

[<Back](#) [Print](#)

Conquering Life's Mountains Together!

Personal Life Coaching

June 2007

Greetings!

Moving forward on our monthly discussion about spiritual disciplines, we return to the subject of prayer.

As we observed last time, there will never be a better time to refresh your prayer life.

After addressing the subject of distractions to prayer, this month we will follow up with several related issues that are frequently misunderstood.

No matter what area of life needs attention, whether it be personal or professional life issues, your ability to focus on and rely on our Messiah for your strength in the midst of transition is crucial for all Believers.

We are pleased to announce the soon coming release of our audio teaching on Maturity in Prayer Life. This 2 CD set should be available for sale by the end of June. It is approximately two hours of teaching on maturity issues, love and fear bonds, and how these things show themselves in our developing prayer life. Several members of our Set Apart Ministries local community participated in this discussion format, hopefully the first of several teachings to come.

As we come into the long hot days of summer, both in a seasonal sense, and in the sense of the "church age" being a long stretch in our God's calendar, may we be found letting the fruit of our lives be more open and evident to those around us..



Barbara Klika & Marilyn Zierhart Guffey, Personal Life Coaches

- What is really meant by "inward" prayer focus?
- What would "outward" prayer be then?

Aspects of Prayer



- How would His "manifest" presence be different from His presence in general?

These are our questions for this month. As you read these brief descriptive summaries of these concepts, please consider what each of these terms mean to you; intellectually and practically.

- What is really meant by "inward" prayer focus?

An **inward prayer** is focused on quieting oneself and dis-engaging from the circumstances right around. It is similar to Eastern philosophies in that it does not rely on written forms for prayer but different in that the desire is to seek our God more fully and to be filled with His Presence. An Eastern meditation usually has the goal to empty oneself so that the "powers of the universe" can move through.

Inward prayer is a reflection of our understanding that the Holy Spirit has taken up residence within us. I picture Him surrounding our human spirit while we learn to bring our mind, will, emotions and physical body under the authority of our God.

Inward prayer may use a Scriptural passage as a beginning point but then asks that our Messiah and Lord will make us to know what *He* wants us to know about it. The intent is not to go through a long list of Scripture verses at a sitting, but rather to quietly linger on just one thought at a time and wait for His understanding to come to us. It is amazing to learn all the ways He communicates with His own: sometimes in pictures, sometimes images, sometimes words or phrases and sometimes just a "felt" sense of understanding that we *know* is from Him.

The concept of waiting on our God in this way was very foreign to me at first, as it may be to you. It seems sort of mystical and vague, doesn't it? Yet, in truth we have a God who is a mystery in many ways and One Who communicates to our spirits in ways we don't fully understand. Indeed we have accepted that we cannot fully understand now while still in our finite human bodies.

Inward prayer then, acknowledges the reality of His Spirit within us and is an effort on our part to stop trying to **do** prayer and learn to **let ourselves be in prayer**, open specifically to our God, the God of Abraham, Isaac and Jacob.

-
- What would "outward" prayer be then?

Outward prayer also has a wide range to consider. It may be those written prayers that we share with those who wrote them long ago, or perhaps in praying out loud corporately with others now. It may be an expression of our faith and our requests made to Him through our actions and not so much with words. It may be more like the image of presenting ones requests to our God as though He is "out there" or "up there" somewhere; the God Who is larger than us, totally of a different substance than we are; omnipotent, omnipresent, omniscient.

This is an image that comes to my mind when I think of how people behave in the presence of an earthly King; thinking nothing of bowing down before him.

How much more ought we to bow down in front of this All-Sufficient One Who has made Himself available to us by His love and grace alone!

- o *How would His "manifest" presence be different from His presence in general?*

This was a puzzle to me for many years. I was grateful to A.W.Tozer for his observations on this very thing. He noted that we know God is everywhere at all times because Scripture tells us that it is so. Even in Sheol, His presence exists. Yet, He does not always make His presence known, sensed or felt to us. This phenomenon is reserved for two kinds of situations:

1) those who do seek His Face and who show Him their desire to be in obedience and submission to Him. and

2) those who see, feel and know the wrath of His judgment. This phenomenon seems to have been more prevalent in ancient times but prophecy in Scripture seems to indicate that His wrath will one day again become evident to those who have refused to acknowledge Him as Lord and Master.

Keeping Your Joy Full!



As you run the race life has given you, you may find, as we have, that it isn't exactly what you thought it would be. The goal may not be what you could foresee, but what our Abba has foreseen will be best for you. Let your joy be complete in that He cares for you!

Please click on this following link to see a short but inspiring little movie about:

[The Race](#)

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](#)

email: info@setapartmingb.org

phone: 920-336-7005

web: <http://www.setapartmingb.org>

[Click here to pass this newsletter along to a friend!](#)

✉ **SafeUnsubscribe®**

This email was sent to info@setapartmingb.org, by info@setapartmingb.org
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Set Apart Ministries Inc. | P.O. Box 5584 | De Pere | WI | 54115