jacob.

Despite the obstacles Joseph faced--being sold as a slave, falsely accused and imprisoned--he honored God. He persevered until God's plan for his life was revealed. Abraham waited years for the fulfillment of God's promise of an heir. David fled from King Saul until the appointed time for him to become king of Israel. As Moses led an unruly people, he continued in leadership and intercession until God told him his time was completed. Noah spent 100 years building an ark before the floods came.

May we follow the example of the Apostle Paul by...*rejoicing in the hope, persevering in tribulation, devoted to prayer...*(Romans 12:12 NASB).

(Y)ou shall stand firm, and not be afraid.(Job 11:15).

Keeping Your Joy Full!

One image that often comes to my mind when thinking about joy is a



picture of a baby taking his first steps. In the process, he will fall many times picking himself up again and again. Eventually, he will be able to walk steadily without even thinking about it.

There is great joy in accomplishing a difficult task. Procrastination keeps us from experiencing the joy of a job well done. Avoidance has the appearance of decreasing stress, but in the long run actually adds to it.

As you encourage the babies in your life, encourage yourself too! Celebrate each step you take toward your goal.

Contact Us

Email us at info@setapartministry.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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GO

FREE TELECONFERENCE CLASS ON JANUARY 23!



Marilyn Guffey will be offering a FREE Introductory Telephone conference call on Monday, January 23 at 7:00 p.m. CST. This class is based on the principles of the *Life Model: Living from the Heart Jesus Gave You by The Shepherd's House*.

Because of struggles or abuse throughout life, people may have gaps in their maturing process that interfere with their productivity and relationships. This isn't their fault and the good news is--they're not stuck either!

Do you find yourself just "blowing up" for no reason, find it hard to confront people or to "fit in" groups? Do you have constant struggles in your relationships or have you ever heard "Awww, just GROW UP!" ? This group may have some answers for you.

Some of the topics covered:

- How brain function plays a part in maturing and healing
- How Joy plays an important role in maturity
- The Stages of Maturity, the important tasks of each stage and the problems that result from uncompleted tasks
- Love Bonds vs. Fear Bonds

- What people can do to help one another to mature

This will be an introductory group. The only cost to you is a long-distance phone call. If you choose, you may go on to a 10-week class which will be offered at the cost of \$20 per hour class, two times per month or \$40 per month. This class is confidential. It will be conducted on a first name basis.

Contact us a info@setapartmingb.org or 1-866-634- 0291.

[Read on...](#)

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?

email: info@setapartmingb.org
phone: 920-432-5002

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