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Set Apart Ministries Inc. Newsletter

An Equipping Ministry

September 2005

Greetings!

Today, we will be addressing concerns about Love and Fear Bonds and beginning our comments on how those new to walking in Torah may better handle the concerns of their family and friends. We are so grateful to the insights of others that have helped us to articulate what the Spirit is doing in and through us here at Set Apart Ministries. Among those we wish to thank today are Batya Wootten for her work on [Mama's Torah](#) and the definition of a "helpmeet", James Wilder for his insight and courage to explore helping wounded people and then the discipline of his group to prepare information to help others do so as well [Life Model: Living from the Heart Jesus Gave You](#), and Robin Sampson and Linda Pierce, authors of [A Family Guide to the Biblical Holidays](#).

As we move on through these difficult days until our Messiah returns, challenges in relationships and in dealing with circumstances will continue to increase. Our own maturity will be a large part of what will enable us to handle things well, or our lack of maturity will contribute to even greater dilemmas. In our society, it has not been fashionable, to say the least, to evaluate one's own maturity! In general, the instruction has been more like "look out for number one" or "He who has the most toys when he dies, wins." This "standard" has found its way into Believers lives as well as the general population all too often. It may be disguised at times in more politically correct terms but it exists just the same.

Since we have been a part of what has been called "The Messianic Movement", these past four years, I, Barb, have observed that most of those who teach and are in leadership positions appear to have an outstanding knowledge of Scripture, far more so than is seen in many pastoral leaders of all walks of traditional Christianity. In my work as therapist, I have met with many church leaders and have found that the heart may be

Love and Fear Bonds



From the moment we are born, we begin building bonds with other people. Mothers anxiously await their first contact with the child they carried within them for months, waiting to touch and feel the child. Even before we are born there are factors that can affect us as our brains begin to form.

The bonds we build can be life giving or rob a child in life. We develop love bonds and fears bonds. When a child grows up in an atmosphere of love, he is able to mature into an adult who is able to love

good but the Biblical knowledge base is very limited, often to their own denominational leanings. I have also observed that there is a lack of emotional maturity in many of these same people, which sadly seems to also be apparent within messianic groups. Scriptural knowledge alone, without maturity in it's application will be as the clanging gong or noisy cymbal of Sha'uls commentary. It often comes as a shock to realize that someone in a position of authority may not have the emotional maturity that "should" come with that position!

- Growing older is unavoidable but maturity is NOT automatic.

Many have lamented the dysfunctional "infighting" that has occurred throughout the movement. When one takes maturity factors into account these issues could be better understood and more quickly resolved. It will require humility on the part of both leaders and members of communities to do so, but isn't that part of becoming more like our Savior?

We appreciate your assistance to get these words out to more members of the Body of Messiah who have accepted the challenge to get to know Him more intimately, to allow themselves to be taken up into all that is involved in "Be ye holy/set apart for I AM holy/set apart".

*We also appreciate the encouragement of those such as Frank Houtz of Dry Bones Restoration Company. Frank wrote to us about the issue in which we began to address the issues of refuting fears of legalism: **This is an excellent article in dealing with the anti Torah attack team. Helping people know that they need to be the calm one while their friends are losing their cool is a very needed message. They must realize that saying nothing is usually much superior to saying the wrong thing or defending their position. No one in a heated emotional state can hear anything. We are not denying Yehoshua or ignoring His command by being polite and thanking them for their concern. A soft answer turneth away wrath. Try it, it works. Thanks for letting our fellowships hear what a mature response is.***

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Help! My Family Doesn't Understand My

and have healthy relationships. Fear bonds will cause gaps in our maturity, causing a person in certain circumstances to react in a childish way. Love bonds bring joy, intimacy and an ability to work through difficulties in relationships. Fear bonds do just the opposite.

How are you motivated by Abba Father? Do you keep the feasts, Shabbat and Torah out of an unhealthy fear of Him or out of love? Do you do the "right" thing because you're afraid someone will judge or condemn you or because you want to do what you believe in your heart is right?

Love bonds bring out the best in us. We will be energized and want to be with the person. We feel safe to share all feelings-both negative and positive. Truth permeates the relationship even when we have to say something that hurts. When we are motivated by love, we are able to mature and be all that we were created to be.

Fear bonds, on the other hand, will stifle growth. We will be unable to grow to our full potential. We will feel guilt, anxiety, shame; we will blame others instead of

Interest in our Hebrew Heritage

Every one who has come into the awareness of the importance of understanding the Hebrew Roots of our faith is at a crossroad. *Will I do something with this knowledge or will I put it out of my mind? Will I keep what I now understand His Word says is important uppermost in consideration or will I be more focused on other people's reactions? What does it really mean to Seek **First** the Kingdom of God/Elohim and His Righteousness?* Friends reactions can be difficult, especially when they are fearful that one is going down a dark alley of faith, but family or spouses reactions can be even harder to face.



Subjects we will discuss today and in the next issue:

- Determine Our Own Position and Choice of Action
- Define a Wife/Helpmeet Role
- Gradual Change from Past Holiday Traditions **VS** Immediate, Total Change

What IS my position? Now that I understand that the expression of my faith, **while not my faith itself**, was at least in part, according to pagan practices I must face the issue of whether or not I change my practice. If you are reading this newsletter, chances are that you have already made this decision. Perhaps the first issue that arises is whether or how to keep Shabbat. Then, observance of the dietary laws may come to the fore but all too soon, in the course of a year will come the challenge that may seem to be the most threatening to our family members: Christmas and Easter traditions have been beloved for generations and have often been the few times in a year when families congregate. As we begin to face these issues it is VERY important that one has come to one's own conviction and that these changes are NOT being made because "someone told me these things".

- **If sudden drastic change is made without personal understanding our family and friends would be correct to worry!**

Then, the changes will have no root as in the parable of the seeds being sown and will quickly be rooted up by the first winds of controversy and challenge. Key points of Scripture need to be understood well enough to be able to articulate them when questions arise. The most frequently challenged points ARE these areas we have listed here, along with the previously discussed fear of legalism. When I know what my personal

accepting responsibility for our mistakes. **The goal becomes, "What can I do to avoid pain or negative feelings?"**

In many relationships, we can have both love and fear bonds, especially in our family of origin. This is why we have gaps in our maturity. In one area, we learned and were encouraged to act out of love and had a sense of who we were. In another area, it might have been just the opposite--we acted out of fear and **tried** to figure out what we could do to please the other person.

So, the question is: How do I know if I have love bonds or fear bonds with someone? One question to begin asking yourself is "How do I feel after being with a person?" Do you feel secure, loved and energized or drained, confused and anxious?

Fear bonds can be turned into love bonds, with work and understanding.

According to *Life Model* (page 18), to begin making the shift, you must ask yourself two important questions: 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?

conviction is spiritually and factually, I am more prepared to walk through the change process. I can then meet these challenges from a calm position, standing in love relationships to those around me, rather than reacting from fear bonds with them. No one can learn everything at once! Rather, it is as is written in *Isaiah 28: 10*, we learn "*precept upon precept, precept upon precept, line upon line, line upon line, here a little, there a little*". We are to progress in our understanding, from milk on to the meat, as is again confirmed in Hebrews 5: 12-14. It will be important to maintain your personal joy in our Messiah and in searching the Scriptures as a good Berean to make these changes. It is a blessing to have a mentor who can help you navigate through the emotional ups and downs of a lifestyle change. It almost feels like being a refugee and getting to learn a new culture, yet the old culture is within one's view-and hearing- the entire time. This is when we learn even more about leaning **not** into our own understanding but leaning into our Messiah instead.

During the transition process, from a traditional expression of Christian faith to one that embraces our grafting into Y'srael, there will likely be many episodes of personal "second guessing" and re- examining the facts that led to such a change. This is especially likely when the challenges of those around us escalate, or appeal to family loyalty or sentiment. "Keep your mind on things above" takes on greater significance. **Whom are we trying to please? Is it more important to placate people or to honor YHWH Elohim?** And why WOULD anyone risk such upheaval in their family relationships unless they deeply believe that YHWH Elohim and our Messiah Yahshua must always stand first? Personal reminders of this Truth may be helpful: whatever works best for each person. This could be specific Psalms or pivotal readings posted in conspicuous places; for example:

- How long will you halt between two opinions? If the Lord is God, follow Him! *1 Kings 18: 21*

or it may be praise music or an inspirational book. Matthew The Visual Bible, is a wonderful example of the confidence and joy our Messiah has that He came ON PURPOSE to accomplish His plan and that He will come again with that same joy and confidence, though this time as our conquering King. It is available on DVD or VHS. It's "script" is entirely and only the Gospel of Matthew, made by Christian believers, including a Messianic Jewish believer. It can be obtained through [Christian Book Distributors](#). Be assured that as one "marinates" in the Word, and lets the Ruach/Holy Spirit move within, the assurance and knowledge of Him, Messiah, our Living Torah, will

As you begin examining yourself and focusing on these two important questions, next time we will talk about essential steps in making the shift from fear bonds to love bonds. Shalom!

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grow as well.

- Definition of a Wife/Helpmeet Studies have shown that when a husband makes a significant spiritual change it is far more likely that his wife will also soon make a change. It is NOT as likely for a husband to change when a wife has had a spiritual awakening or renewal of some kind.

What does this mean when so often it seems that women have a desire and determination to dig deeper spiritually yet their husbands lag behind? As Batya Wootten has pointed out in her book, Mama's Torah - The Role of Women, the role of women has been misunderstood. *In ancient Greco-Roman circles, and even in the Jewish circles of that time, women were, at best, to be seen, but never heard. To this day, the idea that women are to be silenced persists in many congregations, Christian and Jewish alike.* (pages 3-4) The King James phrase, "help meet" is translated from the Hebrew words, "ezer k'negdo." YHWH ELOhim said, "It is not good that the man should be alone; I will make him an help meet for him." (Genesis 2: 18 KJV) In Hebrew, "an help meet for..." means a helper corresponding to him in kind, or a helper against. *Strongs Exhaustive Hebrew Concordance says the word "ezer" means help, one who helps, succors, (Supports, aids, helps)... The word "neged" means conspicuous, in front of or in sight of, before your face or eyes, in your view or purpose, corresponding to, parallel to, straight forward, over, before the eyes of, opposite... When put together in the above Hebrew verse, the words are pronounced "ezer k'negdo."*

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- "K" means like, about, or as.
 - "Neged" means opposite, facing, parallel to, or corresponding to,
 - The "O" suffix indicates that it speaks of Adam.
 - Ezer K'negdo--Helper corresponding to..."
- "Ezer" means help or helper *The word ezer does not speak of an inferior status. It is used 22 times, 5 of which refer to the woman created in the image of the Almighty, 3 times to military aid, and 14 times to the Almighty Himself!... The word Ezer carries no implication of female subordination, no position of assistant as opposed to a shared partnership. It implies a submitted role as one who chooses to come alongside to help...while woman was created to be against any wrong ideas her mate might have, she also is to be against any wrong that might possibly come against him. By choosing to serve in this way, she is a true help.*

In the male and female we see traits in each that the other lacks, thus the need for one another as complements who help to fulfill the other. Because of the way we are made, man has a deep need for woman. And woman has an amazing God-given ability, even a power, to bring shame, or respect and glory to her husband (1 Corinthians 11: 7-12) From Chapter 4

This subject is covered in much greater depth in her book. These few words cannot do justice to the entire study. Both men and women will find much to consider there. For many years, women's insight has been relegated to back seat status yet we know that Messiah responded respectfully to women and guarded their well-being in a culture that did NOT always do so. Deborah and Priscilla are two examples of women who's gifts were accepted and were a part of building up the Body of Believers. So as this more complete understanding of women's roles is coming to pass, perhaps it will provide women more confidence to speak out clearly in their own marriages and relationships when spiritual truth is at stake. It is never to be considered grounds for disrespectful or shaming behavior by men or women. In love bonds, truth is spoken and both are built up in the process, even though it may be difficult at times. **Remembering that even good change is often seen as frightening may help any spouse to speak gently yet firmly.**

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 T. 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. Janell 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 four 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.

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