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Encouragement from S.A.M.

An Equipping Ministry

December 29, 2005

Shalom Barbara,

Happy Channukah! We hope you are enjoying this week of feasting and rededication as we remember the faithfulness of our Elohim to His people and His covenants!

At the end of our calendar year, let me summarize what we have covered so far. Based on the answers provided in our survey for First Year of Torah Observance, we have addressed issues in the order of significance by our responders. The issue that caught most people's attention as the most prominent one during their first year of Torah observance was that of the personal feelings of anger, regret and sadness at not having been taught these things despite years of church attendance. The next item was that of dealing with family and friends reactions, followed closely by responding to fears of legalism. We have since returned to the issue of family and friends reactions as we delved more deeply into the struggles around this holiday season and the struggles faced by divided families.

The next issue to be addressed, according to the importance our survey responders gave it, is that of re-assessing one's faith, in light of what has been learned since studying from a Hebraic perspective. We will continue in that area in our next email. We are very grateful to all of those who took time to respond to this survey and continue to look for more responses to add to our data. We are pleased today to provide Part 2 of the letters written by Chris Coursey of CARE, Inc., Jim Wilders' close associate and a veteran of developing a community of Messianic Believers using the principles found in [The Life Model: Living from the Heart Jesus Gave You](#)

We have met with a number of delays in getting our Messianic Fellowship Leaders Survey online but if you are a leader or know a leader, we would be pleased to send you/them a survey by email for response. This is the next area of concentration

Maturing in Messiah



Shalom!

For the past few months, we've covered a variety of topics that affect our maturity. We began with a series on *Reactivity* and how our brain functions affect our behavior. We talked about *Type A* and *Type B Traumas*, which leads to *Fear Bonds* in our lives. We also talked about overcoming the traumas and fear bonds to learn to form healthy *Love Bonds*.

In the past three newsletters, we focused on the importance of *joy* in our lives to be able to overcome fears bonds and traumas, and how to move into healthier relationships.

With today's newsletter, we'll begin talking about the *Maturity Stages* in people's lives. Physical age **does not** mean we've reached a certain maturity level. In each stage of our lives there are specific tasks to be

following the completion of the First Year issues.

We seem to be experiencing some technical difficulties with our email so if you have tried to email us and have received a spam message, please accept our apologies! We hope to be able to address the problem by the first week of January but, until then, if you'd like to contact us, please call at the number listed below or email at swinc1620@sbcglobal.net for just this week. We do want to hear from you!

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Got Satisfaction? by Guest Columnist Chris Coursey

Since my last article, you have had many opportunities to notice the impact of trauma on marriages, child rearing and employment—even among the people you lead. My name is Chris Coursey and I am a staff member for the not-for-profit Christian counseling ministry, C.A.R.E., Inc. located in Baldwin, Michigan. Our primary goal is to bind up the broken hearted and proclaim freedom for the captives, both those who silently suffer and those whose pain is obvious.

Two types of trauma strongly influence our social and private areas of life causing enormous cost in time, emotions, damaged relationships and lost productivity. One (Type B) is usually kept a secret even though the results are visible while the second kind (Type A) is often unknown by the person. Trauma and its results, whether noticed or not, saturate our schools, churches and neighborhoods - even touching the homes of leaders. We cannot escape the consequences of Adam and Eve's fall but we can learn how to grow, recover and prosper with grace, style and poise when life produces pain and adversity.

A large part of being who we are created to be in Jesus Christ is the need to mature. In my last letter I mentioned I would write about recognizing deficits in maturity and how to help individuals grow when maturity is lacking. I mentioned all addictions have one common element - every person who struggles with an addiction has a painful deficiency in their maturation process. This agonizing gap in development often goes undetected and is overlooked. In fact, one of the leading

accomplished to grow into full maturity. If certain tasks are not accomplished during the optimum stage, **it is still possible** with the proper environment and help to accomplish them later in life.

As believers in Messiah living in community, it is important to understand maturity levels. When we understand the maturity level of an individual, we can direct them more effectively to a place of service. During my years in a church, many times people were placed in positions for which they did not have the maturity to be successful. The result: disaster, hurt and angry feelings, and sometimes separation.

Drawing from resources including Biblical standards, developmental stages of life, psychological maturity indicators and relational indicators, Shepherds House staff developed a comprehensive model to better understand our own and others maturity, as well as what behavior looks like in an individual and in the community.

Set Apart Ministries has been given permission by The Shepherd's House to take this chart and form a Self Evaluation Chart as a tool to begin understanding the areas in which you may be lacking. If you would like a copy of this evaluation, please email at info@setapartmingb.org or give us a call at 866- 634-0291. We have found it valuable to have someone close to you fill out a chart rating your different levels as they see you.

For community leaders, it's important to understand a person's maturity level before giving them responsibility. It is also important to understand the needs that are in your particular community in order to help each individual mature into all Messiah has for them.

For parents, you can learn the specific tasks for each age group of your children and what you are able to do to help them grow up into healthy, mature adults can be learned.

causes of addictions, dissatisfaction, leadership failure, untamed cravings, depression and marital infidelity (among others) is unrecognized attachment pain. You can help individuals recognize and address their lack of specific maturing tasks by looking at the Maturity Indicators Chart in the Life Model * on page (s) 29+. Additionally, I have included a brief article on maturity that you can copy and pass out to people who could benefit from this information.

I ask you to prayerfully consider learning more about maturity, building healthy, strong communities and nurturing emotional spiritual growth.

Chris Coursey *C.A.R.E., Inc.* Email thrivingtoday@yahoo.com

Various famous faces have found their way into our homes, cars and offices sporting a ring of milk around their mouths with the catchy slogan, "Got Milk?" Most of us have seen this infamous ad campaign (and successful at that) on television, billboards and in magazines. One cannot travel too far on the road, internet or even surf the television channels without running into this popular motto. The ad conveys to its audience, "Hey, if this race car driver, actress and musician drinks milk, you should too." (By no means am I complaining about this marketing, I am happy to see milk advertised rather than alcohol and tobacco products any day.) However, this ad reminds me of an issue we have in our culture known as maturity and the lack thereof.

As consumers we immediately recognize someone who has a ring of milk around their mouth and assume they just finished drinking a large cup of cool milk, and 'Ahhh', their thirst is quenched, they must be satisfied. After all, most of the faces are smiling, aren't they? Maturity is largely overlooked in our society, culture, church, schools, government and entertainment, to name a few. The lack of maturity and our inability to recognize its absence is bound to cause problems in any place, from our home to our church or ministry.

I liken maturity and its effects to a gentle breeze. We cannot see the wind when it blows but we recognize its presence by how it feels on our face and by seeing the trees shake and leaves stir. In other words, though unseen to the naked eye we know it is there by what our senses inform us. The same is true for oxygen and gravity. Though invisible, take it away and we find ourselves in a heap of trouble. Maturity works along the same line. The average person may not completely understand maturity or the essence of maturity but you can look around and

As individuals, we can begin to understand where our maturity development stands: our strengths and what we lack. We can then express our needs to those trustworthy, mature people around us. These charts show us ourselves as well as how others are able to help.

We want to stress again: **the lack of maturity in your life is not your fault.** We have all suffered some sort of trauma in our lives, which has caused a disruption in our growth. We may not ever have thought of it by this term, "trauma" but the effects can be seen nevertheless. Maturity also **does not** have any bearing on your value as a person. Each level of maturity is important. Elders can't be elders without a flock, parents aren't parents without children. Children need warm, loving parents and elders in their lives to show them the way to maturity.

Looking at and examining your maturity level will take courage. The purpose of these indicators is to identify our weak areas in order to become aware of and work on them to grow. As YHWH's people, we have been created to give and receive life. Pray for YHWH to give you wisdom as you seek the shortfalls in your maturity.

What are the benefits of struggling through the maturing process? The *Life Model* explains it this way: *You can create a better life for yourself and for others. Examine the Maturity Indicators and then think about your fears. Perhaps they protect you from frightening feelings that come from B traumas, that keep you stuck at the child-level, blocking your confidence to "do hard things." Or your depression may stem from an A trauma, like not belonging, which keeps you isolated. Immaturity may stifle the characteristics of your heart. As you work toward maturity, however, the true characteristics of your heart will become more evident to you and to those around you. As stated earlier, progress in maturity increases success in marriage, parenting and leadership, Friendships become deeper, and relationships become more mutually satisfying. Gains in*

notice when maturity is missing. Let me share a practical example. According to the *Life Model, Living from the Heart Jesus Gave You*, one of the basic tasks of maturity between the ages of 4 through 12 is to learn what brings personal satisfaction. Children learn what is fulfilling and what is not by trial and error. This step is an integral part of childhood development. Children who fail to complete this task find themselves constantly searching, buying, drinking, eating, smoking and seeking to discover what satisfies. The more they search to find what satisfies the more they feel unfulfilled and empty. These individuals fall into two groups, those who give in order to receive and those who receive but fail to give. Both are unhealthy and neither brings personal satisfaction.

Children who receive but fail to give grow up to find the more they consume the more they feel unfilled and restless. They always want more and fear missing out on 'something good'. Children in adult bodies who are in positions of authority often govern large numbers of people while others end up broken and destitute. Both can find themselves in bondage to addictions and compulsions. Raging, unmet cravings incessantly drive them. The deception occurs when those who are pastors, governors, CEO's and presidents gain the trust of people yet are the kind of person you don't want to leave alone with pretty young women as well as those who are vulnerable and susceptible to abuse. And we thought bulls and china glass shops don't mix well.

Those who fail to finish their childhood tasks of maturity may be highly skilled but without experience at taming the brain's nucleus accumbens, trouble lurks around the corner. Located deep in our brain, this small cluster of nerve cells tells our body we are going to die when we fail to get what it wants. The nucleus accumbens is in charge of our cravings for survival, from air to food, safety and sex. It motivates us by releasing dopamine into our system. Dopamine helps us focus and enhances our attentiveness. The conscious feeling we experience is, "I Got to Have This, NOW!" whatever "this" may be. We become agonizingly uncomfortable and only find relief when we turn it off by getting something we need. Getting what we need releases enough serotonin to bring peace and calm. Problems arise when our brain associates "this" with sex, drugs, gambling, clothes, people, objects, etc. Just imagine the unhealthy, even deadly, possibilities.

Unless parents and communities teach children to learn consequences of their choices, behaviors and actions then identify what brings satisfaction we have the potential to raise power-hungry, obsessed, compulsive people who have little to no idea what brings him or her personal satisfaction. This can only

maturity help you live from the heart Jesus gave you, in a more deeply satisfying way.

On January 23, I am offering an overview of the *Life Model*. This teleconference is FREE--only the cost of a long-distance call. You will have an opportunity to ask any questions you may have on the *Life Model*. (Please see [Teleconference Classes](#) for more details.)

Next time, we will begin looking at each specific age level, which will help you to begin seeing how the gaps and shortfalls have affected your life and those around you.

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produce one outcome - victims. There are countless victims resulting from those who lack the maturity and experience to know what satisfies them. However, there is one downside to having a population of people who has learned what satisfies them. Once a population learns and knows what brings satisfaction individually and corporately, those in marketing and advertising may experience a decline in sales and income. What does advertising have to offer people who can identify what satisfies them and what does not, except to tell the truth about a product? Since much of advertising is the business of telling you what you do not have and what you desperately need, maturing enhances our effectiveness and allows us to distinguish between our needs and cravings. That may be one risk we should be willing to take. We invest in ourselves, our families, communities and our ministries when we pay attention to and purposefully apply the Biblical principle of maturing.

The LORD will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail.
Isaiah 58:11, NKJV

Got Satisfaction? is written by Chris M. Coursey, C.A.R.E., Inc. This piece is merely an introduction into maturity and satisfaction for a child. If you or someone you know wrestles with an inability to find satisfaction or if you would like more information on this issue, I encourage you to take advantage of various resources on maturity. Available resources are *The Life Model, Living from the Heart Jesus Gave You* and the Study Guide, both by Shepherd's House, *The Stages of a Man's Life* and *Living with Men* both by Jim Wilder.

Keeping Your Joy Full!

Have you ever noticed that there is one activity that comes up periodically in your life that never fails to bring a smile to your face and a lift to your spirit? This particular thing is something that you may even feel a little guilty about because you enjoy it so much! Maybe it's a stroll through a gift shop, or a book shop with no special goal in mind. Perhaps it is that telephone call to a friend you haven't spoken with for a time. This week, in your set aside time for joy, one hour, go ahead and make that call, or visit. When our own spirit is being nourished, it is so much easier to be gracious to others! Good self care only means that you value what Abba has created in you!

"YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR STRENGTH, AND WITH ALL YOUR MIND; AND YOUR NEIGHBOR AS YOURSELF." Luke 10: 27

Teleconference Announcement:

Marilyn Guffey will be offering a FREE Introductory Telephone Conference class on Monday, January 23, at 7:00 p.m. CST. This class is based on the principles of the *Life Model: Living*



from the Heart Jesus Gave You by The Shepherd's House.

Because of struggles or abuse throughout life, people may have gaps in their maturing process that interfere with their productivity and relationships. This isn't their fault and the good news is--they're not stuck either!

Do you find yourself just "blowing up" for no reason, find it hard to confront people or to "fit in" groups? Do you have constant struggles in your relationships or have you ever heard "Awww, just GROW UP!?" This group may have some answers for you.

Some of the topics covered are:

- How brain function plays a part in maturing and healing
- How Joy plays an important role in maturity
- The Stages of Maturity, the important tasks of each stage and the problems that result from uncompleted tasks
- Love Bonds vs. Fear Bonds
- What people can do to help one another to mature

This will be an introductory group. The only cost to you is a long-distance phone call. If you choose, you may go on to a 10-week class which will be offered at the cost of \$20 per hour class, two times per month or \$40 per month. This class is confidential. It will be conducted on a first-name basis. The cost of materials is approximately \$20 available from C.A.R.E. Packaging at carepkg@triton.net.

[Read more about Maturity....](#)

About Us

Barbara L. Klika, MSW, LCSW, Personal Life Coach is a licensed mental health professional and founder of Set Apart Ministries, Inc., 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 serous 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.

Marilyn T. Guffey, lay counselor, Personal Life Coach. 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 coleader in the provision of group and individual teaching and processing emotional and maturity issues 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 its 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 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.

What do we do for the Holidays?

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 the first week in December at

a time to be announced to those who registered 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)

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.

email: info@setapartmingb.org

phone: 920 432-5002

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

[Please pass this newsletter on to those you know who are new to Walking in Torah and those in Messianic Community Leadership.](#)

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