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An Email Newsletter from Set Apart Pastoral Counseling & Coaching

The Caffeinated Kate



Scripture of the Week:

Philippians 4:7

"And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus" (NASB).

What are You Reading?

What are You Pondering?

What have You Learned?

Scripture of the Week

An explanation of these questions can be found in the commentary section of Issue 1.

Download at drkatebohannon.com.

What I have learned?

By Kate (caffeine added)



Two weeks ago, we talked about procrastination. Many of you (faithful readers of The Caffeinated Kate) sent word back to me about how that section spoke directly to you. The procrastinators are many!! The question was then asked... Can a people-pleasing, perfectionist, procrastinator change her ways?

Last week, I wrote - here is what I have learned about change... some people will change over their lifetimes, some will not. There is a saying, *"People change for two main reasons: first, their hearts have been broken. Second, their minds have been opened."*

If you think about Christian salvation, the saying rings with truth. First, a sinner must repent of their sins (broken heart) and then accept Jesus as their savior (mind opened / revelation). We talked about Saul from Acts 7, 8, and 9. I speculated that Saul's rage against Christians could have started at the stoning of Stephen. I asked, "What if the heartbreak needed to experience conversion or change was based on one sinful act that triggered guilt, anger, and rage?"

Today, let us continue with Saul's conversion to Paul and "their minds have been opened." I personally think both heartbreak and mind transformation must occur for people to change. Clients who are forced to seek coaching or counseling rarely change. I have even noticed clients who change are those that wanted to change from the beginning. There is something to be said about the mind being opened (call it a mind-shift, or a mind transformation) that must occur for people to experience radical metamorphosis change!

In Acts 9, we find Saul's conversion to Paul. In verse one, Saul is "still breathing threats and murder against the disciples of the Lord" (NASB). We read in verse three about Saul traveling to Damascus (150 miles from Jerusalem) and a bright light from Heaven suddenly appears. In verse four, Jesus asks, "Saul, Saul, why are you persecuting me?" (NASB). Saul then asks, "Who are you, Lord?" in verse five. Most scholars believe this is the point where Saul connects Yahweh or Jehovah Lord to Jesus of Nazareth. We then learn that Saul lost his sight for three days. I love verse nine when it says, "though his eyes were open he could see nothing" (NASB).

What I have learned? Continued.

In verse 17, Ananias is sent to pray over Saul who receives his sight and is filled with the Holy Spirit. Saul recognized The Lord and Jesus in verse five but received sight in verse 17 with the fulfillment of the Holy Spirit. Knowledge of the need to change came for Saul in verse five; revelation in the form of sight and baptism came in verse 17 with the Holy Spirit.



Knowledge is one thing; revelation is another. This is so true when explaining lifestyle change with a client. Saul to Paul went on to give us over 30 verses relating to the mind. Paul radically experienced heartbreak and mind transformation after his Acts 9 encounter with the Lord.

Paul wrote verses like:

- Philippians 1:27 – “standing firm in one spirit, with one mind striving together for faith”
- 2:2 – “make my joy complete by being of the same mind”
- 2:3 – “do nothing from selfishness or empty conceit but with humility of mind”
- 2:5 – “let this mind be in you which was also in Christ”
- 3:19 – about our enemies “who set their minds on earthly things”
- 4:7 – “guard your hearts and minds in Christ Jesus”

That is it!

Paul experienced heart and mind change through his encounter with the Trinity! Have you? The only way to change is through an encounter with The Lord Yahweh, Jesus Christ, and the Holy Spirit! And this is what I have learned – love Kate.



What Are You Reading?

This month I am asking, "What are you reading?" I am searching for new books to add to my 2022 list. What are you reading? What is one of your favorites? Tell me below!

What I am Pondering?

Vision - Mission - *Purpose*



This week, I am pondering **purpose** – who you were uniquely created to be!

The Challenge: Choose for yourself a purpose scripture or write a purpose statement.

Mine: Song of Solomon 2:2 – *“like a lily among the thorns”* – this reminds me I am called to act differently, think differently, and even dress differently than those living in the world around me. It is not a boastful, narcissistic statement. It is a keep me accountable purpose scripture. Does my Lord, Savior, and Husband see me as His lily among the thorns? Am I worthy to be His Shulammite?

1. The purpose scripture is your life statement. The verse or phrase that says, “this is Kate!” Ask yourself, “Who am I in Christ?” This is a verse for your tombstone, sad but true. Purpose is defined as the reason for which something is done or created or for which something exists.

2. It is the narrowest of statements. Make the statement one simple verse. A reflection of who you are. More ‘being’ than ‘doing’ – keep the doing (action) for the mission and vision statements. It should become a mirror. How you view yourself (reflection) and how others see you.

3. I am reminded that not all women will own a business, work in ministry, or even work a corporate job outside of their homes. **This does not diminish their importance, their value, their uniqueness, nor their need for a purpose scripture.**

4. I was first challenged with writing a purpose statement while at Liberty. My first thought was John 12:3 when Mary anoints Jesus with her perfume, “and the house was filled with the fragrance of the perfume” (NASB). The purpose statement quickly became “May I be a fragrant aroma for Christ to everyone I meet.” I worked on the wording of the statement for a couple of weeks, but it just did not stick. My childhood memories are filled with my mom getting into the car and immediately experiencing eye burning and watering from her perfume (sorry mom!). Then on this past Saturday, no joke, Asenath (my sister) was whipping out the oils to anoint some girl before her heat at the swim meet. The “fragrant aroma” purpose scripture is perfect for Mother Teresa and Sister Asenath, for me, not so much.

What I am Pondering? Continued.

5. Find a verse that inspires you. Find a verse that empowers you. Find a verse that holds your feet to the fire. A verse that will keep you accountable and give your life boundaries. When aligned with your vision and mission, your purpose statement will shift your focus to glorifying God.
6. Is there a woman in scripture with whom you relate?
Like Sarah – are you the mother of nations (Genesis 17:16)?
Like Mary – do you pour out a fragrance of repentance (John 12)?
Like Lois – are you a grandmother to a Timothy (Timothy 1:5)?
Like Leah – do you praise Him in your pain (Genesis 29:35)?
Like Elizabeth – have you waited and received favor from God (Luke 1:25)?
7. Other questions to consider when searching for a purpose scripture: Is there a sermon or Bible study that has spoken to you? What are the key verses you memorized as a child that consistently come back to your thoughts?
8. Take a few days and pray over it. When you find your verse, you just know it!

And this is what I am pondering, love Kate.