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## Conquering Life's Mountains Together!

Personal Life Coaching

April 2007

### Greetings!

Here we are with another installment in our series of Christian Coaching newsletters.

We are in the midst of releasing our Maturity in Prayer Life Audio CD and would like to invite you to a preview "listen" of one of the introductory tracks.

Here is the [link](#) to one of the introductory portions of members of our Set Apart Ministries Life Model group as we discussed maturity in prayer.

Watch for the release of this teaching to the general public on our website.

Marilyn is taking several months away from her leadership responsibilities as she is making some lifestyle transitions and many changes. She will still be in the office on a regular basis so can be reached there.

With the promise of spring in the air and the annual renewal of the growing season, it seems a wonderful time to begin a series on spiritual disciplines.

## *Mentoring Discipling Coaching*

These three have much in common and seem to be terms that suit the times they are from.

In our time, all three may exist side by side. We call it coaching and look forward to the opportunity to bring articles of interest to you as well as to come along side you in your life's journey.

Here at Set Apart Ministries, we are offering the opportunity for you to have a special time with a personal coach to address life changes, struggles or spiritual growth. Accountability, and personal time to talk through your concerns with one who is accustomed to ask the kind of questions that help you know yourself better.

Understanding so often brings with it a release and an ability to move in the direction you felt too "stuck" to do before!

We hope that the things we bring to your attention through these monthly newsletters are giving you food for thought and prayer.

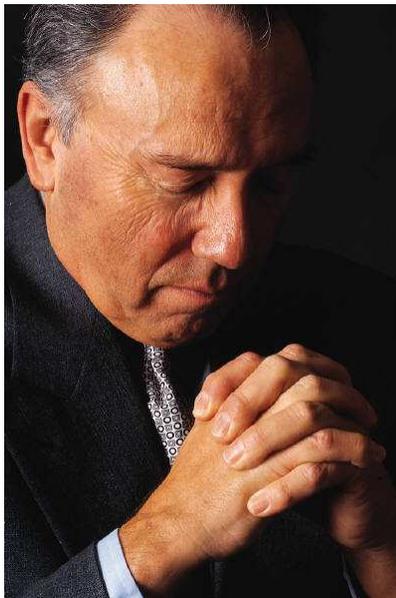
Your feedback and requests for subjects you would like to see addressed are always welcome!

May these words be of encouragement to you and yours!



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

### ***Spiritual Disciplines - Prayer***



We have been thinking and talking much about prayer in these past few months as we have been completing work on our audio teaching. We have been comparing the development of our maturity in our prayer life along the same parameters we use to understand our progress--or lack of it--in our relationships with others. How much more so do we want to grow in our relationship with our Creator.

In my church background, Lutheran, there was an emphasis on prepared prayers and I was totally unprepared for the form of spontaneous prayer or concerts of prayer I now value so much. To be able to speak with our Father and Messiah directly from our hearts was a novel thing!

I don't ever recall there being a class like Prayer 101. It seemed that everyone just assumed everyone else knew how to pray.

Learning to pray spontaneously with my therapy or coaching clients has been a great blessing to me, and according to many, to them as well. Gathering up the concerns in words that present our dilemmas to Him, praying relevant Scripture in a personal way, standing in the authority of a Believer to minister to another: these are all aspects of prayer that have become like breathing to both Marilyn and me.

If you didn't have a Prayer 101 class either, you might be wondering how to learn. Or if you have been a prayerful believer for many years you may have experienced periods of dryness or prayerlessness. In either case, it is a wonderful thing to simply bring your own words in prayer to our Creator, without worry of not being somehow "right" or sophisticated sounding. All too often we make something like prayer more complicated than it has to be! If you begin, or begin AGAIN, by asking the Spirit within you to teach you, He will do it!

If this is a new thing, you may want to start out by reserving just five minutes a day to listen for Him. How to quiet yourself from all the concerns of the day to be able to

do so?

It is well known that the Psalmists were very finely gifted at putting all their thoughts and emotions in prayer; their words may help you find a pattern after which to form your own petitions. By taking a psalm, perhaps one or two verses a day, then asking for His understanding as you quietly wait on Him, you will have taken a giant step toward either growing your prayer life or rejuvenating it!

Once you have determined to increase your prayer time, you may be surprised at all the hindrances that pop up! We'll talk about them next time!

Are you disciplined enough to keep joy filled times in your life?

That's right! In the midst of our stressful and busy lives, it is indeed a discipline to PREVENT the urgency of tasks from crowding out time for joy.

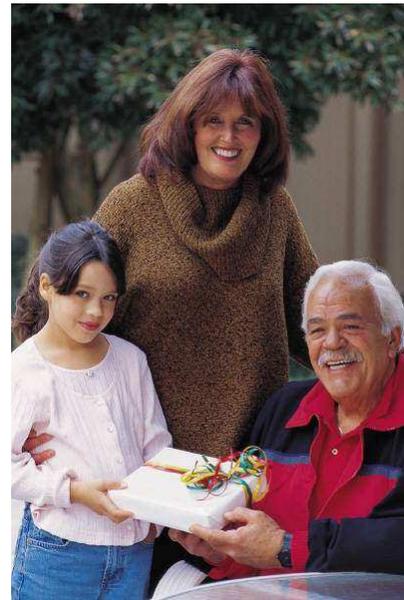
As we move more toward a reliance on our Messiah for His direction and purposes to work out in our life, it should follow that our own urgency for the things we THINK are so important decreases. Oh, it's not that we should sit idle. Yet, an understanding of our part of the responsibility for our lives and God's part is often overlooked.

When was the last time that you simply took a day to do something fun? Or even planned a joyful outing for the near future? Do you do this on a regular basis? It restores the outlook and perspective that keeps us from thinking too much of our own importance, and more of His!

Discipline of joy! It's not one of the "terrible D's" that drain the joy of our lives, like despair, depression, duplicity, distortions.

This discipline is good for us, as a cheerful heart is medicine for the soul.

### *Keeping Your Joy Full!*



### *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?

[What is Coaching all about?](#)

### *Check here for more Information!*

- [What Should I Know about Coaching with Set Apart Ministries?](#)
- [Coaching Newsletter Archives](#)

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