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Conquering Life's Mountains Together!

Personal Life Coaching

May 2006

Greetings!

Living in our modern-day culture may often make it difficult to walk in "paths of righteousness." Confusion reigns the day. What was once considered right and true is now considered intolerance or judgmentalism. By following the Truth of the God of Abraham, Isaac and Jacob, the nation of Israel was to be an example to the rest of the world (Deuteronomy 4:5-8). Through these chosen people, the nations would see the greatness of YHWH Elohim. David wrote in Psalm 23 *Lead me in paths of righteousness for Thy Name's sake*. As Believers in the Messiah, we should, as David, desire to walk in His ways to glorify Him.

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As we continue in our series on the Fruits of the Spirit, we pray you are continuing to examine your fruit. Our Father is faithful to expose what needs to be changed in our hearts. He also puts people in our lives to come alongside to encourage and exhort.

Building relationships is what Life Coaching is about. A coach is someone who stands in your corner cheering you on, holding your hand and urging you forward when you feel stuck. Give us a call if you're looking for someone to walk with you on your journey.



Barbara Klika and Marilyn Guffey, Personal Life Coaches

***What is desirable in a man is his kindness
(Prov. 19:22)***

In recent years, it's been popular to hear about "random acts of kindness." Certainly in this age of road rage, war, divorce and abuse, these acts of kindness are a welcome interlude in this stress-filled world. As we look at scripture, kindness is more than just a nice little act to feel good--"I did my good deed for the day." In Luke 10:30-37, we read Jesus' parable about the Good Samaritan. The Samaritan paid a personal price for his kindness.

The words for *kindness*, *gentleness* and *goodness* are often interchangeable in the Scriptures. The Fruit of the Spirit contains all three. According to Strong's Concordance, *kindness* is *goodness in action* or *goodness expressing itself in deeds*. In Romans 11:22, Paul contrasts kindness with severity. In 2 Corinthians 6:4-6, Paul urges the Corinthians to be kind despite hardship. Throughout King David's life, there are many acts of kindness by David and for David. In I Samuel 20, Jonathan shows kindness to David out of love and a covenantal relationship. In later years, David treats Jonathan's son, Mephibosheth, with kindness out of love and respect for Jonathan.

Jacob's son, Joseph, asked the cupbearer to show kindness to him in return for the positive interpretation of the cupbearer's dream. Rahab showed kindness to the Israeli spies by hiding them from the enemy. In return, Rahab and her family were spared from death. In the book of Ruth, Boaz recognized Ruth's kindness as a sign of respect. Showing kindness is equated with mercy, respect and caring for the needs of others.

Colossians 3:12: The chosen of God will put on a heart of compassion, kindness, humility, gentleness and patience (NASB).

2 Peter 1:5-10: Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge; and in your knowledge, self-control, and in your self-control, perseverance, and in your perseverance, godliness, and in your godliness, brotherly kindness, and in your brotherly kindness, love. For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ. For he who lacks these qualities is blind or short-sighted, having forgotten his purification from his former sins. Therefore, brethren be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble.(NASB)

The Fruit of the Spirit is not just written in the book of Galatians, it is written throughout all Scripture. Our actions are to glorify our Heavenly Father, so the nations can say about the followers of Jesus of Nazareth, "...what great nation is there that has statutes and judgments as righteous as this whole law....?"

- True spiritual kindness comes from a pure heart rooted in Messiah.
- True kindness will come as an outflow of the Holy Spirit's work in our lives.
- True kindness comes from a heart that is filled with the love of Jesus.

It is a life set upon the Rock, the Word of God-- walking the paths of righteousness for His Name sake.

Random acts of kindness or a good, gentle heart from which flows kindness because it is filled with the love of Jesus--which one represents you?
(M.G.)

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! The Secret of Radiance

Jesus never seems to have traded on His personality. He coveted no honors and anticipated no glory except the role of a servant. Most of the time He was unwilling to talk about Himself. Instead He would ask, "Who do people say that I am?" We look in vain for expressions from Him such as "my power," "my wisdom," my significance," "my reverence" or "my holiness."

He did mention one characteristic of Himself worth examining. In John 15 and 17 He spoke of "my joy." It was not an honor He earned or developed; it was just part of Him that He brought from heaven. While He was addressing His Father in the great prayer of John 17, Jesus said, "I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them."

"My joy." If you wonder what gave Jesus' face such a radiance that He instinctively drew all kinds of men, women and children to Himself, you may find a clue here. His joy was not an attribute or a characteristic of Him so much as it was a kind of radiating of Himself. So why did He single out joy for emphasis? I can think of no reason for speaking of "my joy" beyond the fact that He must have been in Himself a radiant, Spirit-filled Person.

Henry Alford, Dean of Canterbury and a compiler of the Greek New Testament, believes that when Jesus spoke of "my joy" He was referring not to His camaraderie with His disciples or His enjoyment of the Palestinian environment. Rather He was reflecting "His holy exultation in the love of His Father." His joy was the "joy of the Lord" that the prophet Nehemiah in the Old Testament declared "is your strength." It comes to us as an inner joy that radiates from God and remains untouchable even in the worst of times. It kept Jesus radiating good cheer wherever He happened to be, even in a sinking boat.

This quality, "my joy," was what Jesus came to bring *us* as an accompaniment to our salvation. He said explicitly in John 15, "These things I have spoken to you that My joy may remain in you, and that your joy may be full." Once His joy is implanted in us, He said, He wants it to become our joy, our unique and permanent possession. It then becomes something that can no more be taken from us than Jesus' own joy could be taken from Him. He wants joy to radiate from us as it did from Him, and He wants our joy to be *full*. He wants it to be jubilant, exultant, merry, brimful, and spilling over. Not obnoxious, of course; not oh-so-jolly, or put on as a professional clown puts on his painted smile and costume, but real, sturdy, and contagious, a light touch able to bolster people's spirits in the midst of tough situations.

Quoted from the book *Jesus, Man of Joy* by Sherwood E. Wirt, Harvest House Publishers, Chapter 18, *The Secret of Radiance*, pages 139-141. Used by Permission.

Survey on Life's Transitions for Women

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?

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