

[<Back](#) [Print](#)

## Conquering Life's Mountains Together!

Personal Life Coaching

January 7, 2006

**Happy New Year, Barbara,**

It seems a new year is always the time people think of new beginnings. It's time to reorganize, lose weight, be more disciplined in their spiritual life, and on and on. Our prayer for you is that as you spend time in prayer with Abba Father, He will lead you in the direction He has for you.

**in this issue**

- **Maturing in Prayer**
- **Keeping Your Joy Full!**
- **Contact Us**
- **FREE TELECONFERENCE CLASS ON JANUARY 23!**
- **ABOUT US**

I'm so thankful that our Abba Father has provided a way for us to begin again when we fall-- **REPENTANCE!** When we come to Him on our knees in prayer with a truly repentant heart, He allows us to begin again and TURN from our sin.

At Set Apart Ministries one of our main goals is to help people develop maturity in all areas of their lives. (Check out our FREE Teleconference on January 23!) Our current focus is maturity in our prayer life.

Our article today is a work in progress by Set Apart Ministries staff and community. We are inviting your input in this endeavor! What does a mature prayer life look like to you? If you have any comments or ideas to add to our list, please email us at [info@setapartmingb.org](mailto:info@setapartmingb.org). (If you have any problems emailing us, please try [swinc1620@sbcglobal.net](mailto:swinc1620@sbcglobal.net)). We will eventually be putting this "work in progress" on our website so you will be able to see the updates.

We look forward to hearing from you!

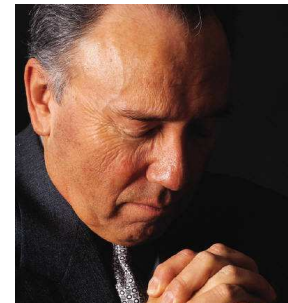


Barbara Klika and Marilyn Guffey, Personal Life Coaches

### *Maturing in Prayer*

Have you ever thought about how your prayer life changes as you begin to draw closer to your Heavenly Father? Maybe you haven't noticed any change or haven't even thought about it. Maybe you are longing for a deeper prayer life!

*Life Model: Living from the Heart Jesus Gave You* (copyright 2000 by The Shepherd's House), defines five levels of maturity. Physical aging doesn't guarantee maturity. The five different



maturity levels in the *Life Model* are: **the Infant Stage, the Child Stage, the Adult Stage, the Parent Stage and the Elder Stage.** The look or sound of our prayer life is influenced by our maturity level. Here are our initial thoughts about each of these stages. Again, we'd love to hear from you--what do you think about maturity in prayer? Where do you see yourself? What do you remember about being a new believer?, etc.

1. **The New Believer.** Prayers tend to be "me" centered, probably joyful and excited. Aware of the blessings Jesus (*Yahshua*) has given them. Prayers are generally focused on asking for blessings for their own decisions--"help me to...." kind of prayers. The New Believer is usually unaware of "the cost" and expectations of coming into the Kingdom. May perceive God as brother or friend most easily.

2. **Becoming More Serious about Faith.** Beginning to be aware that there are expectations for being in the Kingdom, including discipline and "pruning". Struggling to be humble yet still expecting one's own expectations to be met. Often easily discouraged. Unbelief and doubt quickly come in. May perceive Father and Son as Lord and a beginning awareness of the Spirit working in their life.

3. **Becoming a Servant of God.** Developing an awareness of the goals of humility, that one's own expectations may not be the goal. Occasionally able to trust without understanding. Beginning to understand that it is God's plan that is important, not our own ideas. May still be easily discouraged at times. Beginning to perceive Father, Son and Spirit as King and Lord but perhaps in a more abstract sense.

4. **Becoming a Bond Servant of God.** Most often aware of God's plan as of paramount importance. Increasing sense of intimacy with Him. Most often able to release one's own expectations in favor of whatever unknown plan God has without **daily** questioning. Struggling, developing humility. Looking beyond man's traditions and perceptions to **God's** directions and ways of serving and worshiping Him as He defines it. Perceiving Father, Son and Spirit as King and Personal Master over one's life.

5. **Becoming the Betrothed Wife.** Humility, personal expectations are submitted to God's plan. Most often unquestioning trust in His goodness and plan. Confident to approach the Throne of Grace boldly with expectations of results. An affectionate, confident presumptuousness, yet within the bounds of the intimacy of the relationship while still acknowledging Him as King, yet standing with Him as a purified, set apart Bride, as Wife, sharing the Throne? and purpose.

Well, what do you think? We pray this is as exciting for you to explore as it is for us!

### *Keeping Your Joy Full!*



Barb and I have been having chuckles as she's been telling me about a joyful book she's been reading once again. Sometimes we get so bogged down by all the paperwork, the bad news and life, we forget to read something just for enjoyment! Some of my favorites were the James Herriot series of books about animals. The first one was *All Creatures Great and Small*. I found myself laughing out loud many times while reading these treasures. What's your favorite?

## 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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## 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](mailto: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?

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