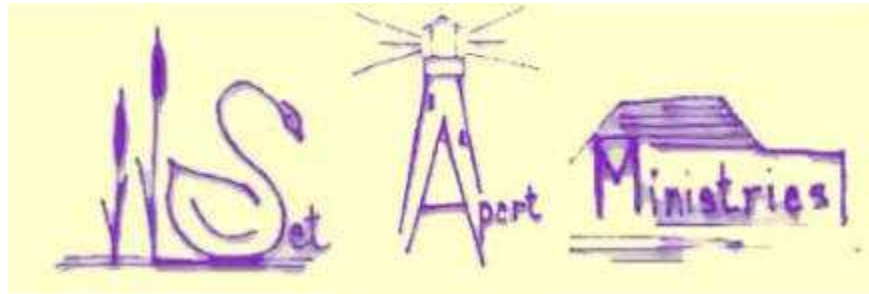


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## Conquering Life's Mountains Together!

Personal Life Coaching

July 2006

### Greetings!

We pray you all had a pleasant and safe Fourth of July celebration this past week. Summer has been flying by quickly for Set Apart Ministries as we have completed our move to different offices in the midst of everything else. This week we are excited about participating in a conference in Nashville, filled with worship and Scriptural teaching. Taking time to get away just to focus on God is important to do in our busy lives.

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Thank you to those who have participated in Marilyn's survey on the **Changes in a Woman's Life**. I am hoping to have a large number of ideas for the Ebook. Please take a moment right now to click on the link to express your concern or questions about the [LIFE CHANGES for Women!](#) By participating in the survey and sending us your email address, you will receive a free copy of the Ebook when it is completed.

Today, we complete our series on the Fruit of the Spirit on the topic of **Self Control**. Drop us a note, letting us know how this series has encouraged you or not. We always welcome feedback on what we write. Email us at [info@setapartmingb.org](mailto:info@setapartmingb.org).

Blessings in Our Messiah,



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

## Pulling Out the Weeds



*Self is one of the toughest plants that grows in the garden of life. It is, in fact, indestructible by any human means. Just when we are sure it is dead it turns up somewhere as robust as ever to trouble our peace and poison the fruit of our lives.\**

A.W. Tozer

Tozer knew just how to describe the struggle with self-control. I think it's safe to say we all struggle in one area or another. As I researched the Internet on the word

"self-control" I found a lot about willpower--become slimmer, start exercising, quit smoking--"It's easy, just buy this book and in one week you have all the willpower you need to....."

### **WHO'S IN CONTROL?**

I am reminded of an old joke about a rich man who travelled to the United States and rented a motor home, fully equipped with the latest cruise control (I said it was an old joke). The man set the cruise control and then slipped to the back of the motor home for a nap. You can imagine the results-- **CRASH!** The poor man thought the cruise control would take him where he needed to go without his guidance.

In *Strong's Concordance*, the Greek word translated as self-control is *egkrateia*, which means *the virtue of one who masters his desires and passions, especially his sensual appetite*. It then continues: *To render it self-control in Galatians 5:23 is contradictory. If one has control of self, the Spirit's ministry is needless. In 2 Peter 1:6, it follows knowledge suggesting that what is learned requires it to be put into practice.*

It is not enough to just read or listen to the Word. There needs to be a call to action, a conviction to be obedient to what we read. A life that is not yielded to the God of All Creation and walking in the example of Jesus (*Yeshua*) of Nazareth will be an unguided life. Just like the man in the motor home on cruise control, the result will be chaos without the guidance of the Holy Spirit.

*The essence of self-control, then, is the growing manifestation of the holy qualities and character in the Lord Jesus as Christians seek to exchange their lives, which were formerly dominated by the cravings of the old life, with the new and glorious life of Christ. The means for this is a Word-filled and Spirit-filled life\*\* (Col. 3:17; Eph. 5:18).*

### **THE COST OF NO SELF CONTROL**

The results of the lack of self-control are easily seen all around us. Government leaders, teachers, people who claim to be men of God as well as the ordinary guy on the street are carried away by the lust of the flesh. Leaders such as President Bill Clinton and religious leaders have fallen into sexual sin and perversion. School teachers are accused of the abusing of the students who have been entrusted to their care. These sins cause pain, shame and mistrust, not only to the victims, but, in the case of well-known leaders and teachers, to the public at large. In the case of Christian leaders, the Name of Jesus is disgraced.

### **INSTRUCTION FROM SCRIPTURE**

**The word "self-control" (or temperance) itself is only used a few times in the Apostolic Scriptures. Throughout all of Scripture, though, is much instruction on self-control--the lust of the flesh, the battle with the flesh--maturing in Messiah. Self-control grows with maturity. Maturity and self-control lead to holiness (set apartness), which is a life in close relationship with God and fully yielded to Him and His commands.**

Paul gave Timothy and Titus much instruction on self-control, especially to those

in authority.

*It is a trustworthy statement: if any man aspires to the office of overseer, it is a fine work he desires to do. An overseer, then, must be above reproach, the husband of one wife, temperate, prudent, respectable, hospitable, able to teach, not addicted to wine or pugnacious, but gentle, uncontentious, free from the love of money. (1 Tim. 3:1-3 NASB)*

*For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus; who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself a people for His own possession, zealous for good deeds. (Titus 2:11-14 NASB)*

### **WHAT IS YOUR MOTIVATION?**

As believers in Jesus of Nazareth it is first important to examine our motivation for desiring self-control. Is it a self-centered motivation? Do we wish to be "seen" as the Pharisees of Jesus' day? Do we want to just look good on the outside?

**OR**, is your motivation to be more like Jesus? Do you wish to be clean on the inside, to "be perfect as Your Heavenly Father is perfect" (Matt. 5:48)?

God is in the process of refining and building up His people to serve in eternity. He is preparing a pure and spotless Bride. We must be submitted to Jesus, Our Messiah in **every** area of our lives.

### **HELP IS AVAILABLE**

Begin today to prayerfully seek out the places where self-control is lacking in your life. Call today for a free consultation with Barb or Marilyn. In Life Coaching, we will prayerfully ask questions to exhort you to find the "weeds" that still need to be removed in your life. We will keep you accountable in setting up a plan to overcome the struggles you have with the flesh. Call us today at 920-432-5002 or 920-336-7005 or email at [info@setapartmingb.org](mailto:info@setapartmingb.org)

In closing, I encourage you to:

- Continue to draw near to God
- Continue to be in the Word (Psalm 119:104, 105)
- Learn to hear **AND** obey
- Be accountable to someone
- Trust in the power of the Holy Spirit to work in you
- Know your weaknesses and avoid temptation
- Become goal oriented--run the race to reach the goal (1 Cor. 9:24-27) (M.G.)

\*From *I Call It Heresy* by A.W. Tozer copyright 1974 by Christian Publications, page 472. Used with Permission

\*\**Mark #10: Self-Control* by J. Hampton Keathley, III, Th.M., Permission granted by [www.bible.org](http://www.bible.org) where you can download Bible studies and the NET Bible for free

## *Keeping Your Joy Full!*

I (Marilyn) never cease to be amazed by the wonders of God--His creation, His perfection. Just to look at the stars or sitting in my own backyard brings joy and amazement to my heart.

About six weeks ago, a sweet little kitten, hungry and straggly looking, showed up on the Klika's doorstep in a thunderstorm. When we all arrived for Scripture study that week, she didn't run, she joined us. She loved receiving attention from everyone in the group, despite her starvation.



Barb named her Miss Fitz because she was a misfit to being outside. She seemed to be starving because she was waiting for someone to put food in a bowl in front of her. She became Missy for short.

I've always loved animals--my husband and I have had three dogs throughout our marriage. Missy tugged at my heart. Posters around the neighborhood about a lost cat produced no owners, so Walter and I decided to take her home with us.

Well, lo and behold, Missy is not a kitten, but she was going to have kittens. This past July 7 through the early morning hours of the 8th, six beautiful kittens were born.

As I watched the miracle of each one being born, I watched in awe and the wonder of a child at how God has designed this world. Missy knew exactly what to do as each one was born. Only a loving Creator could instill in her the knowledge she needed to care for her babies. What joy in recognizing the works of our Heavenly Father!

**By the way, if you or anyone you know is looking for a kitten.....**

## *Changes of a Woman's Life Survey*

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?

## *An Interview with Susan Knoche of NASE*



Q: Susan, briefly explain what NASE is.

**A: The NASE is the National Association for the Self-Employed. It is the nation's largest resource for the microbusiness owner. Numerous challenges await when one is self-employed. This nonprofit association started 25 years ago as a support system on a day-to-day basis, providing benefits, and buying power most self-employed would traditionally lack alone.**

Q: Is this organization willing to accept people in informal organizations or nonprofit groups, such as fellowship group leaders who consider themselves self-employed or employed by their group?

**A: Anyone can become a member of the NASE, including nonprofits. Plenty of nonself-employed individuals join as they also can utilize and save money from numerous benefits such as transportation and automotive benefits, medical discounts/programs, and entertainment and travel programs.**

Q: What could you offer for independent coaches, private practice therapists or small clinic owners?

**A: The NASE offers 100 benefits--the largest on demand is affordable health insurance. Tax savings programs, unlimited access to business consultants, lawyers, and CPS are also valuable. Numerous discount on business expenses, medical expenses, and even family expenses such as transportation and entertainment are also included. To see all benefits, go to my website at [www.healthinsavings.net](http://www.healthinsavings.net)**

Q: What are the major benefits for joining NASE?

**A: A study conducted in 2003 found that those who use the majority of our benefits save an average**

**\$13,848 a year!**

Q:It all sounds great, but what is the cost?

**A:Membership to the NASE is \$40 a month. \$32 is tax deductible as we are a nonprofit association. There is no contract or obligation to be a member for a full year. One can cancel at anytime, however, most people do not do so because of all the savings in a membership.**

Q:Thanks, Susan! Where do I go to sign up?

**A:Give me a call at 920-471-6554 in Wisconsin. Otherwise, call 1-800-232-6273. You can also click on the NASE logo for more information.**

email: [info@setapartmingb.org](mailto:info@setapartmingb.org)

phone: 920-432-5002

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