

Loving People Enough Ministries

January 2016

let your
faith
be
bigger
than your
fear



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FEAR – the one thing God says we should not do. “For God has not given us a spirit of fear, but of power, love and a sound mind.” 2 Timothy 1:7. In this passage the word “spirit” is not what you may think. It comes from the root Greek word pneo which is defined “to breathe or to blow, of the wind.” Pneuma (from the same Greek root word) describes the third person of the triune God, or the Holy Spirit. This verse is saying, the Holy Spirit will not ever breathe a spirit of fear but always breathes the Spirit of power (dynamis), love (agape) and a sound mind (sophronismos). This word “sophronismos”, is where I want to focus. Sophronismos in the Greek means “an admonishing or calling to soundness of mind, to moderation and self-control.” This is the main purpose of LPE ministries. *Loving People Enough Ministries* is a ministry of counseling, preparedness and of presence! As Christians, a sound mind comes from staying in and living through the word of God. Each of us has the breath of the Holy Spirit to continually help us in the renewing

of our minds. Those without the Holy Spirit are blown around by the whispers of the enemy which tell them that they are never safe from the next tornado, fire, flood, stock market crash...etc. As Christians we are to be light and salt (Matthew 5:13-16) to a world where bad things happen. We are to demonstrate the Father’s love and mercy.

When we are prepared and well founded in the living word of God, it becomes easier to understand how others, without a firm foundation, can be overwhelmed by fear. God’s promise is that He will help us through times of tribulation. He didn’t say tribulation wouldn’t come. A sound mind comes from a purposeful pursuit of God’s Kingdom! This brings the point of the parable of the ten virgins. The five wise ones planned ahead and brought extra oil for the wait. The five foolish ones failed to prepare and when they ran out, the others refused to

share. There will always be those who fail to plan ahead and will not be ready when the time comes for urgent need. The goal of LPE Ministries is to help the wise prepare to give encouragement and instill hope for those in crisis.

LPE Ministries, in conjunction with LDRN (Lubbock Disaster Relief Network), will begin Spiritual/Disaster Preparation courses in 2016 to prepare brothers and sisters in Christ to be victors, not victims, in crisis situations. These will include how to be personally prepared and also how to help



OVERCOMING FEARS

- ◆ I am not afraid of ten thousand enemies who surround me on every side. **Psalm 3:6**
- ◆ Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. **Psalm 23:4**
- ◆ I prayed to the Lord, and he answered me, freeing me from all my fears. **Psalm 34:4**
- ◆ Do not be afraid of the terrors of the night, nor fear the dangers of the day, **Psalm 91:5**
- ◆ But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.” **1 Peter 3:14**
- ◆ For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. **2 Timothy 1:7**



others who are directly affected by disaster. Our goal is not to make dependents but rather to help people in crisis back to their feet and at the same time show God's love and mercy as we walk alongside them, and to be available to answer the call when they ask about God's love. Colossians 4:5-6 says this best, "Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone." (NIV). As soon as we have a schedule of classes together, we'll let everyone know!

We know this is a longer letter than we normally send out, but it has been a long couple of months since the last one, and we have been saving it up. We hope you will enjoy this as much as we enjoyed putting it together. Here's the counselor's corner.

Counselor's Corner:



January 2016 starts us off in a fresh new year and I want to talk about the Renewal, Reviving or Awakening experiences in our lives. Those refreshing God moments where He gives us the eyes of understanding to see and apply wisdom that must come with the knowledge given to us. Let me explain.....

One afternoon, during a counseling session, I noticed tears streaming down my face. I knew that the tears were not mine and were for the person I was counseling. That intrigued me because that had not ever happened before during session. I then asked a pastor friend of mine, and she showed me that it was intercession. It was also explained to me that I was not just an intercessor but a "feeler". In other words, I can feel others pain! That is a true statement but not one that I had given a lot of thought to until now. And I certainly did not connect it to being a prayer warrior or intercessor. However, it is my belief, that counseling and intercession go hand in hand and for me they are most definitely intertwined. I am blessed because I get to be the vessel that He pours into and out of for others in both areas.

I did some research, and to my surprise, there is a lot of scripture on this: Ps. 126:5-6, Jn 11:35, Eccl. 3:4, Job 30:25. It was not until I started researching that I learned the Apostle Paul was also known for his tears. 2Cor. 2:4 and Acts 20:18, 19 and vs.31. There are many, many more scriptures that speak about this. I am relieved to find so much information. God showed me the Logos and applied His Spirit and it became Rhema for me to meet my need of understanding in a gift that I only knew about in part for my life.

I am both passionate and excited about this because for a few years now I have had, what I thought was a tear problem. Crying! For the longest I didn't understand why! I thought that my tears would be of no effect from the pulpit and that just crushed my spirit because at one time I couldn't control what was happening to me. I wanted to and in my own strength I tried. I also paid a pretty big price in doing so. These tears would show up for no apparent reason in any and almost every simple conversation and for me to speak from my heart was not going to happen without tears! It was excruciating because I did not know what was happening. Unless you have experienced this you don't know how painful it is. I would beg God to make the crying stop and to take first place in me. I thought something was wrong in my soul. I thought surely that I must be depressed or that my soul needed healing. Why else would there be so many tears and sometimes no emotion behind them and yet a knowing (of sorts) at the same time? The funny thing is I would thank God for making me an intercessor and said that I would be obedient to anything He asked of me and at the same time would beg Him to stop the tears because, again, I thought there was something wrong with me and that became my focus. I did not recognize the weeping part of intercession in me like I see in others.

However, God is so good and because of that one counseling session I finally began to press in. What He showed me was a baby trying to learn how to walk. Unstable and waffling around. But with practice the walking becomes easier because it is directed and purposeful. It is the same with any of the gifts given to us by God. Everyone starts out all over the place and then it becomes more focused and directed for His purposes. AND like a walking baby this takes time. It is something that has to be grown into. For me this is especially true because I hadn't cried, not really cried, for years and thereby foreign to me. This knowledge and understanding is a gift from God because it has taken me a long time to recognize it. Now I see it as something to embrace in obedience as a part of a calling He so graciously directs my steps and allows me to be a part of. I feel as though I have come through something wonderful because I finally understand it!

I have come out of the wilderness, so to speak, in this area of my life. A great healing has taken place within me. That feeling of somehow failing as a human being and not measuring up is now gone. A deeper compassion and a love for others has taken residence in that place within me. I am so glad that there are no failures in Christ Jesus; only successes as we learn and grow. The word "relieved" comes to mind. As I write this pure joy rises up out of my spirit and I know that is our Lord. The glory and lifter of my head. My strength and song. Jesus - My Lord and Savior. The tears are fewer now but they still come. They are directed and focused more during prayer than any other time; but they still come just the same. Being able to recognize it gives me opportunity to press in and ask "*why the tears?*" It allows me to step away for just a bit to seek, pray it through and to have time with a Holy God who loves His children. It is a most intimate and precious time with Him on the behalf of others. It brings joy to my heart, to stand in the gap for someone else.

There may be some truth about tears having a weakening effect from the pulpit, and God has been faithful in answering my prayers about "*holding it together while teaching*". However, God will be God no matter where or what the circumstance. If we will only choose to be obedient then I am sure God can handle the rest.

Have you been struggling with something-- Praying and begging God to take it away-- You don't understand why you cannot overcome it? Why not start your New Year fresh by changing your prayer and ask Him to reveal to you *why* it is there. It might very well be connected to the gifting He has given you for others. What a blessing that would be.

What is your renewal, revival, and or awakening experience? I would love to hear from you and will keep it confidential. If need be come and let's talk about it. I know that I cannot be the only one.

Have a blessed day and
HAPPY NEW YEAR!
It's going to be great!
I love you all,
Dr. B.



Blessings,

Doug & Lisa Barber

*Loving
People
Enough
Ministries*

*Father,
Keep our focus on you
Have our eyes set on eternity,
That we be kingdom minded
through the mind of Christ
Amen!*

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*Job 30:25
Have I not wept for those in
trouble?
Has not my soul grieved for
the poor?*