

Ministering to Christians Seeking Spiritual Freedom and Deliverance



Newsletter—Vol. 5, No. 2
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Dear Life of Freedom Ministries Supporter:

Greetings!

January has gone by so quickly! Before we know it, February will be over and spring will be here. I know many of you are looking forward to that. Regardless of the season, God is in the business of healing those who are hurting, and that is a wonderful thing. Praise God that He doesn't hibernate!

Reminder Announcement:

As was announced in December, the ministry name has officially been changed from *A Pastor's Friend* to *Life of Freedom Ministries*. For those who give financial contributions to the ministry, please make your checks out to *Life of Freedom Ministries*. The statements that I sent out to contributors with records for 2010 was under *A Pastor's Friend*, since the name change didn't occur until December. For your records for the IRS and state department of revenue, the donations will still be to *A Pastor's Friend* for 2010.

Praises:

On three dates in January, I spoke at the Clinton Christian School chapel on the reality of the spirit realm. It was enjoyable to be back at the school (it's already been about four years since I taught there), and I believe it went well. The major emphasis was on respecting the reality of the spirit realm, and not living in fear.

In the last couple weeks, a number of clients have found freedom after years of trouble. Praise God for His continued work of deliverance and healing.

After listing in the prayer concerns last month for opportunities for speaking engagements, one is in the works! Hopefully, by next month, more information will be in the newsletter. You can also check out the upcoming events at the *Life of Freedom Ministries* website. Just click on "Life of Freedom Events" when the home page comes up. (Also, the home page should have some background music playing for your listening pleasure.)

Something to Consider:

Mark 1:35—Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

In the few years that I have been working full time in ministry, two things have come to stand out for me that are important in ministry. Although God is the One who does the healing and delivers a person from the powers of darkness, being there to lend a hand can be quite taxing. After the long hot days working at my summer job for Martin Brother's Contracting, I could be extremely tired. I wouldn't really get in good shape for the physical labor the job required until about August, when school was starting soon! When I started ministry, I didn't realize that I would have days that are just as tiring. The emotional, mental, and spiritual work that is done in some sessions causes strain on my physical body.

The first thing that stands out then is that rest is as necessary as it was when working hard physical

labor. For me, rest means getting enough sleep. I believe that one of the ways that the enemy tries to hinder this ministry is by trying to limit my sleep, and my family's as well. If he can cause turmoil in the home, or cause bad dreams or something of that nature, I might not be as effective as a minister. Getting enough sleep also allows me to get some exercise, which helps me to be more relaxed. Tense muscles can get painful! So I need to take steps to keep my physical body in good condition.

The second thing that stands out, and it is most important, is the necessity of prayer for daily living, just as it is for ministry sessions. Bedtime prayers for me can't just be a routine, but are necessary for good rest. Since the enemy doesn't rest, God must be a part of all aspects of my life, including sleep! Along with that then, is for me to get enough rest so that I can rise early and have time to pray to start my day. For me, there is a noticeable difference in the days of ministry when I awake early to pray. I believe the Lord focuses my attention on His desires instead of mine, and I'm in tune more with the needs of others. Things happen in life that interrupts routine, and I try to be flexible and not demand "my eight hours of sleep." However, I believe that I must be intentional about getting good rest and beginning my day with prayer.

Along with taking time to pray for my day, I believe that spiritual strength comes from God when others give prayer support. I thank each one of you who continue to support this ministry in prayer! I can't say that I "feel" it the way some do, but I know that after some days, I reflect and wonder how I made it through. It must be the strengthening that comes from God because of saints holding me up in prayer. I believe that God's divine power enables believers to do the work that He has called each one of us to do. More and more I look to trust in Him and His strength, while at the same time try to be responsible in doing my part in caring for myself and getting good rest.

Prayer Concerns:

Events: *Life of Freedom Bible Studies*—The next Bible study will be on Monday, February 21 at 6:30pm. Normally, I hold the Bible studies on the second Monday of the month, but this month has Valentine's Day on the second Monday. Therefore, we'll meet on the third Monday in February.

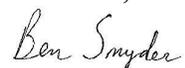
A number of clients from out of the area have been coming for ministry. Please pray for clear roads and that schedules will work well for meetings.

I ask for prayer for spiritual, mental, emotional, and physical strength for myself and for those coming for ministry.

Final Thoughts:

All people in ministry, and I believe that all Christians minister to someone in some fashion, need the support of prayer. Both personal time in prayer to God and having others pray for us is vital for living for the Lord Jesus Christ. I encourage you to pray for those who minister to you, and others, for God's strengthening, and for yourself to be strengthened to minister to others.

In Christ,



Ben Snyder