



You did not choose Me but I chose you, and appointed you that you would go and bear fruit, and that your fruit would remain, 1 John 15:16

Howard & Aileen Ostendorff
August 5, 2013

New Hearts, Open Doors-Kenya

Prayerworthy

- ✦ Praise God for the lives that were changed during our Kenya trip.
- ✦ Thank our Lord for the ministry to 12 couples in Nakuru, Kenya in June for FamilyLife.
- ✦ Praise for strength & wisdom for teaching the counseling course for the Int'l Leadership University 7/1-19.
- ✦ Praise for great response of 19 women in a Little Rock study led by two trained Associates.
- ✦ Praise that we get to help Daniel and Lauren settle into housing at LeTourneau U. this week.
- ✦ Praise God for our good health, good weather, and safe travel this summer.
- ✦ Praise that the methods & ministry of Freedom In Christ were so well received.
- ✦ Pray for funding and wisdom about our quick return to Kenya to establish several potential leaders and church ministries as a result of our time here.
- ✦ Ask the Lord for wisdom as we begin promoting fall ministry in Little Rock and in our S. Central region.

Dear Friends (Saints in Christ),

As she stood up to speak we knew immediately that this would be a significant testimony of what God had done! Njeri,(pictured below) is a student who wants to work with children in a difficult area of Kenya. There was the broad smile and then these words with tears of joy:

*"It is hard to put into words the impact of this week. **At some point I felt like God ripped out my heart and put in a new one.** It has given me a sense of joy and amazing peace. I have forgiven a man [who hurt me] and those who have done me wrong. I am now free and I now know that I have power and authority for His glory...Now I want them to experience this freedom."*

Words can't express how much we are in awe of what God did during our 5 weeks in Kenya! The sharing time at the end of the Discipleship Counseling Course week was incredible and the reports since are amazing! We had no idea that 77 people would come and stay for a full week. One enthusiastic businesswoman said, "I have never taken a week off work like this!" Another said that he had tried to "escape" from a ministry only to realize it was just where God wanted him to be! God is so good!

The day after we concluded, we received an email from the Wanje's who explained the week to their pastor of a large Nairobi church. The pastor replied, "We must do this course to educate our people!" There is so much false teaching in Africa today and the pastor saw this as a solid resource for his people! They also wrote to say how the week is already impacting their own marriage and those they mentor! Wow!

Another wrote today:

Thank you Howard and Aileen,

God sent you to us at the right time for the FIC conference. I am reading through the book "Restored" and doing the steps again from the book. As you say, the Steps are the just the beginning but now I feel that I have the power to break free from the sin confess cycle that often made me feel crippled in my walk with Christ.

The members of the church home group I belong to have already agreed to study the book after we finish what we are currently studying.... I am also going through the truths of "Who I am" in Christ and have finished the truths about acceptance. I can't wait to start security and significance because that is where I have real issues. I read the Bible passage where the truth comes from and then use the "I am .." truth as my timer while doing my morning lower back exercises i.e instead of counting 1-10, I check to see how many seconds it will take to say the phrase and then I say it once or twice in substitution for counting the numbers. It now feels awkward to count 1-60. I like to say the phrase instead. This helps me to keep the truth in my mind throughout the day. I find myself saying the phrase "I am free in Christ," many times in a day when the enemy whispers things in me that would lead me to fall into temptation.

May the Lord bless you as you continue to help more saints to realize their freedom in Christ.

Lucy





(Top) 77 Attendees; Cecelia, Christian psychologist, who attended and has been using "The Steps" to help alcoholics get free!. (see quote below)
 (Below) Meeting with Wanje's and Bacharia's to plan next steps; With our Kenyan son, Ambrose; Even teenage daughters of friends attended and were ministered too! The young man is from Liberia and wants this ministry there!.

What they said: "The Steps to Freedom in Christ clearly showed the difference between secular counseling and biblical counseling. He confirmed that He took me through 7 years of training to prepare me for calling to set captives free in this ministry." Cecelia, psychologist

"I am a saint. There is no sin that God cannot forgive. Fear has no place in my life...I have lived a fearful life for a very long time. But God set me free yesterday." Pastoral staff

"I learned that procrastination and perfectionism are sins and I have been set free from them!" Layperson

"This has been a revival in my life. I have had a lot of resentment & bitterness. I discovered I have been wrong in my rebellion and I was carrying a burden. I am now free!" Pastor/counselor

"This course has reminded me of whom I am in Christ. I learned that by forgiving people, it doesn't mean they go scot-free. I leave the revenge to God." Church missionary

It seems that God may want us to return soon to Kenya to maximize this investment. More later...

Sharing discipleship tools for every believer, every leader, and every church for making fruitful disciples,

With Love,

Howard & Aileen

Your investments in our ministry this summer are especially important:

Send your check made to "Freedom in Christ" to:
 Freedom in Christ Ministries,
 9051 Executive Park Drive, Suite 503
 Knoxville, TN 37923

Howard: (m)(501) 539-0185 whostendorff@gmail.com
 Aileen: (m)(501) 539-0281 a.ostendorff@comcast.net
 8 Westchase Dr., Little Rock AR 72223-1309
 Freedom in Christ staff account #49