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Conquering Life's Mountains Together!

Personal Life Coaching

March 2006

Shalom (Peace)

It's the month of March. At this time of year, spring fever and the late winter "blahs" may begin to set in. Motivation may lag, along with the dreary days. If you've begun the process of making changes in your life, you may notice less enthusiasm for your goals.

Take heart, spring is on its way! Don't let a little side trip take you completely off your path to success. It's not too late to continue on your travels to reach the goals you've set for yourself. Persevere!

In our continuing series on the Fruit of the Spirit, today's topic is **Peace**. In our busy, chaotic world, peace is often elusive. Noise is everywhere. There are errands to run and work to be done. What does it mean to have peace in our lives?

Barb and Marilyn are excited and busy in the development of new services and our website. Effective with this newsletter, we will be publishing *Climbing Life's Mountains Together* once a month, instead of bi-monthly. If you'd like to know more, please [check out our website today!](#)



Barbara Klika and Marilyn Guffey, Personal Life Coaches

The Pursuit of Peace

The knowledge that we are never alone calms the troubled seas of our lives and speaks peace to our souls.

(A.W. Tozer, *Knowledge of the Holy*, copyright 1964. Christian Publications. Used with permission)

The word **peace** is found in nearly every book of The Scriptures. The Hebrew word for peace is **shalom**. The word *shalom* has many facets to its meaning. Overall, *shalom* means a sense of harmony and



wholeness. *Strong's Concordance* defines it as the opposite of strife and war. The Greek word *eirene* is used most often in the gospels and epistles to describe harmonious relationships.

We find in Scripture that God's desire for His people **is** to live in peace--in our relationship with Him and with one another. Studying Scripture gives us some basic principles to developing peace in our lives:

The sons of *Korah* write in Psalm 85:10b, *Righteousness and peace have kissed each other*. Psalm 34:14 says, *Depart from evil and do good. Seek peace and pursue it*.

A favorite passage of mine for many years has been from Philippians 4:4-7. *Rejoice in the Lord always; again I will say, rejoice! Let your forbearing (gentle) spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus*.

As you are working on your goals and going about your day, do you have peace? If not, take an honest inventory by asking yourself these questions.

1. Am I walking in **integrity** and **honesty**; i.e. above reproach?
2. Do I walk according to **God's Word, keeping His commandments**?
3. Do I **listen** for God's direction as I pray?
4. Do I consider the **needs** of those around me, not just my own self-fulfillment?
5. Do I **trust God** to lead me in fulfilling my goals?
6. Do I have a **thankful heart** for what God is accomplishing in My life?

If you answered "no" to any of these questions; if you are not experiencing the *peace of God that surpasseth all comprehension*, it may be time to re-evaluate your motives and the intentions of your heart. Walking outside of God's will **does not** bring peace, only trouble and calamity.

I encourage you to take The Scriptures, read verses on peace and righteousness, especially in the *Psalms* and *Proverbs*, and listen for the voice of *YHWH Elohim* (God Almighty).
(M.G.)

Those who love Thy law have great peace and nothing causes them to stumble. (Psalm 119:165)

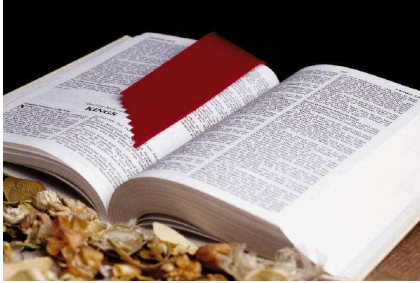
All Scriptures quotes are from the New American Standard Bible, Copyright 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977 by The Lockman Foundation.

Call today for a free consultation on this or any other topic with Barbara Klika or Marilyn Guffey at 920-432-55002.

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!

Keeping Your Joy Full!



Sometimes it seems difficult to concentrate on study as part of our equipping, doesn't it? Yet, we know that one day, people will come pleading with us to teach them about our Almighty God.

So, every time we are able to give a reason for the hope that is in us through our Messiah, perhaps we could say a quick little "thank you" for the Written Word as well as the Living Word that is so much our

food and our life that is preparing us even now for the task ahead. I am SO glad for the time I have been given to learn before it becomes too dark!
(B.K.)

Contact Us

Email us at 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?

email: info@setapartmingb.org
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