

# Beth-haran Newsletter

November 2007



## AMY'S TESTIMONY

Growing up I had a problem with being honest. I lied because it made me feel safe. No one would know what I had been through if I lied and so I reasoned that they wouldn't treat me differently. So I learned at an early age to just keep covered up. This problem grew until I just naturally lied all the time. I lied about little things and I lied about big things. It affected all my relationships. I didn't trust anyone and I knew no one trusted me. Although some people knew about my lying no one ever confronted me on it before, at least not in a godly way. Eventually, this lifestyle got me into trouble. I had no idea when I first came to Beth-haran that this would even be an issue. I had been lying for about the past sixteen years and I certainly wasn't planning on changing that now. I thought that in coming to Beth-haran I could just escape from my past and cover it up. I thought I could start a new life and no one would know. But that wasn't what God had in mind for me. I saw, lived out around me here, people who were honest. This was new to me. The staff here was very concerned about my past and about my lying and confronted me and together we began to work on it. At the same time, I began to work on my relationship with God and get things right with Him. He convicted me of my need to bear His character, of which one attribute is honesty.

Now, seven months later, I can actually say I am learning to be an honest person. Don't get me wrong, I still have along way to go and I fail sometimes. In fact, I think this will always be a struggle in my life. The difference is that I have a God who is still working in my life and a family now who will help me get back up on my feet. When I blow it I have hope because I know that He is still working on me.

As I am becoming less deceptive I am experiencing people around me starting to trust me. This is also new to me. It is really hard to explain how good this feels. I also feel more clean before the Lord as I learn to obey Him. This is helping me to feel more accepted in His sight.

I know I still have a long way to go. I am only learning to take little steps in the right direction. One thing I've realized is that I had been trying to carry my burden alone. It felt like I was carrying a huge mattress on my shoulders wherever I went. When people wanted to help me it was as if I was saying, "No, No, I can carry this alone." I am seeing the value of being transparent to the people God has placed in my life to help me. One day I came across this passage and it expresses the way I feel.

*Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.*

## TRUE MENTAL HEALTH

Timothy writes, *For God hath not given us the spirit of fear; but of power, and of love and of a sound mind.* It is often assumed that the word *sound* means mentally well. The Greek word for *sound*, however, literally means; *discipline ie., self-control.* This, we believe, is the key to wholeness of mind. It is when people are unable to control themselves that they need help. If there is outward control with no inward control there will be no lasting change.

We live in a society that caters to the lack of self-control and thus we see rampant sin resulting in destroyed lives. These weak, destroyed ones need to learn upon the path of inward strength. The challenge Jesus gives us to, "deny ourselves, pick up our cross daily, and follow Him", are such appropriately, radical and wholesome words to a society such as ours.

This is why we believe that drugs, shock therapy, EST, etc... are not the answer. They do not build inner strength. In the Psalms, David proclaims, "He teacheth my hands to war so that a bow of steel is broken in my hands." That is what Beth-haran is all about. Helping women to break down the strongholds in their lives, not through easy deliverance, but through obedience, yeildedness, repentance, honesty, forgiveness, humility – all qualities which spring from self-control. He wants to train up soldiers who will do battle for Him and have victory. Therein lies the power of God.

## VOLUNTEER HELP

Almost every woman that has come here has been neglected in the area of education. Most have wanted to work towards a GED while with us. We need volunteers who will work us in the area of furthering their education. If you are interested, please contact us.