



Set Free Update

A Publication of
Set Free Ministries

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A new year, a new day, and a new face...

Hello Hello dearest Readers!

I am the latest asset to the Set Free Ministries staff: your very own developmental specialist. Not to scare you- that is simply my fancy way of saying "friend raiser." I will be writing a majority of the monthly updates from now on, as well as recording any donations coming in and keeping your Set Free Ministries account intact. My goal, in a nutshell, is to strengthen the relationship you have to Set Free and to offer a hand to any new faces whom might be in need.

Now, a little on who I am. I have not yet decided if this is going to be beneficial or detrimental to my reputation but I figure the truth must be said sometime- I am Dean Vander Mey's daughter. Yes, it's true; his second oldest deprived daughter. For any who know my father, I hope you are picking up on the sarcasm here. I had such a wonderful time in his home, from growing up with my five fun-loving sisters and recently added brother to getting around the clock biblical advice and example. I can only thank the Lord for such a blessing.

And blessing was followed by blessing: this past September I married the man of my dreams- Jake Benting. We have had a wonderful four months together so far; I am really taking a liking to this whole "wife" thing and he surprisingly prefers my cooking over pizza rolls. Seriously, we are a match made in heaven. The Lord's had us paired up for years now; you could call our pre-marriage years a crock-pot romance, beginning all of the way back in the eighth grade.

Enough said about my love life- I know men do not relate to such an exciting topic so we'll move onto something more intense, like machetes and rescue planes. I am quite certain the story of my African adventure has already been told by my father, so I won't delve too deeply here, but just in case there are any new recipients of the Set Free newsletter I will give a brief overview of the situation.

The spring of 2007, the Lord gave me a dream

about going to Africa and caring for orphans. That summer, I canceled all college plans and got set up with Omwabini, an orphanage outreach program in Kimilili, Kenya, along with my older sister Brittanie and her friend Jamie. We experienced a wonderful three weeks there- building mud huts and delivering baskets of food and clothes to the hungry and naked. By December 27, 2008, our six month planned mission trip was spinning wildly out of control. To make a long story short, it ended up being an election year in Kenya. The election process was cheated, causing a chaotic uprising among the people. Angry mobs roamed the streets, killing innocent men, women and children. Through God's saving power and the faithful prayers of many families and friends, including many of you, we were delivered from all harm and brought safely home by members of Blackwater. Praise the Lord and thank you for all of the prayers! It truly is a miracle and a fulfillment of God's word:

Psalm 41:1

"Blessed is he who has regard for the weak; the Lord delivers him in times of trouble."

God's word is true! We can stand firm on his promises. Let me share with you a few other promises I came across last night:

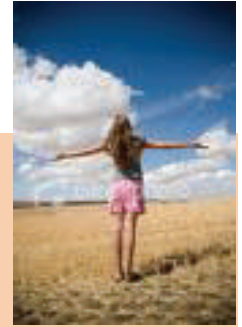
Zephaniah 3:17

"The Lord your God *is* with you, *he is* mighty to save. *He will* take great delight in you, *he will* quiet you with his love, *he will* rejoice over you with singing."

Look at the many promises in that one verse! **The King and Creator of this universe is with us, we have nothing to fear.** I didn't need to fear the machetes in the Kenyan streets- my God is bigger than that. You do not need to fear tomorrow, this coming year, or the safety of the stock market. Our God is in full control; he has been from the beginning of time and will be tomorrow, next week, and forever more. Do not be consumed by the worries of this world- rather, let your Father take delight in you, rejoice over you, and let him quiet you with his love.

-Aubrie Benting

A story of *Hope and Healing*



A lie is only as powerful as you allow it to be. Each person has the choice to either: A. believe the lie, thus giving it full power over your thoughts and actions or B. recognize the lie for what it is, rebuke the devil in the name of Jesus, and rejoice in God's truth. For some, the ability to see the lie stays hidden because of circumstances and sin in this world, but God's Word can reveal it for what it is. This is the remarkable story of Sara, a woman once bound by lies but who is now.... set free!

Sara was brought into this world by Christian parents, accepted Christ as her Savior at a young age, attended church on a regular basis, and looked like any "normal" child would look: young, naïve, and excited about life. Sara's excitement for life did not last long.

At the wee age of five, Sara's uncle began sexually abusing her as well as sharing with her his pornographic magazines. He lived with her family because he was going to school at the time and his college was only a short hike from their home. What was supposed to be a place of safety and love turned into a prison of fear, secrets, and only the wrong kind of love from an abusive uncle. Twice she approached an adult about the situation, but each time they turned away, not really believing what she was saying. Little Sara feared her uncle would follow through on his threats if she told anyone again, so she did not tell a soul.

Things did not change as time went on. Sara grew to be in her teens and then her twenties as the abuse continued. By now, Sara's uncle was not the only sexual offender. Another family member, camp counselor, and so called "friends" took advantage of her. It seemed to Sara she had a tattoo on her head saying "come abuse me." The lies that she was told by her abusers only increased her shame and guilt. Confusion, betrayal and feeling worthless added to her pain. She was told lies such as: "this is your fault, you asked for it", and "you really like it, you just won't show it". It was like she lived a double life— a "normal" person to the outside world, and the other a used, afraid, and hopelessly trapped piece of flesh.

Sara was in her mid-thirties when her capacity for pain, hurt, and anger reached its' brim. Her grandfather died from cancer, sparking a wildfire of emotions. Sara was so sad about her grandfather's death, so angry about being the victim of abuse, so ashamed of who she was. Alcohol became her closest friend for the next few years. In no time at all, Sara could not go a day without the deadening affect of the poison, taking it with her almost everywhere she went. The pornography she was forced to view as a child became her own addiction in an effort to replace the bad sexual memories with good ones. The voices that had been with her since childhood became loud, obnoxious and frightening. They would constantly talk to her, filling her mind, heart and spirit with lies. Lies that her life was not worth living, telling her "to keep on sinning because you're never going to be anyone worth anything anyway." A friend saw that she was struggling and cared enough to suggest she get some professional help. Sara agreed and met with a woman on and off for a few years, and then switched to a different counselor who began strongly suggesting to her to check into a mental clinic, threatening to bring Sara in herself. Sara knew her struggles had nothing to do with a chemical imbalance...it was her heart that needed mending. Voices began to taunt her daily, telling her how worthless she was— begging her to end her miserable life. Sara believed the lies— she loaded her gun and laid it on the living room floor. This was going to be the end of her sorry story.

God had a different plan. That very night, by His prompting, a friend called her on the phone and begged her to go seek help at Set Free Ministries. By the grace of God, she put down her gun and gave life one more chance. The next day, Sara went through a six hour session of praying and forgiving, finally freeing herself from the chains of her abusers. For the first time in her life, Sara felt clean and free of shame— like a princess of our most high God! The haunting voices were driven far from her; she was freed of his lies. For the first time she felt what it was like to be truly loved—unconditionally loved by her Heavenly Father. Her joy knew no bounds, her whole countenance changed. Family members and friends commented on her "new look" during the next few weeks. Life was truly worth living!

Today, 3 years later down the road of continued healing and growth, Sara basks in the truth, God's truth that she is loved unconditionally and put on this earth for a purpose- to give Him glory. Sara is living proof that our Abba can take a precious, broken child of His and make him/her whole by the power of His love, truth, and hope given to us in His Word. God has called her to go to the hurting and broken and share with them the healing power of Jesus Christ, and to testify by spoken words and a changed life that there is freedom in forgiveness. May God be glorified by her testimony, and may you be encouraged to reach out to anyone in need of God's love and truth.

~Written by Aubrie Benting and Sara

"Wash me, and I will be whiter than snow."

~Psalm 51:7

SFM Around the World



A VICTORY OVER DARKNESS!!

Date: December 8–December 18, 2008

Battleground: Uganda, East Africa

Warriors: The Lord and his angels, members of Set Free Ministries E. Africa, FIDA International, and International Teams

Victor: OUR KING and his believers

Loser: Satan and his demons

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

~Ephesians 6:12

The gruesome “ Lord’s Resistance Army,” located in Africa, has left quite a trail of pain and hatred. Many children, victims of forced killing and rape, are living with hearts full of hurt, anger, and bitterness. Bullet wounds, missing limbs, and STD’s are only the physical affects of what has happened to them.

Last month, Rev. Emmanuel Kabambi and others led 110 of these children to spiritual freedom through Christ. By forgiving those who wronged them and claiming the blood of the Lamb, they are now standing against the power of darkness with God as their defender. Many of the children were dancing and singing as they praised God for freedom at last! Not only that, but they were all provided with food, shoes, clothes and soap. We praise you Lord for the healing that took place and pray for the children who have yet to experience your love.

JOIN THE CLUB

Have you ever gone for one day without eating? I dare you to try it if you haven’t already. By dinner, the only thing on your mind is your stomach. Now imagine going one more week like that...or maybe even a year?! Worse yet– imagine your own baby going hungry with no one to take care of him. I have held that baby; believe me, the look of hopelessness in those big brown eyes will never leave me. In fact, they have been the cause of many tears since returning home from Kenya. Jesus made that child, along with thousands of others in the same, unfortunate situation. “The Lord hears the needy” (Psalm 69:33), he sees their suffering. We want to do something about it.



Set Free Ministries is a non-profit organization, making your contribution all the more needed. All I am asking is \$10 per month, and the best part is, there is a way to do that within your budget already!! Think of something that you would like to sacrifice for one year. For myself, I have chosen Starbucks. Last year, I would spend at least \$10/month on coffee (one drink is \$4.00!!) so this year I have chosen to take that money and give it Set Free Ministries so that more lives could be changed.

Please say you’ll join the club. Our goal is get 1,000 people involved, and YOU could be the first. You can e-mail me at: aubrie@setfreeministries.com or send money and pledge to:

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