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Conquering Life's Mountains Together!

Personal Life Coaching

November 2006

Greetings!

To use one of Barb's phrases, Set Apart Ministries has found itself in the midst of many blessings and stressings the last couple months. We've seen growth in our fellowship, both in additional people and spiritually. We are seeing the joy of people learning more about their Savior and the joy of growing in their relationship with Him and with other people.

We are learning more and more that we need one another and to overcome the fear that we have in relationships. To learn more about [Love and Fear Bonds](#) in our relationships, please check out our website teaching.

Personal Life Coaching is more than just talking with someone and setting some goals. Life coaching is a relationship. As coaches, we will become your confidant. As we work alongside you, we will come to understand your strengths and your weaknesses. We will encourage and work to bring out the strengths and help to overcome the latter. Contact us at info@setapartmingb.org or call us at 920-336- 7005. We offer a free introductory session, so call today!

Happy and Blessed Thanksgiving!



Barbara Klika and Marilyn Guffey, Personal Life Coaches

Devote Yourselves to Prayer (Col. 4:2)

Rejoice with those who rejoice, and weep with those who weep (Rom. 12:15).



In any fellowship, prayer and worship are important factors to growth. When we worship together, we are building joy with one another and with God. Our relationships are strengthened as we celebrate

together. When we pray together and pray in unity in the Holy Spirit, it can be an exciting time.

In our desire to change and reach our goals, we need prayer! We find that it is important to have someone with whom we can pray on a regular basis. Sometimes, it takes a team of people to aid us in achieving our goals. A prayer partner can be an important part of that team.

A prayer partner(s) can be praying continually for your needs. The Spirit may speak through them and your partner may come up with new ideas. They know the inner longings of your heart. They can support you as you go through the transition of change.

It is important to find the **RIGHT** prayer partner.

They need to be trustworthy--not prone to gossip or judgmentalism, but yet be able to carefront (confront with love) you when necessary. A prayer partner can help you keep your feet on the ground or prod you forward.

A prayer partner should be a person who is striving to be holy (set apart) in his/her relationship with God. Your prayer partner should be a student of the Word, seeking to follow the paths of righteousness.

It is important that a prayer partner be spiritually discerning. Oftentimes, our flesh gets in the way and we think we hear God's voice when it may be our own desires or even the enemy.

Barb and I are prayer partners, along with Janell, another member of Set Apart Ministries. We come together weekly to pray for personal needs, fellowship needs and concerns for our local community as well as around the world.

We have come to know each other--our strengths, our weaknesses, our sorrows and our joys. As we have prayed together about decisions we need to make, we've seen how the Holy Spirit will direct and guide us.

If you don't already have a prayer partner, begin looking today--or I should say, "Begin PRAYING today," for the person God wants in your life.

Keeping Your Joy Full!

Weddings--love, anticipation, celebration, and JOY! Often they are times of seeing friends and relatives we haven't seen in some time. We feast together and toast the new bride and groom.

This weekend, Set Apart Ministries is sponsoring a conference on *Awakening His Bride* by Rebecca and Mark Totilo. It will be a time of joy as we learn how to prepare ourselves to be ready for the return of our Bridegroom. It is a time of anticipation as we await



His return. It a time to grow in love for our Messiah as we learn more about Him.

When our Bridegroom returns, those who are prepared will enter in and celebrate and feast. What joy we will have! I want to be ready, how about you?!

The conference is Friday, November 10 through Sunday, November 12. See setapartmingb.org for more information. To learn more about being the Bride of Messiah, go to rebeccaatthewell.org.

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?

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