

Set Free Ministries



"Bringing God's healing and freedom to hurting people worldwide."

July 2011

Dear Friends of Set Free Ministries,

As the dog days of summer days continue to sizzle and simmer, I encourage you to take some time to reflect on your relationship with God. Are you putting in the effort that is necessary to communicate with God? Is there anything that is blocking spiritual growth?

One of the biggest obstacles to a thriving relationship with God is hidden guilt. If this is you or someone you know, please contact SFM; we would be happy to walk with you to a restored relationship with the Lord!

Be blessed~

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Dealing With Guilt



By Aubrie Benting

Guilt. What does the word bring to mind? -Shame? Feeling dirty? A pit-in-the-stomach, "let me crawl under a bush and hide" type of feeling? Oh guilt... we've all felt it. It's the five letter feeling that makes a grand entrance, like an internal alarm system firing uncontrollably, until it has us red in the face and looking left and right to see if anyone is pointing fingers. Guilt is loud and uncomfortable; so uncomfortable in fact that we quickly like to get rid of it, but as it turns out we can't, so we cover it up with something else, something we are a little more comfortable with- like anger or rejection. Almost instinctively we take the spotlight of correction and point it until we reason out a logical object of blame, and then that object (it could be a situation, a person, or even the very one who you committed the offense against) is the one with the issue while we tip-toe out the back door as the victim thinking "If she wouldn't have done this to me first," or "if He didn't hold such a high standard then I wouldn't feel guilty." I think we pull that line on God quite often without even realizing that we do. We imagine Him in the judges seat, holding up an unattainable standard and pronouncing "guilty, guilty, guilty" until we run from the courthouse in tears feeling completely rejected and then eventually downright angry at Him for rejecting us. And then we stay away... anything to keep

from hearing those blaring sirens of guilt. Plus, He's the one rejecting us anyways. It's *His* fault.

The adversary just loves to capitalize on this 1-2 punch. First comes the lie that it's ok to sin and then unbearable guilt that it wasn't ok to sin. He convinces you that God's had it- no more love, no more grace, and no more forgiveness for such a failure of a follower. And then we buy it- hook, line, and sinker rendering us completely crippled in our walk with God or sometimes headed straight down the wrong path because it feels better to be among those who accept your sin. But that's just another lie; life apart from God will not feel better at all, but continue to be taunted by an unrelenting, isolated, sin-guilt, sin-guilt cycle with no way out. Eventually we find ourselves hard-hearted towards God and sin until the relationship that once was there is all but eradicated. But God's love never fails...

The truth is- God knows we will sin. In fact, every single sin we try to hide has already been previewed and paid for long before it even happened. God saw it all- even down to our efforts at hiding and running, and He still said, "This one. This one's mine." It's for such sins that we have Jesus. We need Jesus- God created it to be that way. Who would need a Savior if there wasn't any sin? No one! But as it is, all have sin. All have guilt. All need the Savior Jesus Christ. Guilt is uncomfortable for a reason, human beings cannot carry it. This is also apart of the plan. Every time that pit-in-the-stomach, I've done something wrong feeling arrives, and it will- you can plan on it, run to the only One who can truly take it for you. It's for such a reason He has sacrificed His life. Don't buy the lie that God will reject you. He loves you and longs for restored relationship, each and every time you sin. His forgiveness takes your sin as far as the east is from the west and is offered 70 times 7 times over. Will you let Him?



[One Man's Testimony of Freedom!](#)

What Others Are Saying...

"I had a friend in seminary who was wrestling with a heavy porn addiction and this ministry had a major impact

Ministry On the Home-Front Spreading the Message of Freedom

Last month, Paul Taming had the opportunity to speak to the caregivers and supporters of Joni and Friends Ministry at Maranatha Campground. He had the honor to share with them from his personal testimony as well as the Steps to Freedom in Christ and what it looks like to walk in freedom. They were very excited to hear God's Truth and eager to apply it to their own lives.

Please pray for these men and women as they daily love and meet the needs of the disabled children undercare at Joni and Friends.

~

Dean Vander Mey will be speaking at another Spiritual Renewal retreat for men later this month. Thank the Father that the hearts of men are eager to learn and lead!

with bringing deliverance into his life.
Four years later, my friend is still
free..."
May 2011

Set Free Ministries is...
"Non-judgmental, genuinely
caring, life-enriching
and spiritually lifting..."
June 2011

SFM India

Medical Supplies, Clothes Donated and New Believers!

A huge praise report to pass along from SFM India! 50 medical supply stores have generously decided to donate valuable medicines to the orphans and others under care at TNT Orphanage! This is such a blessing as most children attending would never be able to afford proper care for sickness and disease. Thank the Father!



SFM India continues to receive blessings and be a blessing to others! They were able to bless those in the jail this past month with 39 shirts, 79 underwear, 21 comfit for ladies, and 43 pants and shorts! Along with the clothes, they were able to donate 12 Bibles and 54 copies of the Steps to Freedom in Christ. The inmates are drinking in the Word of God. 5 Buddhists have accepted Jesus as their Lord and Savior!

SFM East Africa

A Letter of Thanks



We recently received a hand-written letter from one of the attending students at KazoWest Primary School in Uganda. He writes,

"My name is Hamzankooki. I am 12 years old. I am living with my mum, young brother and sister. On behalf of them I am here to say thank you very very much for all you are doing for us. Really, I don't believe this; I never knew that one day I would get to get someone to help me to pay my school dues. You can imagine living without food and school fees. We were living a miserable life. Thank you for the good heart we really appreciate. Thank you very much- we eat food at school. I love all of you who pays for my utensils. I want to be a doctor and even I am going to fight for children's rights. I hate corruption; I hate kidnapping children and children abuse...." June 18, 2011

(pictured is a boy from SFM school)

Prayer Board

Praises

- This past month, the Kingdom of Heaven gained 5 new Believers from the USA office alone!
- SFM has recently received a generous supply of material from RBC Ministries and we are passing the blessing onto you! Choose from a wide selection of life-changing books including, When Forgiveness Seems Impossible, Building Blocks to a Strong Marriage, and When Trust is Lost- Healing for Victims of Sexual Abuse. Feel free to pick up your copy at our SFM offices.
- The SFM prayer team has just grown by 170 little hearts. Some of the orphans attending Omwabini Orphan Center in Kenya have pledged to rise every morning at 5 am to spend an hour in prayer for Set Free Ministries. What a blessing!

Prayer Requests

- SFM E. Africa has just finished up a 3 day conference in Tanzania. Please pray for all of the attendees who are now going to be ministering to others with what they have learned.
- Due to rising inflation, price of goods has gone up beyond most of the budgeted allocations for the projects. Pray that the Lord will provide and sustain the budget deficits!
- SFM India is constructing a new prayer hall on a mountain top in Aizawl City. Please cover this matter in prayer.

Looking for a way to get involved?
Interested in learning more about SFM?
Check out our new website:

www.setfreeministries.com



Follow us on Facebook!

Quick and easy,



[Donate Online!](#)

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