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Encouragement from S.A.M.

Greetings!

Today, we continue with the subject of relating to our family and friends as we come more fully into our Walk in Torah; not only the written Torah, but the Living Torah --Yahshua our Messiah as well! Even change that is for good is stressful so should we be surprised that as we come into greater understanding and begin to modify our lifestyles strong emotional chords will be hit, in ourselves and in those around us? Since this is such a complex subject, we will be just scratching the surface even as we take several articles to address it. Leaders of Messianic communities who dealt with these concerns long ago (or perhaps those of Yahuda/Judah who are already well familiar with Torah but coming to know Messiah more fully) may be more interested today in our information on how to recognize and then resolve fear bonds, our feature article.

Later in this email please note that we have provided information on another teleconference to be offered the third week in November. We welcome all those who find themselves alone in their areas to join us in this tele-community discussion of dealing with the upcoming holidays and family traditions while maintaining our commitment to honor YHWH as He has directed us. Please share this information with those who may not live close to others who are on this path.

We were pleased to hear from a reader in Texas who had this to say: *I have so appreciated your newsletters because they are addressing where I have been, one foot in the church and one foot out. I have struggled so much with not wanting to be there and feeling that I needed to be there. We are praying for you as you determine just where our Messiah is calling you to stand in fellowship. Thank you for your kind encouragement to us!*

Batya Wootten also contacted us this past week with

An Equipping Ministry

October 2005

Resolving Fear Bonds

Shalom! What kind of thoughts and answers have come up for you as you've asked yourself those two important questions in the last two weeks from *Life Model?* 1) Do I know myself and what it is like to act like my true self? 2) Can I maintain my sense of self in this relationship?

Have you been able to think of time when you said to yourself--"This is it! This feels GREAT!" You felt confident and assured that you did the right thing. Do you remember a time when perhaps you were falsely accused but you stood the test and didn't cave in, but you also didn't act like a two-year-old throwing a tantrum?

Y'shua, our greatest example, was always who He was--whether teaching His disciples, facing off

encouragement. We also realized that we didn't tell you how to obtain a copy of her book, [Mama's Torah!](#) It is available through [Messianic Israel Alliance](#) as in our links section. Thank you again, Batya!

Our prayers and thoughts are with you today as you take in our information. We pray that our Messiah will be honored in all that is written here and that your faith in what He has done will be strengthened!

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Family and Friends' Reactions

As we BEGIN to address the issue of relating to friends and family about our excitement in embracing our Hebraic Heritage, one issue that comes up often is the question of why one would want to do so. Despite friendly little bumper stickers and plaques that say things like "My Boss is a Jewish Carpenter", our Hebrew heritage has largely been out of sight. As a child, one learns and believes what those adults responsible for one's care believe and do. We are admonished in Scripture to train up a child in the way he should go, so that when he is old he will not depart from it. Yet there are many stages in growth and in maturity. It was a sobering thought to me that I spent more attention, time and energy on developing my professional knowledge base than I had ever spent in developing a knowledge of my faith. Somehow the impression was that once I completed my childhood training, in my background called Confirmation Class, I was somehow "finished" and had no further need to focus on my faith. What happens when we go back and look with adult eyes at what we learned earlier? If one is content that a subject is fully understood, there may well be a satisfaction, a kind of contentment at something accomplished. If something threatens this comfort level, one will likely not be very happy about it and may even become hostile. What does this mean in our faith? If like me, you learned the basic Bible stories without a strong sense of their connectedness to a central theme, or covenant, you will be amazed to see the Hand of our Elohim throughout the Scriptures.. If something comes up that causes confusion with what was learned earlier, an emotionally and intellectually mature person will feel a drive to resolve the discrepancy. Even if the new information causes an upheaval, the search for Truth will outweigh other factors. In Truth, fear/awe of God IS the beginning of wisdom. If on the other

the Pharisees and their hypocrisy, and even when He suffered agony as He died for our sins. He knew who He was and what He had come to earth to do. He loved His Heavenly Father and the people for whom He was to give His life. There was no fear of what man could do to Him, but He said, "Father, let thy will be done."

As Stephen was being stoned to death, His words were, "Father, forgive them for they know not what they do" (Acts 7). Would we act so nobly were we to face the same situation?

When people aggressively question us about our beliefs, how do we respond--out of fear of what they will think, so we **have** to convince them defensively, argumentatively that we're right? Do you have confidence in your relationship with Y'shua to prayerfully know that **you** cannot convict anyone, that it is the work of the Ruach HaKodesh (Holy Spirit)?

If we are to be representatives of Y'shua and His Torah and walk blamelessly, what do we have to fear what man says? What about our family and friends? Are we afraid to tell them

hand, a person who has not yet reached an emotionally mature state comes upon information that could affect their belief system, they may well panic and "shut down" to the new information. *Most people, sometime in their lives, stumble across truth. Most jump up, brush themselves off, and hurry on about their business as if nothing had happened.* Sir Winston Churchill
As one does move into a serious study of the Word from an adult perspective, frequently many surprises are encountered. For our readers, those who have already determined for themselves that they need to know the God of Israel more fully on His terms, we will examine what happens when one tries to convey that same conviction to others. Perhaps the acceptance of the Hebrew nature of our Mighty One came through direct study of the Word, perhaps through the Spirit in hearing the call of the shofar or in heartfelt prayer to know Him more intimately, to know Truth. How does one begin to reason with another?

- Emotional Maturity is NOT an indication of Intelligence or Knowledge!

We need to remember this as we are approached by others with their concerns or when we have prayerfully understood that there is something we need to tell them about.

Here is an example of what happened in one situation like this. I would like to quote at length from the Preface to [The Family Guide to Biblical Holidays](#). *During Bible study, our family discovered something that we had heard very little about from church. We found out God had set apart special days to worship and honor Him. By learning about the practices of these special days, we could learn about and worship God. We spent some time studying the holidays from Scripture and decided it'd be fun to teach to our children. So our family started celebrating the Biblical Feast days. What a joy! These celebrations are wonderful! Not only was the celebration itself fun and informative, but even the preparation was full of lessons and prompted us into deeper Bible study. The children enjoyed these great "interactive" celebrations more than any man-made holidays (more than even gift-giving days). I was very excited about all we had learned and anxious to tell my Christian friends.*

.My enthusiasm was soon crushed. I was eagerly sharing with a friend how we celebrated a feast day and how much we had learned. I expected my friend to catch the enthusiasm. Instead I was met with a fierce frown and raised eyebrows. I was told the feast days have been done away with, are no longer necessary, and such nonsense was legalistic. "But, but,...we didn't do anything wrong...it's just...it can't be wrong...we were just studying the Bible," I stammered. My friend explained, "You cannot keep the holidays. It is legalistic."

.Celebrating the feasts was only a surface learning experience? Down deep, was I trying to earn my way to heaven? Whoa, I know salvation only comes through God's Son. This conversation led to many questions. What is legalism? Is the Old Testament relevant today? How can obeying Deuteronomy 6-- teaching our children God's ways--be legalistic? How can righteousness be wrong? Time for another Bible study.

about our new found faith for fear of being told we're legalistic or we're in a cult, or worse yet, be rejected?

I remember years ago when I was still in a church and decided I would not--could not--celebrate Halloween anymore. There were people who couldn't understand--after all it's just harmless fun, dressing up, giving kids candy. So we did the Harvest Party alternative at the church. Then, I decided I couldn't even do that--oh here we go-- "You're being legalistic, we're redeeming the day." I stood my ground, because my love for my Messiah is stronger than my fear of man or what others might think.

Halloween is tough enough, but many Christians will understand that decision, but what about when it comes time to say, "I'm keeping Sabbath..." Then to tell your family you aren't going to attend Christmas and Easter celebrations anymore. **FEAR** creeps in! How will you tell them, will they understand? Are fear bonds keeping you from doing what you know is right and being who you are in Y'shua. Fear bonds will cause people to compromise who they are.

....so what is the difference between trying to please God and legalism? A measuring stick that only measures the end result will identify anything pleasing to God as legalism. As with most things Jesus taught about, the difference between doing something to please God, and legalism, is found in the heart.

To have faith in Christ's saving grace one must have the knowledge that we are completely unrighteous without the atonement of Jesus, unworthy of receiving the gift of life Christ laid down for us. Responding to God in worship and obedience to His Word is evidence of our ungratefulness for His gift to us.

- Legalism is focused on a system.
- Desiring to please God is focused on a relationship.
- Legalism is focused on what is required.
- Desiring to please God is focused on love from within.
- Legalism asks, "How can I meet the requirements?"
- Desiring to please God asks, "What is the Lord telling me about His desires through His instructions?"
- Legalism is horrid, for if it were possible to earn a relationship with God, in and of ourselves, Christ's death was pointless.
- Desiring to please God is obeying His command-- to love Him with all our hearts, minds, and souls. Loving God can never be legalistic!
- A Description of our Joy at What we have learned May be more effective than arguing AGAINST how we have expressed our faith in the past. At the base of anything we say or do must be the love of our Father for us, expressed in our concern for the relationship itself. It is in relationship that come to know Him more fully; even in those that may be under stress. Relationship is the antidote to legalism! Although we have discussed legalism before, it is worth revisiting!

By quietly sharing what has been learned your friends and relatives may catch your joy and excitement. As we first enter into these discussions with those closest to us, we need to be careful that our own frustrations, hurt or anger about what we had missed out on is not being misdirected toward them! Next time, we will move more specifically into making the transition; arguments pro and con for an immediate transition VS a gradual transition.

Many thanks to Robin Sampson and Linda Pierce for their permission to quote from this useful resource! These words are from the Preface, pages 15-16. This book is available at their website [Biblical Holidays](#) or through Amazon.com. It has been a wonderful encouragement to many we know. Their Biblical

Do you believe your family loves you enough to respect your beliefs or are you afraid they will reject you? What if they do reject you?

Are fear bonds telling you that you'll hurt them or they'll be angry with you or you can't possibly let the family down? The question is: **Do you really believe what you have been saying and are you acting the way you believe?**

How do you begin to make the shift from acting out of a fear bond to living in love bonds? The **truly loving** thing to do is to be the example of a Torah observant believer for our families and be obedient to Yahweh's Word, despite any conflict that may arise. Again *Life Model* (pages 18 and 19), gives the **Essential steps in making the shift from fear bonds to love bonds.**

1. Know and enjoy who you are. A love-bond based relationship requires two individuals who know their true selves. Therefore, it is vital to know and enjoy the important aspects of who you are before you can fully bond with others. For instance, what brings you great satisfaction? What personal attributes

Holidays website is a rich source of information and apologetics especially for those newer to the Hebraic Heritage.

Who We Are

Founder of Set Apart Ministries and Personal Life Coach: Barbara L. Klika, BS, MSW Barb has been a clinical social worker in practice since 1983 with an abiding interest in working with attachment/bonding and maturity issues for individuals, couples and groups. She has been a congregational leader for over 20 years in several areas, including Bible study and vocal and handbell choir direction. She is also a certified Bethel Bible Study teacher who has participated in serious study of the Word since 1993 through such organizations as Precepts Ministries and First Fruits of Zion. She has completed basic coaching training through MentorCoach, Inc. and will be continuing work toward an additional Masters degree in coaching. Barb has provided the clinical leadership in pursuing the Life Model group and individual teaching and processing emotional and maturity issues for the past 3 years. She offers her gifts of exhortation, discernment, intercession and prophecy to the Body of Messiah, both locally and in our extended community via telephone and the internet.



Board Member and Personal Life Coach: Marilyn Guffey. Marilyn had been a congregational leader in her home church for over 20 years, providing Bible study, worship opportunities and lay counseling for women in transition for most of that time. She has completed her basic coaching training through MentorCoach, Inc. Marilyn has been the co leader in the provision of group and individual teaching and relationship development through the Life Model for the past 3 years. Marilyn is a serious student of the Word and has participated in and provided many Bible study opportunities, most recently with First Fruits of Zion and numerous additional Messianic Torah study materials. She thrives on offering her gifts of mercy, discernment, encouragement, intercession, and helps and has a strong desire to support the Body of Messiah in growing in maturity and faith, both locally and in our extended community via telephone and the internet.

Board Member (VP) and support person: Janell Schroeder, BBA works professionally as a computer reports specialist for a very large transportation company. She has been instrumental in the founding of Set Apart Ministries, functioning as a support person for people going through trauma recovery. She has attended numerous training experiences in this area and has participated in the Life Model program since it's beginning. Janell is a certified Bethel Bible Study teacher as well as a certified Precepts Bible Study teacher. She has also been in leadership in her previous congregation as a member of church council and in Adult and Child Education. She is currently working on her Bachelors Degree in Messianic Studies and plans to complete a Masters Degree through the Messianic Bible Institute Yeshiva. She brings her spiritual gifts of teaching and helps to our home Set Apart Ministries community.

Board Member, Secretary Treasurer: Robert Klika, BS Bob currently works professionally as a supervisor in the area of milk sanitation for the Wisconsin Dept. of Agriculture. Bob has been a leader in previous congregations through service on church council as well as in men's ministries. He provides leadership in several areas of our home community, particularly in the areas of practical arrangements for gatherings, youth ministry and fun nights, and corporate

are you most proud of? What helps you experience joy (see our new section on JOY)? Can you return to joy from upset feelings without acting in a way you later regret? Do you feel you need prestige or possessions in order to be liked by others? Are your current relationships characterized by love and freedom or by neediness and fear? Can you be yourself in your relationships? Do you allow other people to be who they are in your relationships? As you honestly work through these questions and allow more of the person you are to be present in your relationships, you will experience some fear and resistance. Remember, though, that all of us are initially uncomfortable with change. If you have the faith and courage to persevere, you will enjoy yourself more and increase the chance of love bonding with others.

2. Take responsibility for your own actions and feelings. *In fear bonds, people often believe they have to guess what the other person is thinking or feeling, and then anticipate how not to upset them. Even if we could read other people's thoughts, we could not control how they would*

prayer as well as keeping accounts and necessary organizational paper work. He completed his high school education in a Roman Catholic Seminary and has participated in Bible study since then through several studies, including the Bethel Bible Study series and Messianic Torah for the past 4 years through First Fruits of Zion and many additional supplemental materials. He offers his gifts of helps and administration in our home Set Apart Ministries community.

Keeping Your Joy Full!

Oh, the Blessings and Stressings as we experience the Abundant Life with our Messiah! While we may find it easier to feel joyful at one time over another, the ability to hold on to our Joy in His accomplishments on our behalf is a crucial part of our spiritual victory. And even more so as the times and events around us grown darker.



We want to take a little space each letter in which to encourage YOU to hold on to your joy in our Messiah! **We will suggest things that we find encouraging and ask that you also might tell us about what helps you keep your joy as we follow Him.**

It is okay to praise and worship, even when you are by yourself, with only your audience of One. In our home community we have found such joy and encouragement in sharing the music by many musicians but often especially that provided by [Marty Goetz](#). He is called a modern day psalmist, with good reason! Or perhaps check out [Lenny and Varda's praise music! You can hear previews of it here.](#) If you don't have any joyful praise music, or if you have reserved it for special occasions why not worship with music on a regular basis? He inhabits His praises! Let us stand with a two edged sword in our hand and the high praise of Yah in our mouths!

What do we do for the Holidays? A Teleconference Announcement

It's time once again to sign up for a teleconference in which people from around the country get together all at once by phone. It's fun and easy; a wonderful way to develop a network of support for those who feel geographically isolated in their Torah walk. We will plan to meet on: at: for a one hour discussion on Decision Making During the Traditional Christian Holidays for Those New to a Torah Walk ("New" can mean your first year or even several years in if one is still struggling with how to manage it all)

react to us, nor is that our responsibility. We are responsible for our own actions. That is all we can control. We are adding fear to the relationship when we control or manipulate or shut down so that the other person has to guess what we are thinking or feeling. By taking responsibility for ourselves, but not controlling others, we send a message to them that we are not operating out of fear or desperation--and they do not need to either.

3. Recognize the fear bonds present in your relationships. *We are often not aware of the fears that motivate us in a relationship. Typically, fear bonds revolve around these fears: a) Fear of rejection. "I have to do everything I possibly can to make this relationship survive." b) Fear of anger. "I can't stand having anyone angry at me." c) Fear of being shamed. "I can't let anyone see my weaknesses or faults."*

4. Let go of controlling the results. *Because love bonds are based on your ability to return to joy, they are not dependent on the other's responses or behaviors. Rather they are based on being yourself in all situations and knowing you are someone*

To register, please contact us by our email or telephone as provided. We will let you know the telephone number and code to enter in to our discussion. We will give you guidelines for the procedures for this kind of call. We also use some visual cues and other ideas to help people connect in this way. It is amazing how much community can develop without physical contact. We have found this to be the case during our coaching training, which was all by teleconference with people from around the country. Now we want to use this vehicle to encourage and support the Body of Messiah wherever they may be found during this "calling out" window of time.

enjoyable. Interestingly enough, once you let go of both the need to control relationships and the responsibility for someone else's behaviors and simply concentrate on being yourself, you are more likely to see the results you were hoping for. (End quote)

I hope this has given you the information you need to begin turning fear bonds into love bonds. Next time we will talk about joy, joy strength, how it operates and how we can return to joy when we've been traumatized. In the meantime, check out our new section on *Keeping Your Joy Full*. What brings YOU joy? Let us know! *Life Model* is available from C.A.R.E. Packaging; telephone 231-745-4950

Quick Links...

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