

# *Set Free Ministries*

April 2010 Update



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

Dear Friends of Set Free Ministries,

"The Lord is close to the brokenhearted, and saves those crushed in spirit." Ps. 34:18

At our SFM offices in Grand Rapids, MI, over one thousand people a year call us looking for real answers to real life problems. The most loving thing we can do is to introduce them to God and His opinion on the matter because it is the truth that will set them free!

For many people, the deep wounds of the soul are often inflicted by those closest to us; those whom we naturally love and trust the most- an alcoholic father, a critical and controlling mother, a husband who is never home, a wife who is continually tearing down through her words, the uncle who abuses his niece, or grandparents who could care less.

We are living in the end of days when the love of most will grow cold. But there is HOPE!

You see, the Lord wants to heal the brokenhearted and crushed in spirit! Ironically, God is often blamed for the evil that you have experienced. God weeps over you. His desire is to love you back to life, if only you will let Him into your broken and shattered heart.

**"Come to Me, all who are weary and burdened, and I will give you rest."** (Jesus)

"Taste and see that the Lord is good; blessed is the man who takes refuge in Him." Ps. 34:8

Dean Vander Mey

## "Addiction is *Not* the Problem!"



By **Aubrie Benting**

Hopeless. What does *hopeless* mean? Hopeless is having no hope, no possibility of solution, impossible, beyond hope of management or reform, no possibility of comfort or success, certain to fail. Such is the state of being hopeless as defined by the top two resources that Google pulled up. Although their definitions do sound pretty hopeless, in their efforts to remain as universal as possible they have completely left God out of the picture, and in doing so, have missed the root definition of hopeless. At the core of every hopeless situation, is the belief that God is *not* in control. When you buy into that lie, the only option left is to believe that *you* are in control, and from there it's not hard to see how things start looking pretty impossible.

"Surrender control. God wants you vulnerable because that's when He uses you. Trust and know that it is not bad to surrender." The words of whom some have described as "hopeless." For anonymity purposes, I'll call her Ashley.

Ashley was born the youngest of a "Christian" family. Her father was an alcoholic, staggering around for years hurling insults and negative comments. He was coupling the alcohol with prescription pain medication in an effort to forget the world, unknowingly creating a deadly concoction that later took his life.

By the time Ashley hit sixteen, she was suffering from depression. In an effort to band-aid the pain in her heart, she started stealing her father's pills, and took up the alcohol she had watched for years. On top of that, Ashley started smoking marijuana as a way to feel better about life, and for a short while it would work, until the crash would come and she was reminded of how depressing reality was, how hopeless life had become.

When she married and had a child, she decided to quit smoking pot but soon realized the pain that had re-entered her life was very real. As a result, the pain meds were increased in an effort to "pick up the slack" where pot left off. It wasn't long until she fit the title "hopeless addict" increasing her intake to fifteen vicodin a day, all in an effort to control her life. The medication became her focus; she was consumed with how long it was until she could pop her next pill and where to get the next bottle, whether it be through stealing or a prescription. She had absolutely no faith in God; she was not sure He even existed. Life became solely about her- her pills, her addiction, her desires. After many years of bad choices that were hurting both her and her family, Ashley contemplated ending it all. What was the point anyway? What was her purpose? All she was, was a selfish, hopeless, terrible person who didn't deserve the air she breathed.

In a "last chance" effort, she met with a pastor and some friends who directed her to Set Free Ministries. For one full week, she met with God and a SFM team who looked past the addiction, and dealt with the root issues- the stored pain and unforgiveness in her heart.

"It was the first time that I heard God. I felt so amazing, and happy. I had a purpose!" Ashley says to me, her eyes watering up as she recalls that week. Ashley stopped the pills on the spot, and struggled through the withdrawal and detoxification process, but she knew she wasn't alone, and that God had plans for her. She prayed that God would bring



someone into her life, someone who was struggling the same way she was, so that she could use her testimony for His glory.

God answered her prayer! A woman asked Ashley to be her mentor for her drug rehab program and Ashley immediately accepted. She started going to the group meetings with the girl, where they met with doctors and other addicts. It didn't take long for Ashley to realize that this type of rehab was not the answer. "There is absolutely no mention of God involved in the treatment. They are treating the addiction like it is a disease that the patients need to learn to cope with, making things tangible and controllable. Addiction is not the problem!"

Addiction is not the problem but a symptom of the problem, and is a poor substitute for God's love, joy and peace promised in Christ through the Holy Spirit. Ashley knows this; she has been there, and she's here to tell you that God is the only way to true recovery. When I asked Ashley what she would like to say to people who have found themselves in her situation, she said, "You cannot control His will for your life and addiction is your way of controlling. You have to hand it over, you have to surrender, in order to be set free from the addiction."

Whether you believe it or not, you are not the one who is in control, therefore hopelessness has no place in your life. Take this promise of hope from the Lord and run with it, share it!

*"For I know the plans I have for you', declares the LORD, 'plans to prosper you and not to harm you, plans to give you hope and a future.'" -Jer. 29:11*

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## WORLD MALARIA DAY

### April 25, 2010

Did you know...???

- every 30 SECONDS a child dies from malaria?
- ONE MILLION people die per year from malaria?
- Malaria is the second leading cause of death from infectious diseases in Africa, after HIV/AIDS
- **Death by malaria is very painful and slow,** attacking the body through the blood, resulting in chills, high fevers, vomiting, shaking and convulsing. Some children have survived severe cases of malaria, but can no longer see or hear.



Night after night, children lie awake in the open air, wondering if the mosquito buzzing around them carries the disease that could claim their lives. You can read this article and throw it away, moving on with life in a matter of seconds. We are here; they are there.

They are easy to forget. God doesn't forget. In fact, God is there, right now with Arnold Kyagambiddwa (pictured) as his body suffers from the bite of a mosquito. **A NET IS 6 DOLLARS PEOPLE!** A treated net could have covered Arnold and protected him from sickness and possibly death. For \$6 Arnold could have slept in safety but today he suffers horribly. **For less than 25 cents per day, you could protect 12 children per year from malaria!**

SFM recently purchased 623 mosquito nets and distributed them to orphan centers in Uganda. There was great rejoicing and dancing! 623 more children can sleep peacefully, and they praise the LORD for it, but there are thousands left vulnerable. 6 dollars- do you have 6 dollars? Skip lunch, skip the theatre; together, we can make a life-saving difference in someone's life!



[DONATE NOW](#)

\*Facts taken from Center for Disease Control and Prevention and World Health Organization

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[Follow us on FACEBOOK!](#)

Become a fan and be able to view the latest testimonies and pictures. Not only that, but you will stay better connected to the Set Free Ministry body of Christ and receive continual encouragement!

\*We are titled "Set Free Ministries" listed as a non-profit organization, and have our lifted hands banner as our picture.

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## **PRAYER BOARD**

"And **PRAY** in the Spirit on all occasions with all kinds of prayers and requests." (Eph. 6:18) because... "**Apart from me you can do nothing.**" -Jesus (John 15:5)

### **Praises**

- All of the vehicles purchased for SFM Global offices are up and running. This is a huge blessing for all volunteers and ministry recipients!
- God is moving in the hearts of His people! Eyes are being opened, ears are hearing, and the hearts of those once lost are coming to know truth!
- Praise the Lord for all mosquito nets, water filters, and other various gifts that were given to the orphans of Uganda and Kenya. They are dancing with JOY!

## Prayer Requests

- SFM needs more help! Our volunteer staff is booked solid with freedom appointments, but the line of people looking for help continues to grow. Please consider joining the team; all that you need is a strong relationship with our Heavenly Father!
- As we enter the summer months, funding has a tendency to drop. Please, prayerfully consider supporting this ministry with a financial gift!

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Please visit our website at [www.setfreeministries.com](http://www.setfreeministries.com).

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