

# Set Free Ministries



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

October 2011

Dear Friends of Set Free Ministries,

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-8

When worrisome thoughts come to make home in your mind, you can send them packing. The formula to do so is quoted above! Have a blessed month~

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## The Pit of Self-Pity



By Aubrie Benting

Technically, self-pity cannot exist. By definition from the [New World Dictionary of American English](#), it is literally impossible to achieve, but much like other oxymorons such as jumbo-shrimp and plastic-glasses, two words, contradictory in nature, are put together to form a completely new noun. Let's take a look at each word: Self- One's own person as distinct from all others. Pity- Sorrow felt for *another's* suffering or misfortune.

As emphasized, "pity" must be bestowed upon another person. Pity is compassion; pity is looking beyond yourself and onto the sufferings of another. Pity is Christ-like.

Self-pity is the exact opposite. Self-pity is sorrowing for your own suffering, looking neither to the left or the right at the sufferings of others. Self-pity is "me focused" and has the incredible ability of convincing whoever carries it that they have it worst in the world. Get a group of them together and you have a room full of long-faced people trying to out-do one another on the "I have it bad" scale and not one caring for the others' mishaps. Not only does self-pity rob the carrier of compassion for

others, but also blinds to the many blessings or good things in life. With each decision to think pitiful thoughts about their sorry state, the situation gets worse and worse which is actually what they had in mind to do. If they can paint their picture ugly enough, then not only is the self-pity justified, but *deserved*. Selfishness (sin) masked its way into becoming perfectly acceptable; the lie was bought, "My situation is so bad, I deserve to sin."

I'd like to think that self-pity is derived from the root word "self-pit." Most likely that's not the case, but as anyone who knows someone suffering from a heavy dose of self-pity can tell you, *nothing* you say to them can seem to help alleviate their misfortunes! Despite repeated attempts to encourage or point out the blessings in life, self-pitiers seem to prefer the pit. As you reach down with a helping hand, they continue walking gloomy circles because they want to. They choose to feel bad for themselves and it is most likely going to take a change of heart to choose otherwise.

I write this for those of you who are pulling your hair out trying to figure out how to change a self-pitier. You can't! Your best plan of action is to pray and if you feel close enough to the person, you can point out in a loving way the trap that self-pity becomes. I also write so that the next time you are tempted to spend extended periods of time feeling bad for yourself, you will think of the "root word" – self-pit and know what it is you are choosing to do. As a side note for all Believers- no matter what the current situation may be, you have access to the very best that life has to offer!

God has called us to a life of love, hope, and joy. We are commanded to witness His fruit in our lives. What a waste of time and energy to put yourself in a pit of self-pity.



[Watch the Incredible Testimony of Nick Vujicic](#)

**A day,  
that's all it was.  
A day of truth.  
Truth spoken, and  
received...  
And now one life  
has been forever  
changed.**

"I thank the Lord for leading me to SFM!  
.... I had no idea the works God had

## **SFM East Africa Justin Haan is Hands-On**

Byron Center native, Justin Haan, has set up camp in Kenya. He is spending the next 12 months volunteering at Omwabini CBO, an orphan outreach program.

Justin has been busy checking up on the SFM Impact Sites, as well as helping those in leadership make plans for future sustainability. He is proving to be a valuable "eyes and ears" bridge between our offices, and we pray for continued blessing on his trip!

[Check out Pictures!](#)

planned for me in the area of Spiritual growth and formation. God amazes me- His love and concern for me!"

~Sharon Joy, September 2011

"I was nervous and anxious because I had no idea what to expect. What a day it turned out to be!" ~J.B

### [Free From Sexual Addiction!](#)



Justin shares, "Every day at Omwabini starts at 5 am with a time of prayer and singing. All 200 orphans meet in the largest building on the compound and are led in worship by Julius. It is a pretty powerful experience to be a part of...."

## *Michigan Missionaries*

### *Volunteer of the Month: Danielle White*



At 27 young years of age, Danielle is a shining example of what it looks like to impact your local community. She is currently a full time volunteer for Set Free, trusting the Lord to lead her as the journey of life travels on. After graduating from Grand Valley State University with a Bachelors degree in Psychology and Criminal Justice, Danielle went onto get a Master's degree from Western Michigan in Interpersonal Social Work with an emphasis on substance abuse counseling. She enjoys hiking, camping, and traveling with her husband and two dogs. May you be blessed and inspired by what Danielle has to say.

~

Once I graduated with a master's degree I began adolescent counseling at a local nonprofit. I immediately realized that something was missing in my practice. Although I was well versed in therapeutic treatment modalities I noticed that my clients were struggling to find their sense of purpose and that generational sin was impeding any progress. Through a series of decisions, which I now realize were completely God-driven, I ended up leaving this organization in hope of finding the answers I was seeking. A chance encounter with my grandfather, Paul Taming, led me to Set Free out of pure curiosity. After getting some background information on the organization I decided to start volunteering and had my own freedom appointment.

To say this appointment changed my life sounds cliché but it is absolutely true. I now know that missing link I was searching for and realize that adding the spiritual component to a counseling session while working through forgiveness is imperative for true healing to occur. It took me completely surrendering to God in my personal life to see the benefits of His work and I have been greatly blessed in return.

With this new found knowledge, I started a mentoring program on top of the freedom appointments that I sit in on as both a prayer partner and encourager. I meet with 10-15 children and youth. Some of these appointments are weekly while some are dependent on life events. Most are children of ministry recipients and all are referrals. I meet with the families at their houses and work with the children through a series of steps that follow the Neil Anderson model. We focus on home, school, social activities, and their relationship with God. It is not your typical counseling appointment. I provide any service that "fills in the cracks." This can be transportation to appointments, tutoring services, or respite care. By forming a relationship with the families, it is my hope that I can provide my testimony and supportive care to the families that I work with. A typical week includes one freedom appointment with 5-6 counseling sessions during the day and/or evenings. I have also joined Pastor Gale's team of spiritual care consultants.

As my favorite verse implies, (Jeremiah 29:11-13) I know that God will continue to enrich my life and guide me down the path He has laid out for me. By surrendering and trusting in His will I am hopeful and excited for the future to come. I know that Set Free is where I belong at this moment in my life and that despite my husband's deployment to Afghanistan, I am surrounded by a loving community of volunteers whose support and encouragement remind me of why I joined the helping field in the first place.

~

## Prayer Board

### Praises

- A huge praise is that we now have an active [PRAYER BOARD](#) on our website which is up to date with the current prayer requests and praises for all three worldwide offices. This is such a wonderful praise because we know that prayer is so vital for this ministry. Please feel free to check it out and join hands with us in ministry through prayer. A huge thanks to Jane Vander Velde and Jamie Lohrberg who have been working so diligently on this!
- Praise for a safe and effective trip to Peru for Jeff Stam and team. We will update on this soon!
- We thank the Father for all of the donations of reading glasses and pocket change for SFM's "Change for Children" and "Magnify the Lord's Word" campaigns. The next mission team will be taking the donations along with them in December so bring in any remaining pairs that you have. What a joy for those receiving them to finally read God's written Word!

### Prayer Requests

- Please pray for the financial state of SFM. Without delving too far into details... we need help.

- Please pray for all involved in the ministry, from the teams overseas to the ministry at home. May we be strong in God's protection!

## **In humility we ask...**

Money is a touchy subject. It's one of those things that your mother taught you never to ask someone about. Needless to say, it isn't fun to ask someone to give you un-earned, un-deserved, money with the expectations that a majority of the people will say no.

If you are still reading then you are someone who at least has given the time to listen. Thank you! Please know that I sincerely do this in humility. I stand in place of the people we minister to- the man addicted to porn; the woman angry from divorce; the child rejected by her parents... I ask for them. Will you pay for her? Will you give your money so that we can reach this broken man?

It will require complete selflessness and you will probably not even meet the person you will have blessed, but isn't that the beauty of it? Changing someone's life and the only person they have to thank is Jesus Christ!

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

[www.setfreeministries.com](http://www.setfreeministries.com)



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