

LIFE

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**Anyone can count the seeds in an apple,
but only God can count the number of apples in a seed.**
Robert H. Schuller

WELCOME....

The LIFE newsletter is produced quarterly. We hope it inspires you to pursue a life that is free and driven by purpose and passion equips you to reach your full potential on your life's journey.

We would love to hear from you. Feel free to share your stories with us. All personal details will be kept confidential.

**Today choose to live and love,
your LIFE!**

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together making a difference

to

**Impart HOPE
Ignite PASSION
Inspire LIFE**

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Never alone

God created us to be in relationship with people. It is through relationships that we discover who we truly are. So, if you are wondering why some feel lonely even in a crowd, let me try to give you my thoughts on it. What is often felt is a reflection of the person's thought process rather than the actual state of our being.

The creation story tells us that on the 6th day God created Adam in His image. All that God had accomplished through creation was good, yet one thing was missing. Someone to share and enjoy all that was created. Then, after Adam was created, in less than 24 hours God created Eve because He recognised that it was not good for Adam to be alone. They were both created in God's image and complimented each other, and together, being able to Gods creation. God saw that all He had created in the first 5 days were good but when He created Adam and Eve, He saw everything that He made and declared it to be very good.

I can't even begin to imagine what it must feel like for those who don't have close relationships or friendships with others. It certainly must be a hard doing life. If for no other reason, being in a relationship or having people who understand and accept you and knowing you belong, is a basic need we all have.

I would like to encourage you to know that relationships are hard work. It is hard to find someone who gets your unique and wonderful ways. How does someone discover who we are unless we are willing to be vulnerable in the friendship? Before you go looking for that friend, make sure you are aware of your boundaries. A good friend will always respect your boundaries. So, when you find someone who you can call a friend because you trust them and they trust you - keep them. Build upon the friendship and also remember that one person will not be able to meet all your wants in life. Only God can truly satisfy us when we put our trust in Him.

God is a God of promise and He never abandons us, although we may walk away from Him. Fear usually enters when we walk away from God. Hence 365 times in the Bible God says do not fear. It is a daily reminder that we are not alone, but how close God is to us is dependent on how close we choose to be to Him. God promises to never leave nor forsake us (**Hebrews 13:5**). Today, store this promise in your heart and call upon Him and He will answer you. It doesn't matter where you have been but where you are going is important.

Do you have a dream to follow or a passion to live? You were created for a purpose and to live it you need to be in a relationship with others in order to realise its full potential. People will leave you because of their fears but God will not leave you, for God has no fear because He is love. He knows your purpose and desires to see you live it. Where there is love there is no fear. When you encounter God's love you know you are not alone.

Candy Daniels

LIFE talks - life lessons

In our last newsletter I shared with you that I was learning about God's timing and how I needed to step out in faith and plant the seed of my dream. For a seed/dream to grow it needs the right soil and environment.

As the caretaker of my dream I also need to pay attention to the things that influence me. My husband was preparing to speak to a group of young teenagers about influence. As I listened to the things he was going to share, I started to realise that the soil in which the dream is planted is influenced by the relationships we surround ourselves with.

These relationships will either build us up or pull us down. Relationships are our strongest influences in life. I started to think about where and when my dream started and I realised that my greatest influence in my early days was my parents. They were inspirational in their faith in God and how they served Him. They taught me that in and with God all things are possible and I had the privilege of watching God use them as I grew up.

I have shared with you before that I was a dreamer from a young age. I truly believe that even before we learn about what gifts we have, we start to dream. Every young child has a plan of how or what they are going to do when they grow up. This is of course until someone who they look up to comes and squashes that dream by telling them how silly or stupid they are.

Those who are resilient rise to the challenge and never stop dreaming, believing one day they will get a glimpse of their dream. Others lose

hope and at times never discover what could have been. Either way time and opportunities play a key role and often we only realise we have a dream when we are much older.

Although some dreams are made up fantasies and desires, some are the gifts that God has given us. He desires that we unwrap them and pursue our passions which lead us to our purpose. In pursuing our passions we will discover our weaknesses and strengths as we fine tune our gifts and talents and eventually begin to live our dream.

I would like to encourage you to take a close look at the people in your life that influence you. When you allow them to speak into your life do you feel that they have nurtured you or do you feel that they have suffocated you? When you know God loves you and when you are influenced by the right people, failure becomes the last thought rather than the first. The drive to live comes from peace rather than from a fight to survive.

My passion is to see people living their life to their best ability within their capacity. Is it time for you to unwrap the gifts God has given you through faith? Be driven by His peace to live your dream by trusting God. You are the apple of His eye and only God knows how many gifts/seeds you contain.

Candy Daniels

In Celebration of Life



George Müller (1805-1898) was a Prussian-born English evangelist. A man of faith and prayer, he established orphanages in Bristol and founded the Scriptural Knowledge Institutions for Home and Abroad.

During his teenage years he was an unlikely candidate in the eyes of the world for any type of ministry. His father was an unbeliever and George grew up a liar and a thief, as recorded in his own testimony. His mother died when he was 14. At the age of 16 he found himself in prison for stealing. In November, 1825, when Müller was 20 years old, he was invited to a Bible study. They read the Bible, sang, prayed, and read a printed sermon. That evening was the turning point in his life.

At the age of 28 he founded The Scripture Knowledge Institute for Home and Abroad. He built five large orphan houses and cared for 10,024 orphans in his life. He also established 117 schools which offered Christian education to over 120,000 children, many of them being orphans.

Through all this, Müller never made requests for financial support, nor did he go into debt. Even though the five homes cost over £100,000 to build. Many times, he received unsolicited food donations only hours before they were needed to feed the children, further strengthening his faith in God. For example, on one well-documented occasion, they gave thanks for breakfast when all the 300 children were sitting at the table, even though there was nothing to eat in the house. As they finished praying, the baker knocked on the door with sufficient fresh bread to feed everyone, and the milkman gave them plenty of fresh milk because his cart broke down in front of the orphanage.

He had prayed and trusted God for the Orphans and never asked anyone for money. He never took a salary in the last 68 years of his ministry, but trusted God to put in people's hearts to send him what he needed. He never took out a loan or went into debt. And neither he nor the orphans were ever hungry.

He had read his Bible from end to end almost 200 times. He writes "The most important thing I had to do was to give myself to the reading of the word of God, and to meditate on it. What is the food of the inner man? Not *prayer*, but *the word of God*; and not the simple reading of the word of God, so that it only passes through our minds, just as water runs through a pipe, but considering what we read, pondering over it, and applying it to our hearts, so that my soul is happy in the Lord".

He did follow up work for D. L. Moody, preached for Charles Spurgeon, and inspired the missionary faith of Hudson Taylor. The day before he went to be with the Lord, He led a prayer meeting at his church on the evening of Wednesday, March 9, 1898. He was 92 years old.

May you be inspired to trust the Creator of the universe at all times.

Information gathered and compiled by Amritha Perera

FEAR TO FAITH

In our last newsletter I shared on “Being Patient in the Pain”.

A quick recap: what I have observed when people stay strong, gain strength and remain positive in challenging or painful situations is they:

- ♦ Don't deny the problem
- ♦ Draw on our Lord Jesus and God's word for strength
- ♦ Ask others for help and pray
- ♦ Choose to wait patiently
- ♦ Look for the good things and be thankful

There are many different things that can happen in life that make us fearful. For different people it will be different things. When we are faced with challenging situations or decisions we can respond out of fear or out of love. Basically they are the two motivating forces that our emotions and attitudes flow out of.

FEAR

- ♦ Causes us to be afraid, anxious, stressed, sad, depressed, fatigued...
- ♦ It can cause us to become judgemental
- ♦ Can leave us feeling guilty or jealous
- ♦ Can cause manipulation
- ♦ It can cause us to pull back from life, to become isolated

The dictionary meaning of Fear: An unpleasant emotion caused by the threat of danger, pain or harm. * A distressing emotion aroused by impending danger, evil, pain etc... Whether it is real or imagined

LOVE

On the other hand love is opposite: In 1 Corinthians 13:4-8 Love is, described as:

- ♦ Being patient, kind, not jealous, not boastful, not proud, not rude but polite, unselfish, happy with truth, keeps no record of wrongs. Love patiently accepts all things. It always trusts, always hopes and always remains strong. Love Never Ends.
- ♦ Brings peace, joy, hope contentment, forgiveness, serenity
- ♦ Opens us up to all life has to offer, brings freedom

So how do we bridge the gap from Fear to Love or Fear to Faith?

1 John 4:18 “There is no fear in love, but perfect love casts out all fear”

I have a little saying that I reflect on when I begin to feel anxious or fearful.

“A state of anxiety or agitation reflects a lack of trust in the Lord”

A lack of trust is a lack of faith. Hebrews 11:1 “Faith means being sure of the things we hope for and knowing that something is real even if we don’t see it.”

- ♦ So the first thing we need to do is recognize and admit that we have a problem.
- ♦ For those who know the Lord ask Him for a word, a scripture that relates to your situation and write it down – reflect on it daily. As you do, your faith will grow.
- ♦ Don’t withdraw – talk to a trusted person about how you’re feeling. If it is serious or you’re struggling to get a breakthrough, seek professional help.
- ♦ Be honest – Sometimes we struggle alone because we are afraid of what people might think and in isolation our fears can grow.

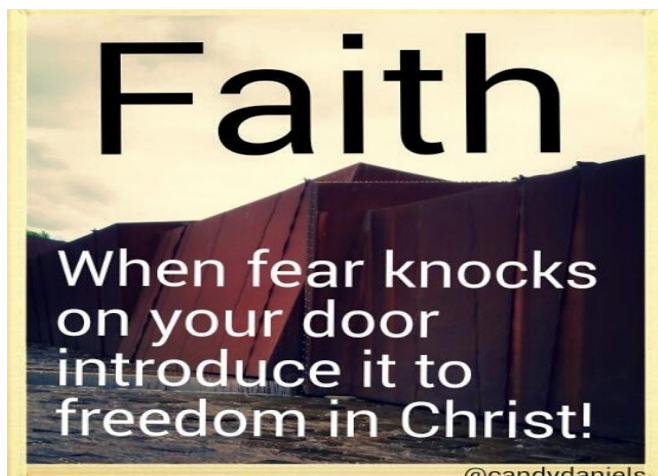
I look at fear like a strong man. If a strong man doesn’t exercise and eat well it will not be long before he becomes a weak man. Faith is also something we need to choose to exercise. As we exercise our free will of choice, we feed our minds with the truth of God’s word. He is our King and not only that, we are His children. He wants the best for us and will be with us in all our challenges. Our faith will grow stronger and fear will weaken.

FAITH ACTIVATES GOD – FEAR ACTIVATES THE ENEMY

And finally, never, never give up!

Gods perfect love and grace bridges the gap as we stand daily on the promises of His Word.

Karen Bekker



DOUBT

I have been thinking recently about ‘doubt.’ People say that Satan’s weapon is doubt and this is evident in Genesis 3:1 where the serpent asked Eve “Did God really say.....?” The serpent planted doubt in Eve’s mind. From doubt we go to feeling confused, in turn leading perhaps to fear in our situation. Satan led Eve to question what she knew to be true. When we have doubt, it doesn’t take long before we can become confused. We need to be careful that we do not allow people to put doubt in our mind when we know something to be true.

Doubt can be found in the question ‘What?’ People who are looking to their own interests may try to confuse you through asking you to repeat yourself. You may then feel confused as you struggle to remember what you have said. They may also say they don’t understand, adding in a “Why?” When we start justifying our position we can become confused or defensive (fearful), perhaps even aggressive, leading us to become demanding or changing our mind and questioning our own perspective or opinion. (Matthew 5:37 - All you need to say is simply 'Yes' or 'No').

Fear can begin to creep in through doubt, confusion or due to feeling that we lack self-control, especially when we start feeling undervalued or not listened to. The need to be right or heard and understood becomes the objective of the encounter and this can lead to miss-communication and misunderstandings. In some situations you may stop talking, perhaps you are a person who lacks confidence to speak.

When we practise communication grounded in the security of how God sees us, we will not be pushed into doubt, allowing for a position of open curiosity and an open discussion. When we are able to be curious in our communication we can be open to understanding another’s opinion. Our focus becomes based on the other person and not on our self and our short-comings. Our communication comes from the place within our self that knows we are accepted and valuable, instead of trying to gain acceptance from someone else.

While it is not always bad to have your views questioned or to be asked to clarify your position, for some of us these questions can lead to confusion. We may not always consider carefully the words we are using and the way our words are

heard by others. Our view can be taken out of context or from a different perspective, so further explanation is good communication. Bad communication happens when doubt creeps in and you begin to feel unsure or insecure in your environment.

The following are some tips for dealing with doubt? Be curious about your feelings. Gaining understanding about your feelings will assist you to be less reactive.

⇒ Ask yourself why you feel others are not listening to you. Are you undervaluing yourself?

⇒ How important is it for you to be right? Can you find comfort with someone having a different opinion than you, without becoming defensive?

⇒ God knows when you feel doubt, confusion or fear, so ask Him to step in.

Finally, doubt can steal your joy, peace and cause disbelief in your capacity and capabilities. Gain insight about who you are today so that rather than ask those who don't know you who am I, you can declare I am.

Jodie Chambers

I am...

Stand in front of a mirror and declare to yourself the following truths

- ◆ I am fearfully and wonderfully made
- ◆ I have a purpose
- ◆ I am loved
- ◆ I can do all things through Christ who gives me strength
- ◆ I am an overcomer
- ◆ I am blessed
- ◆ I am free
- ◆ I am God's child
- ◆ I am not alone
- ◆ I am strong and courageous
- ◆ I am victorious
- ◆ I am a thermostat, not a thermometer
- ◆ I am not a mistake
- ◆ I am a gift
- ◆ I am valued
- ◆ I am known by God
- ◆ I am covered by grace
- ◆ I am unique
- ◆ I am fearless
- ◆ I am cared for
- ◆ I am restored by Christ
- ◆ I am gifted
- ◆ I am

Keep in mind that you are an image bearer of God and not a reflection of your circumstances.

Spiritual Temperament

This is the way we relate to God - the most natural and meaningful. God languages talks about how we may have a leaning toward a particular way of hearing from and relating to God. As you read through the list, discover how you may best hear or relate to God.

Spiritual temperaments are:

- ◆ God's gift to you – how he designed you to best connected with him.
- ◆ Your gift to God – how you best express love to him and where your passion for him is stirred.
- ◆ Your gift to the body of Christ – encourages others to grow when we become all we can be.
- ◆ Your gift to a lost world – shows others the difference God can make in a life and encourages them to seek.

Discovering your spiritual temperament might help you find 'Your authentic place with God.' Where you can truly be yourself before God which leads to greater intimacy – intimacy being who you truly are before God, a place where you feel safe to let it all hang out and be okay about it, we have a God who loves us unconditionally.

Temperaments

The Activist – loving God through confrontation with evil

- ◆ Involvement at personal cost
- ◆ Confront evil and rally for good
- ◆ Work for God's heart of justice and righteousness

The Ascetic – loving God though solitude and simplicity

- ◆ An internal journey, seeks to develop their inner life
- ◆ Appreciate low level sensory input
- ◆ Stress actions and conduct above words
- ◆ No distinction between sacred and secular, everything is a work unto the Lord

The Caregiver – loving God through serving others

- ◆ See practical needs and move towards them
- ◆ Enjoy serving, volunteering and helping others accomplish their tasks
- ◆ Often serve in the background
- ◆ Doers of the Word – hands on type
- ◆ Spiritual pace is quickened when helping in concrete ways

The Naturalist – loving God through experiencing Him outdoors

- ◆ Come alive when surrounded by God's splendor
- ◆ Creation is the classroom of God's nature, his rhythms, his timing
- ◆ Like to take time to pray outdoors and stop to smell the flowers

The Contemplative – loving God through adoration

- ◆ Enjoy long hours of quiet reflection
- ◆ Life is primarily about growing in intimacy with God - not purpose driven
- ◆ See life as an opportunity to develop friendship with Jesus
- ◆ Express love through intimate words rather than open displays of affection

The Enthusiast – loving God through mystery and celebration

- ◆ Loves God with gusto
- ◆ Have a playful and childlike spirit
- ◆ Open displays of affection towards God
- ◆ Often a charismatic personality

The Intellectual – loving God through the mind

- ◆ enjoy pondering Jesus and his truths
- ◆ see faith as something to understand as much as to be experienced
- ◆ gets bored when mind is not stimulated
- ◆ can appear sceptical

The Sensate – loving God through the senses

- ◆ Use their senses to focus on Jesus
- ◆ Easily lost in splendor of God
- ◆ Drawn to God in the presence of beauty through art, music, incense, icons
- ◆ Likes visual imagery

The Traditionalist – loving God through ritual and symbol

- ◆ Enjoys faith practices done in a familiar way
- ◆ Enjoys special celebrations and traditions that help remember and enhance aspects of God
- ◆ Appreciates symbolic events ie communion, worship, liturgical practices that carry meaning and depth

Our ***passionate temperament*** are those that are strongest and stir our passion for God most readily

Our ***pleasurable temperament*** are those we enjoy and that nurture our relationship with God

Our ***potential temperament*** are those that are relatively unused and undeveloped.

“Until we are in touch with our own belovedness we cannot touch the sacredness of another. Until we embrace who God has made us to be, we will continually try to make others over in our own image” – Henri Nouwen

Trudy Buchannan



SEMINARS/WORKSHOPS

All seminars/workshops are interactive, exploring fun and healthy ways to create change through experiences that challenge our thinking, feelings and behaviour that often impact us physically, emotionally & spiritually.

POPULAR TOPICS

COVENANT - keys to the relationship connection

FAITH - keys activating faith to keep you going in the drought & through the storm.

INSIGHT - building confidence as you gain understanding about who you are

PEACE - keys to guard your heart & mind as you praise God & stand strong

RESILIENCE - knowing & understanding individual capacity

RESPECT - the art of conflict resolution

SELF CONTROL - understanding and exploring your strength of character

TRUST - keys to developing courage to pursue your dream

seminar (one hour interactive presentation) / workshop (tailored to suite your needs)



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