



REAL WOMEN!

Lord, Help My Unbelief

R. E. A. L.
Women!
R. elevant
E. ncouraging
A. live
L. ionhearted

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Unbelief. Not a good thing for believers. But, as most believers, I would have to admit I have had it, overcame it, had it again. How do we move from unbelief to belief? Or as the father said in Mark 9: 24: *Lord, I believe, help my unbelief!* How does God help us with our unbelief?

Let's look at Mark 9:14-29.

Background: Jesus, Peter, James and John had been up on the Mount of Transfiguration. The rest of the disciples were left alone for a few days. When Jesus and the three returned they found the other nine in the midst of a great crowd of people disputing with some scribes.

¹⁴ *And when He came to the disciples, He saw a great multitude around them, and scribes disputing with them.* ¹⁵ *Immediately, when they saw Him, all the people were greatly amazed, and running to Him, greeted Him.* ¹⁶ *And He asked the scribes, "What are you discussing with them?"*

Wouldn't you expect one of the scribes to answer? Instead, an eager, but pained voice from the crowd answers the question. Giving Jesus the background on what the discussion was about.

¹⁷ *Then one of the crowd answered and said, "Teacher, I brought You my son, who has a mute spirit."* ¹⁸ *And wherever it*

seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not."

(It was common in that day for people to seek out the followers of a Rabbi and expect that they would be able to do what their teacher had imparted to them to do. So for this father to say, I brought my son to You, and have it be His disciples would not be confusing in this culture.) The father, seeking to clarify and share the desperateness of his actions and his son's situation, graphically describes his son's condition. And then the last sentence, "*that they should cast it out, but they could not*" shows the exact state of affairs.

¹⁹ *He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you?"*

We find Jesus confronting his disciples as well as the crowd, "O faithless generation". *Faithless* is translated *unbelieving*. So the question is, "*O unbelieving generation, how long shall I bear (put up) with you?*" He is asking, how long do I need to be showing you the Father and His Power? And you still aren't able to release your faith and accomplish the things that need to be done. How long must he *endure or put up with these*

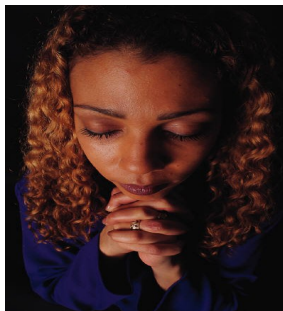
unbelieving people? To be honest with you, I sometimes quickly skip over this verse. When I have lingered, I find myself judging the crowd in arrogance wondering "those multitudes, which had seen so much, why didn't they get it?" That's when the Holy Spirit stops me and says, "Daughter, this applies to you. My disciples were a part of this unbelieving group, who weren't able to reflect my power and glory. There are times that *you* are part of that *faithless generation*." Ouch. Graciously, Jesus bears with me (endures, suffers and allows me to lean on Him) during those times of instruction, helping my unbelief.

Moving on in our story:

Bring him to Me." ²⁰ *Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.*

²¹ *So He asked his father, "How long has this been happening to him?"*

Now, if I was this father I probably would have felt three things. Embarrassed that maybe some of my sons spit had landed on the Great Rabbi and secondly, "see I told you he had a problem". Now Jesus can see for himself (as if the mans earlier description wasn't clear enough!) just how extreme a case his son was.



**Lord, Help My
unbelief,
He answers:
I am!**

Statement of Faith:

We are becoming
Relevant, Encouragers
who are Alive to God and
His Spirit, even to the point
of Being Lion-Hearted!

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Thirdly, I would have thought, “haven’t I given you enough history? Get on with it—help him, we can talk about it later!” But, Jesus, in His own way and time asks the father, “*how long has this been happening to him?*”

And he said, “From childhood. ²² And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.”

Here we sense the father’s desperation. He adds some further details about fire and water, and how the evil spirit wants to destroy him. I don’t know if the father’s elaborate rehearsal of all the details was to try and lay an accurate picture, or if he was trying to pull on Jesus’ compassion and mercy. Sharing all the details didn’t seem to help the man’s faith; instead it seemed to have the opposite effect. So much that by the time he finished, he begged, “*if You can do anything, have compassion on us and help us.*”

Jesus said to him, “If you can believe, all things are possible to him who believes.”

The Revised Standard makes it a little clearer, exactly what Jesus was trying to communicate. ²³ *And Jesus said to him, “If you can! All things are possible to him who believes.”* According to the NKJ Spirit-filled Life Bible study notes, this question can be understood, “Is that what you said?” Jesus’ exclamation picks up the doubting words of the father.¹ This provoked an immediate response from the father. “Lord, I believe, help my unbelief”. When faced with serious, overwhelming or difficult situations many a struggle to believe God in the midst of

those circumstances rises from our soul. Just how does our Father help our unbelief?

We can learn from this father. First of all, we must humble ourselves and admit that along with our faith, there is a mixture of unbelief. In the midst of hard places emotions can run large and deep, attempting to push us off the solid rock of our trust. This father emitted a heart cry so pure and honest that Jesus could not help but respond. We must know that when we cry out to Him, He begins right then to answer our prayer. We must begin to look for that help.

That help can come in many forms. But we must first believe that God has heard that cry for help and is truly sending help from His sanctuary. Believe in your prayer. Begin to look for changes. Many times in the midst of difficult and fearful circumstances my stomach begins churning. I find myself struggling to get out of the “what if God doesn’t come through”, “if only I was different”, “why would God help me, sister so and so didn’t get her healing” etc mind set. We can feel like we are drowning in a mental and emotional endless loop where there seems to be no way out. I pictured a churning mass of piranhas swimming around seeking to devour what faith I do have. Sisters, we must break that cycle, by first looking up. Remember who you are talking to! Remember His character. Often this is something we must train ourselves into doing. Especially if the circumstances are so close to our hearts, it can be difficult to keep our eyes on Him, rather than the circumstance. The testing of our faith reveals our faith. They are not sent to condemn us, or to torment us or to punish us. They are tests allowed to show forth His work

within us. Sometimes they reveal that we are not as far along as we thought. Admit it, and go on. Help me, Lord. Teach me, Lord. He hears our heart cry. ‘Help my unbelief’.

Jesus responded immediately to the father’s appeal. He does no less for us. Here are some indications that the Lord has heard us and is sending us help.

1. A sense of peace which passes all understanding descends. This peace is an amazing confirmation that God is working and in control. Even if it only lasts a few minutes, it is a sign God is answering. Keep trusting, that peace will return.
2. Scriptures come to our mind. We must meditate on these words of life and hope. Grab hold to those scriptures when they come floating into your mind, it is God sending help.
3. God sends words of comfort through His preachers, His family or His still small voice. Listen to them. Make the effort to focus on their comfort, their care and their compassion. It is God helping your unbelief.
4. Fear is gone., or has lessened.
5. Memories of what He has done for you in the past come to mind. Remember it is the words of our testimony and the blood of Christ that help us overcome.
6. Talk to Him about any unanswered prayer that still brings discouragement.

When these tokens for good appear, do not take them lightly. Take time to thank the Lord for helping you. Thankfulness, gratitude help strengthen our relationship with Him, which help us be in a

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Leadership Encouragement



Take Your Stand, Dear Sister, Fight the Good Fight of Faith

As the Bible clearly tells us, simply by being members of the Body of Christ, we have an enemy. One of the most pervasive onslaughts we have detected is an attack against God's call and purpose in a believer's life. Satan plants seeds of "why bother", "you can't do it", "no one cares" and "it doesn't make a difference anyway" along with common thoughts of "you aren't good enough", "brother, sister so- and-so does it so much better" etc. Sometimes, unfortunately, these thoughts can come through the voices of people. These thoughts coupled with your own soul feelings of inadequacy are sent to bring doubt to the validity of your call and purpose. If you succumb to them, then those you are called to influence will be hindered as well. We must learn to sort these thoughts and voices through the Spirit of God.

Weariness, isolation and Satan's harassment can lead to faulty steps, lack of focus and confusion. God's plan is for us to walk with clarity of purpose and intention. If you find yourself battling these kinds of thoughts take the time to deal with them. You do not have to put up with these whispering gnats flying around your head, which minimally causes distraction, and ultimately gets you to believe the lies they are trying to infect you with.

Take the time to deal with them. Renounce them in Jesus Name. Make a decision to re-affirm and re-confirm your calling in Him, by spending the time needed in His Word and in prayer. These seemingly small thoughts can actually lead to people quitting their call or getting involved in compromise and failure. I strongly urge you: deal with them.

Some helpful tools:

1. Actually rebuke the devil. Don't just think about it.
2. Write the promises He has

given you down. Make it clear. Post it in a visible place. It will clarify it to you.

3. Remind yourself of your successes in Christ. We do overcome by the blood of the Lamb and the word of OUR testimony.

4. Confess to someone what is going on. (Or make yourself available for someone else!)

5. Ask for prayer. Put away pride and allow others to minister to you.

You are important. You matter to the Kingdom and His Purpose for such a time as this. Do not allow the devil or your weaknesses to make you smaller than you are. Examine yourself in the light of His Word and Righteousness. If the Holy Spirit shows you an area in need of change, repent, and do so. Keep the slate clean between you and your God. Listen and obey, but don't quit.

Stand tall in the person of Jesus Christ, as His daughter and His servant. In 2 Tim 4: 9-18, Paul lists the names of people who have encouraged him and those who did the opposite. As he gives instruction and explanation of each fellow believer by name, it encourages us to be available to those around us to help them, to be strength to them. He continues telling his story: ¹⁶ *the first time I was brought before the judge, no one came with me. Everyone abandoned me.* Paul stood alone. Sometimes, we may feel alone, or in actuality be alone. If that is the case, may we have Paul's heart in the matter as he goes on to say: *May it not be counted against them.* We do know we will have the Lord with us, as He was with Paul. ¹⁷ *But the Lord stood with me and gave me strength so that I might preach the Good News in its entirety for all the Gentiles to hear. And he rescued me from certain death.* ¹⁸ *Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom. All glory to God forever and ever! Amen.* Please know, my sisters, that He is doing the same for you. Take your authority and silence those nasty voices. Take your place in humility

and serve Him. The Body of Christ needs you to be the anointed you. Determine to fulfill your call and your purpose both now and for the future He is building. Stay Strong.

Written by: Martha Rodman



**Remember, you
are in His Hands.**

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place of receiving. I am amazed at how much my faith has grown in so many different areas as I have allowed

1 [Spirit Filled Life Bible](#), Thomas Nelson Publishers, Mark 9:23 pg 1486



Building Together Across Generations

Helping Your Child Deal With Their Emotions

The following article was sent to me by my friend, Christy Martin. It expresses her personal story about the need to allow our children to learn to express their emotions and feelings. This is not always an easy thing for a parent to do, especially as we want to instill into our children respect for our and others authority. There is, as with most things, a need for balance. It is my desire that as parents, we take the time to ask the Father for wisdom in this area. To ask Him for help in helping our kids identify their emotions and then to help them understand how to take responsibility for is always needful. This is mainly an article for those who are around compliant children (a blessing to have as opposed to perhaps the strong willed variety. Compliant children tend to hide their feelings for the group and need more space to share how they feel about things. It also may help any adult who was a compliant child sort through their emotions.

Christy speaking: This message has so much of me in it. I was very compliant especially as a youngster because I didn't want to disappoint my parents, teachers, husband... suppressing a lot of my inner desires, needs... I did express many of my dreams at first but when my "authority figure" suggested other plans I didn't stick up for what I needed to do and went with their suggestions. I didn't trust my own. At times the pressure of keeping my suppressed ideas and feelings boiled over and I emotionally and verbally blew up! Most of the time I didn't fully know why I blew up since the feelings and ideas had been suppressed for months or even years. I regret stuffing so much rather than recognizing why my feelings were conflicted and expressing the plans I needed to pursue. I am just now recapturing my life dreams and beginning to build autonomy as I take responsibility for my own happiness. My happiness used to be based on my perception of how I was pleasing those that were important to me. I rarely took charge of my own life direction. Part of this was due to wanting to please those I respected and wanted them to like me but also because I didn't want to make a mistake. By following others' recommendations I lessened my responsibility and could inwardly blame others' advice rather than taking responsibility for my own mistakes. I allowed others' ideas/plans to direct my decisions. Not their intention, but my lack of knowing myself and lack of sticking up for what I wanted/needed. This stuffing eventually led to my anxiety disorder which also took charge over me rather than me being in charge. The physical symptoms and emotional volatility took over, made me more irrational and led to further low self esteem and depression. I am now recognizing symptoms earlier and getting a handle on what I need to do to be healthy. More exercise, less eating for comfort, more time planning what I need socially, emotionally.... and less making sure I please others first. I haven't given up on living interdependently. I am now giving up my total dependency on others to feel worthwhile/needed/wanted... I still love to help/assist others and have them assist me.

Please help your children learn how to take responsibility for their own feelings (they are neither right nor wrong, they are real and worth expressing), decisions and express their ideas, dreams, and plans openly, without criticism. It's a delicate balance. Guidance as needed to help train them in how to make safe, smart, and responsible decisions. I know I wasn't able to do this for my children as I did not have the skill myself. Weaning kids from parental decision making, to cooperative decisions, to decisions on their own is so important in order for our kids to be able to feel confident in taking care of their own lives beyond living at home. Wean your kids from relying on you so they can trust themselves. Mistakes will happen. Learning to own up to mistakes rather than being angry that they happened, and learning from the mistakes is important. If kids are sheltered from all possible mistakes, when they do make a mistake with real/natural consequences they may feel like a failure and not be able to get over guilt/embarrassment/shame/disappointment. I hope this message makes sense and is helpful. Thanks for "listening".

Martha: I would add, there is great wisdom in teaching our children to share their feelings and ideas with the Lord. He is a wonderful Counselor, even for them. Teaching them the Word of God and its Truth gives them the foundation to help make the right decisions when we are not around, and gives them safe boundaries.

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If you would like to correspond with Christy;

R.E.A.L.
Women

Encouraging

Enthusiastic

Enduring

Examples

Eager

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The Email Version of

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