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Conquering Life's Mountains Together!

Personal Life Coaching

February 2007

Greetings!

It finally arrived up here in the North--icy cold weather! The wonderful thing about the icy cold weather is the brilliant sunshine! I am so thankful to have a nice, warm home and car to stay out of the cold!

The Super Bowl is over and now we await Spring and new life. This is also the time when our New Year's Resolutions may begin to slow down. Take a moment to look outside and see the beauty of God's creation, wherever you live. My mother used to hate the time of year when all was dreary until one day she realized the beauty of the bark of a tree. Have you had this kind of revelation of late? What has God done in your life today to bless you?

We are excited that we are nearing completion of our audio CD on *Maturity in Prayer Life*. We are in the final stages of editing it and hope it will soon be available for downloading off our website. This was a joint effort by members of Set Apart Ministries and we believe directed by the Holy Spirit. We are praying for people to be blessed and strengthened by what they can learn from this CD. Please pray for us as we complete this project and that it will reach the people who need to hear this message. [Click here to receive notification when this audio teaching is available!](#)

May you be blessed and strengthened.



Barbara Klika and Marilyn Guffey, Personal Life Coaches

DISCIPLESHIP, AUTHORITY AND CONTROL



DISCIPLESHIP:

As believers in Jesus/Yeshua, Life Coaching is very similar in some ways to discipleship. As coaches, our desire is support people as they become more like Him in every area of their lives—to walk as Yeshua walked --- for their will to become conformed to His. A lot is heard in Christian circles today about "making disciples." Yeshua Himself commanded His disciples to "Go and make

disciples.”

What is a disciple? In simplest terms, he/she is a follower of some teaching, belief or person. As disciples of Yeshua, we are His followers.

The Greek word in the New Testament for disciples is *mathetes*, which means a learner or pupil. In First Century Hebrew understanding, **“A disciple was not only a pupil, but an adherent; hence they are spoken of as imitators of their teacher;”** (cf. Jn. 8:31, 15:8) (Strong’s Exhaustive Concordance of the Bible).

In my own studies, I have learned that disciples of a Rabbi would literally sit at his feet. Disciples learn from and imitate their Rabbi. We see Yeshua’s example of this with His own disciples.

As believers in Yeshua, we are to be imitators of God, as beloved children (Eph. 5:1 NASB) and walk in the same manner as He walked (I John 2:6 NASB). Our leaders are to be an example in the way they walk and follow Him. As we see and hear Yeshua working through leaders, it is His Presence in them we are to trust and follow, *not the person themselves*. It follows then, that we have the responsibility to search the Scriptures to understand and know that our leaders are following Yeshua.

It is also understood with our community that leaders are developed as they mature in faith and relationship with Yeshua, not so much that they are "elected" by popular vote or talent.

SCRIPTURAL BASIS FOR AUTHORITY AND LEADERSHIP:

From the beginning, in the Scriptures, the God of Abraham, Isaac and Jacob established the concept of authority for His people. In the garden, He was THE authority. When He created Adam and Eve, Adam was the head under the authority of God.

During the patriarchal age, Abraham became the first leader, followed by Isaac and Jacob. Jacob’s sons then each became leaders of their families or clans until the enslavement of Israel in Egypt.

God then appointed Moses as leader over all Israel to lead them out of Egypt into the land He had promised Abraham. In Exodus 18, Moses father-in-law, Jethro, observes that Moses is wearing himself out by being a judge over all the people. Jethro advises Moses to select men of good character and those who fear God to be trained up in leadership. These men were made to be leaders over thousands, hundreds, fifties and tens. They were to judge the people and bring any difficult disputes to Moses.

We find in Exodus 24 that the 70 elders went with Moses, Joshua and Aaron to Mount Sinai and see YHWH Himself and eating and drinking (Exodus 24:9-10).

Israel was ruled by Judges, selected by God Himself in the time period before the people demanded a King which God also selected.

In the New Testament, we see the establishment of deacons to help the Apostles in daily affairs. The Apostles, themselves, were to be studying the Word and teaching (Acts 6:1-6). In various passages, we see the function of the Elders in the congregations (Titus 1:5-14; I Tim. 5:17; James 5:14, 15, to name a few).

CONTROLLING LEADERSHIP:

As we use the term "control", we see it as an abuse of authority to have absolute power over people. I have heard of leaders within some churches who wanted to

establish a strong discipleship program and carried it to extremes. People were spied upon, told exactly what they could and could not do in every area of life decisions. People have told me that their leaders have said, "I'm your discipler, you need to do what I say."

We've all heard of cults that have been totally controlled by a charismatic leader in every aspect of their lives. This is abuse; this is not Godly leadership or discipleship.

DISCIPLESHIP VS. LEADERSHIP VS. CONTROL:

On the other hand, people can misinterpret accountability and use of a leaders authority for abuse or control. When people *believe* or *misinterpret* godly leadership to be such ungodly control by someone in authority, fear or rebellion are usually involved.

Perhaps someone has been abused by an authority over them at another time. It is usually a frightening time of self doubt and confusion as to what is Scriptural. The individual is often lacking self-confidence which makes it even harder for them to evaluate the authority involved. It becomes difficult to trust anyone in authority for fear of being abused again. Others will have no tolerance for a learning time with a new fellowship leader and may rebel against any kind of authority for fear of being controlled. All of this leads to distorted thinking and much misunderstanding.

Leaders do need to make difficult decisions and take difficult stands for the good of the fellowship. This should always be Spirit-led. Scripturally, discipline and confrontation are needed (see Matthew 18). Due to an independent, prideful, fearful or rebellious spirit, people can interpret this as control. Instead of talking through the situation or accepting the accountability, people will just walk away from the fellowship. Unfortunately, this same pattern can continue for them in other fellowships over and over. People in fear will walk away from what they most want—relationship.

Fear of abuse by authority was a *particularly* difficult issue for one woman in our Set Apart Ministries community. Through prayer and a willingness to be accountable, she learned to trust Yeshua in Barb and overcame her fear. She persevered through the tough times even when she did not understand; she did not run away. As a result, she has grown and matured as a part of the community. She has been able to be instrumental in helping others recognize and deal with this kind of fear.

In summary:

- God desires His people to be disciplined— Yeshua is the best example of this. A disciple following his master is a model of leadership.
- God has established leadership for the people of God and we need to look to Him to confirm leadership in ourselves or others.
- Leadership is NOT absolute power over people--Yeshua alone has ALL authority.
- We need to recognize any rebelliousness or fear of leadership "control" in ourselves and deal with it accordingly if we are to grow into all He has for us, able to receive from others what is good and right.
- YHWH has placed leaders over us for our protection, not for oppression. When our leaders obediently follow Him, they will not lead us astray.

As coaches we come alongside people to support them in areas of growth that they choose for themselves Our desire is that people see Yeshua in us and trust and follow Him as HE works in and through us. Our hope is that through our coaching

relationships, we will be part of that training up process for many more to come.
(M.G.)

Keeping Your Joy Full!



We are always being stretched and grown. One way of having joy is finding a new hobby. Try something new-- painting, crafts, build a birdhouse. It's a way to relax and a way to discover new talents!

And while we recognize our own need to try new things and cultivate our joy, may we always remember that this is not so with our ever faithful, relentlessly pursuing, loving Father.

God never changes moods or cools off in His affections or loses enthusiasm.

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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.](#)

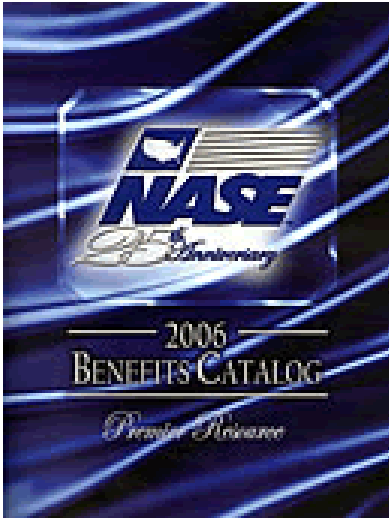
ABOUT US

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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