

Set Free Ministries

August 2010 Update



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

Dear Friends of Set Free Ministries,

To a majority of twenty-first century Americans, miracles have long been buried alongside the bones of Moses. Their thoughts are that God just doesn't show Himself like He used to; that He isn't here and now anymore.

Dean Vander Mey, Director of SFM, took a family vacation last month and witnessed a miracle....the miracle of resurrection of life! May you be reminded that God is here and now; that He does continue to show His miraculous power, and that He does hear prayer!

Raised from the Dead!



By Dean Vander Mey

July 12th, 2010 was the first day of our summer vacation! Our group of 10, mostly young people ages 15-25, had traveled 500 miles the day before to our deer camp located in the western U.P. of Michigan to enjoy a week of swimming, hiking, and riding ATV's.

After riding ATV's until early afternoon, we all decided a swim at Stuesser Lake was in order as the day was hot & sunny. We all love this small remote lake known for its beauty and privacy. When we arrived at Stuesser Lake we found we were not alone this day. A man named Jim, in his early 50's, had arrived hours before us and was enjoying the scenery as well his cocktails.

Jim and I struck up a conversation as the young people splashed in the water playing a game of football. Jim petted our dog Izzie as he reflected about living life in the U.P. After our conversation, Jim threw on a life jacket before heading out for a swim. He looked at me and said "You think I'm a wuss for wearing a life jacket don't ya? Well, I would rather be a live wuss than a dead wuss!" **Thirty minutes later Jim was dead.**

As a group of us were playing football in water, the young ladies were soaking in the sun. My 19-year-old daughter Ellie shouted to me, "That the guy in the life jacket isn't swimming Dad!" I turned to look. It was Jim. He was 40 yards away, face down in the water with both arms stretched out wide, floating lifeless. I yelled for our 16-year-old son Sam to swim out to him to awaken him.

(Sam joined our family 3 years ago after his mother died. We had delayed our vacation this year by 1 month so Sam could join us for that week as Sam was admitted to the Brush Creek Youth Ranch this past spring for a 15 month program for troubled youth and had only this week off! If it wasn't for Sam living in our home, Jim would most likely be dead.)

Sam reached Jim and struck him a few times with no response. Jim was dead. I yelled for Jared, a strong swimmer from our group, to assist Sam in bringing Jim to shore.

Our tranquil summer scene at Stuesser Lake turned to pandemonium in an instant. My mind raced as to what to do next as they slowly swam with Jim to shore. I learned CPR life saving skills 38 years ago and had no training since! I silently prayed... **"Lord help us save this man"** and then the hard work began.

This was going to take a team effort to save a life! I screamed out orders as the young people looked to me for leadership as the eldest member of the group. "Three of you get in the SUV and go get help ASAP!" I knew cell phones would not work at this remote lake and we were just 5 minutes drive from the town of Ewen which had a fire rescue station. We ripped Jim's life jacket off and rolled him over face down at first to try and clear all water out of his mouth & lungs....nothing came out.

Jim's color was an eerie grey blue, no pulse, no breathing. It was clear he was dead. I went to open Jim's mouth to breathe into him, but found that his jaw was locked. [Rigor Mortis](#) had already set in. After prying open his mouth forcefully, we started CPR. I hit Jim in the middle of the chest with a closed fist as hard as I could, thinking the heart needed a "jump start." I learned later that this blow to the chest broke Jim's sternum in half and broke ribs as well.

Ben Benting, a father himself, began heart compressions and I got the messy work of performing mouth to mouth resuscitation on a dead man who had been drinking most that afternoon. Saving lost souls is not for the faint of heart; it is messy work. Sam held Jim's nose so there was no air loss with each breath given. My 16-year-old daughter Emarie held Jim's arm looking for pulse. Ben methodically did heart compressions and I would take deep long breaths and breathe them back into Jim's lifeless body.

Those left doing nothing dropped to their knees and began to pray over Jim. One intercessor named Heather began to weep as she prayed. It seemed as if time stood still. The scene was surreal- four of us working frantically to save the life of a dead man as he was surrounded by prayer intercessors holding his lifeless hands and asking God to intervene. We hoped EMS help would arrive quickly, but God allowed for a different plan. What we hoped would take five minutes or less turned into 35 minutes before help arrived. The EMS team had a hard time finding Stuesser Lake and also came from a town further away. Now looking back, we see this was all apart of the picture; God had allowed the delay so that physical proof of Jim's death ([Lividity marks](#)) would be evident upon his body. In the meantime, the minutes seemed like hours....my mouth began to bleed. I was exhausted and wanted to quit but wouldn't. I began to weep myself after twenty exhausting

minutes and in between breaths I cried out to God audibly for His strong arm to save; I cried out to Jesus for a miracle!

The EMS team finally arrived. They hooked Jim up to machines and found a heart beat but still no breathing. Just before they hooked Jim up to oxygen I saw Jim gasp a small breath on his own.....the first sign of life in the past 35 minutes. **Jim was alive!**

The EMS team loaded Jim up and rushed him to a local hospital who then called in a medical air med helicopter to fly him 130 miles to a larger hospital in Wausau, Wisconsin that was better equipped to keep him alive. **The doctors gave Jim a 1% chance of survival with the certainty of brain damage due to lack of oxygen caused by drowning.** The hospital staff put Jim into a coma by laying him on an ice bed in order to lower his body temperature as many of his organs had shut down. The team of doctors noticed that Jim had lividity marks (something none of them had ever seen on a living being) covering much of his body. This was nearly impossible for them to comprehend as such marks only appear after being dead for a minimum of thirty minutes!

Ten days later, Jim awoke from his coma and had a normal conversation with his doctors with no brain noticeable brain damage. **His team of five doctors call Jim "The Miracle Man"...**we agree.

God did a miracle that day at Stuesser Lake. Jim has been sharing his testimony of being dead and now alive on TV, radio, and in several churches all over the U.P. The team of doctors that worked on Jim are continuing in a study to try and figure out what exactly happened. I'm sure God is smiling.

We are but witnesses; **to God be the glory!** Next month, you will hear the rest of this story...

Your Story...

I came to SFM because it is required for training; however, after reading all of the material in preparation and realizing pride had kept me from coming earlier, I left so happy that I went through a Set Free appointment. My mother's family, now through the fourth generation, is experiencing many symptoms of generational sins- bipolar, depression, suicidal attempts, paranoia. My own **dreams of being chased and harassed** plus my mind being bombarded with thoughts of abandonment and "you aren't good enough" became clear during my appointment. I recognized that **I was allowing Satan permission to harass me and put negative thoughts in my mind.** I also saw during prayer, my mother with her bag packed by our back door attempting to leave us as a small child. I had internalized that memory and Satan had used it against me.

I feel free, empowered and excited to share with others! I have renounced fear and the harassment of Satan thru my dreams and **our God has taken away the enemy's power over me!**

~Penny Dressel, August 2010



SFM Worldwide



SFM Missionary: Dalene DeGraaf

Destination: Uganda, East Africa

Date of Departure: 9/20/10

Mission: To reach out to the hurting women of Africa, including those who have been physically, sexually, or emotionally abused, abandoned, or raped, and to share with them the freedom and peace found through forgiveness. She would also like to teach women how to become encouragers for other women, and assist them in sharing their personal testimonies so as to be a shining light of God's truth.



After almost 35 years of nursing, and 20 years as a psychologist, Dalene DeGraaf is taking a year "off" (yeah right!) to use her gifts of encouragement and compassion in East Africa. Dalene first encountered SFM in 1998, when she went thru a freedom appointment and experienced the truth, joy, and peace found thru forgiveness. She continued to grow in freedom from that point on, as she learned to apply forgiveness to different areas of her life. In 2007 Dalene joined the SFM team and since then has been volunteering her time to help others experience the freedom of forgiving.



On a mission trip with the SFM ministry team last year, Dalene saw firsthand the many spiritually, emotionally, and physically hurting women in Uganda and decided shortly after that she would return to do long-term mission work. Dalene plans on leaving next month, and will be doing ministry work in Uganda for one full year- selling her home, car, and other valuables so that she could take the trip debt free. If you would like to help support Dalene or are interested in hearing updates on her trip, please contact

her at Dalenedegraaf@yahoo.com.

*Pictured: Dalene DeGraaf (top right) and Dalene teaching a group of teens about forgiveness thru Christ on her trip last year (bottom left).

Upcoming Events!

SFM Discipleship Training will be held on Friday, September 10 from 7-9 pm, and Saturday, September 11 from 8 am- 4 pm. The training will be at [Messiah Christian Reformed Church](#). The cost for the training is \$30 (includes lunch and materials), and the only requirement is that you have gone through a freedom appointment of your own prior to the class. For training registration or to schedule a freedom appointment, please contact Nancy Beaver at nancyb@setfreeministries.com, or by phone at (616) 726-5400.

PRAYER BOARD

Praises

- SFM India was asked by a doctor at the Presbyterian Church Hospital in Aizawl to train the Presbyterian Church members about how to do outreach ministry to the jail inmates! More active workers for God's Kingdom!
- Last weekend, SFM India was involved with a Gospel Crusade. Out of 503 total jail inmates, 475 attended the conference and 77 of them pledged their lives to Jesus Christ our Savior!

Prayer Requests

- Pray further discipleship with the inmates. Now that they have committed to Christ, may they be nurtured to grow in Him.
- Please pray for SFM missionary, Dalene DeGraaf, as she spends the next year doing ministry in Uganda. May she be surrounded the with Lord's warring angels at all times; may she have safe and smooth travels, and may the King of Kings speak His words freely through her, using her as a vessel of light!
- Please pray for our SFM USA volunteers. The work load is growing and the volunteers are few. Please pray that God would be their strength and nourishment as they give of their time to help others.



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For more information, check us out at
www.setfreeministries.com

If you would like to receive our monthly updates, please send an email (include first and last name) to
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