

Good Mood Foundation



Our Ministries Magnify the Goodness—Of the Living God, The Transformative Power of His Holy Spirit, and the “Saving Grace” of His Son, Jesus Christ.

Celebrating our 15th Year of Ministry in 2020

Meet Michael (Ben) Attar

Love for Michelle -Michael met his wife, Michelle, in church orchestra at the age of 23. Michelle plays the cello, and Michael plays the trumpet. But how he courted Michelle is a story of its own. To begin, all of Michael’s friends said that Michelle was “way over his head,” so what does he do. After their first date, Michael told Michelle they would be married. She laughed! However, after two years of dating, she said, “I do!” Michael’s family gladly “welcomed” a Gentile into their Jewish family. Likewise, Michelle’s family welcomed a Jew into theirs as well. Michael says that his life would not be possible without God’s providence and his “helpmate,” Michelle.



Interestingly, Michael measures success, not by what he has accomplished but by what he does to enable Michelle to achieve all that God has for her to do. Michael’s primary ministry is creating the right environment and providing financial and emotional resources so that Michelle can minister—well! For example, Michael’s love and support for Michelle helped her complete her seminary degree while working full-time. Michael and Michelle have been active servants in only two churches. The first for 12 years and their current home church for 25 years, where Michelle has been on Church Staff for over 20 years.

Love for a Jewish Heritage- No one has any “say so” regarding their family background or ethnicity, but everyone has a choice as to whether they will accept it or not. However, after Michael believed the Gospel of Jesus Christ, “everything” began to fall into place, and he is honored and privileged to have a Jewish background. Michael is a “Sabra”- a Jew born in Israel and an Israeli citizen. His family emigrated from Morocco to Spain (sometime in the 1700s). Jews who emigrated from Spain are known as “Sephardic” Jews.

Love for the Messiah- At the age of 19, a series of events led Michael to move to Dallas. The only contact he had was a youth pastor who Michael had been introduced to but never met. Soon after, through his encounter with mentors from Waco, Texas (Paul J. Meyer and Gary O’Malley), Michael began to read the Bible and attend church services. He came to understand that the Bible consisted of the Old Testament—a picture book prophesying and foreshadowing a Jewish Messiah. During Old Testament times, God’s people would come to the Tabernacle (and eventually the Temple) with a spotless, pure sacrifice onto which the sins of the individual making the sacrifice would be symbolically placed. The people met with a priest because individuals could not atone for sins and have fellowship with God directly. These sacrifices were repeatedly made to atone for sin and restore the one making the sacrifice into right fellowship with God—until the next sin. It was never-ending. Michael read about how God longed for all people to humble themselves and confess their sin and come back to Him through the required and appropriate sacrifices. And that God, throughout the Old Testament, was planning to introduce a better and final sacrifice. The Jews knew this person of promise as “Messiah.” However, whoever eventually came claiming to be the foreshadowed Messiah would have to fulfill one hundred percent regarding all the Old Testament prophecies. Michael was fascinated with the prophetic descriptions of where the

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Messiah would be born, live, how, and why He would have to die. So, after reading his Bible and New Testament all day, every day, for about three weeks, Michael made a monumental decision to embrace the New Testament’s teaching concerning the Gospel of Jesus Christ. Michael believed that Jesus (the spotless Passover Lamb) died as a substitute for his sins and rose from the dead on the third day. Michael’s eyes were finally opened to the reality that Jesus Christ was the fulfillment of all of the Old Testament prophecies and all things Jewish. Jesus Christ was who He said He was— “God—the Messiah.” And in believing the Gospel of Jesus Christ, Michael became a “Hebrew Christian.”

Love for the God of the Bible- Not everyone understands that a “Jew” can be both a “Hebrew” and a “Christian.” Christianity is NOT another religion apart from Judaism. It is just the opposite. Christianity is the fulfillment of Judaism. The “Old Covenant,” which God said was going to be replaced with the “New Covenant,” was coming for the Jewish People (Jeremiah 31:31). Jesus Christ, a Jew, and the Messiah brought and enacted the “New Covenant” at His death. And with His resurrection from the dead, Jesus “offers” HIS Life to anyone who believes in His Gospel. The Apostle Paul, who wrote most of the New Testament, also became a Hebrew Christian. Paul (previously called “Saul”) hated and persecuted Christians, but after God got a hold of his heart on the “Damascus Road,” Paul was transformed.

Love for his Father- Before Michael “believed,” he was told that when a Jewish person believes the Gospel of Jesus Christ, their Jewish family will often shame, disinherit, and disown them. And that’s what happened. Michael’s father was livid, and things weren’t “good” between them. However, several years later, when Michael brought Michelle to meet his parents, things gradually began to get better. It’s taken many years, but Michael and his father are having the best relationship they’ve ever had.

Love for Both Grandfathers- Both of Michael’s grandfathers loved “Israel,” but neither had the chance to set foot on Israeli soil. And though Michael never met either grandfather, his family told him many stories about their character and personality, so Michael grew to love them deeply. Michael was given his first name in honor of his grandfather “Meekhael Ben Attar” (on his father’s side), who was a Rabbi in Morocco (North Africa). Their family name is “Ben Attar.” “Ben” means “son of” and “Attar” means “sweet essence” like the sweet essence of a rose.”

In 1956, Meekhael Ben Attar’s entire family (including six children and other families) were one week away from immigrating to Israel when Meekhael Ben Attar died of a stroke. After a period of mourning, the “Ben Attar” family all emigrated from Morocco to Israel, where they lived and raised their families. Meekhael’s youngest son, Marc (Michael’s father), joined the IDF, where he married, and Michael was born shortly after. Then as is the custom for all new-born males, eight days after Michael’s birth, his father arranged for a Mohel (a trained Rabbi) to come to their apartment in Israel and perform Michael’s circumcision. Interestingly, his circumcision occurred on the “Feast of Trumpets,” which “Modern Jews” refer to as “Rosh Hashanah” and is the beginning of Israel’s “New Year,” and is celebrated with the sounding of Trumpets.

Love for the Trumpet- So, maybe Michael was “destined” to play the trumpet because from the age of 11 until 17, he had a lesson every week with a teacher who became the principal trumpet

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player of the New York Philharmonic Orchestra. And Michael continued playing the trumpet every week in the church orchestra or worship band for 25 years.

Michael’s family emigrated from Israel to New York City when Michael was about five. He grew up in a reformed Jewish home, observing the Jewish Feasts occasionally, but not faithfully. He attended Synagogue most Saturdays as a young boy and Hebrew School after regular School every day. He was sent to Zionist Day Camps in the summer and had his Bar Mitzvah at the age of thirteen. However, Michael claims he didn’t “understand” anything and often wondered why he was forced to be there. But ALL that changed when Michael believed the Gospel of Jesus Christ.

Michael was given his middle name, “Nathaniel,” in honor of his grandfather on his mother’s side. Nathaniel’s family lived in Poland and was also a Zionist leader. Zionists believe that the Jewish People have a right and obligation to return to their ancestral homeland-Israel. Nathaniel’s youngest daughter (Michael’s mother) was born several days before the Nazis invaded Poland in 1939 to begin their systematic process of exterminating the Jewish people. Thankfully, their family had resources, so his mother and older sister were “given” to two Polish Gentile families, with piles of money, to be raised as Gentiles. These two families who “saved” them from the Nazis are known as “Righteous Gentiles.”

Because Nathaniel was a Zionist leader, he was targeted by the Nazis, who came to their home in Poland. Nathaniel had an enormous book collection of “first” editions, and Michael’s grandmother said that when the commander of the Nazi troop came into their home and saw Nathaniel’s book collection, the Nazi commander was moved to tears. But right after that, the Nazi commander shot Nathaniel in the head as Michael’s grandmother watched. This tragic event took place in 1941; therefore, as “Israel” had not yet been “Re-Born,” as a Zionist, Nathaniel had only “seen” Israel in his mind’s eye. Miraculously, Michael’s grandmother survived and spent the duration of the war living in the “underground.” The Nazis also took Nathaniel’s wealth, and his entire family perished (excluding his wife and two daughters). In several instances, Michael’s grandmother said members of the family took cyanide to kill themselves rather than face the Nazi atrocities. After the war, Michael’s grandmother and her two daughters were reunited in France by a “man” who would eventually become Michael’s step-grandfather. Interestingly, this person survived seven years in a Siberian Death Camp.

As a second-generation survivor of the Holocaust, Michael studied to understand Hitler’s motive to kill ALL Jews. Michael discovered that Hitler’s intent was rooted in the belief that if he were successful, it would prove that the God of the Bible is dead, and God’s “Chosen People” weren’t chosen at all. It would also mean that Christianity was a BIG lie. But Hitler and anyone like him will never succeed. The truth is that the Jewish People and the existence of Israel are proof positive that the God of the Bible is “Alive” and well. Thankfully, God raised (famed film director) Steven Spielberg, who in 1994 formed the Shoah Foundation to record the “testimonies” (video format) of survivors and witnesses of the Holocaust—so that the world will “**Never Forget.**” Michael’s mother was one of 1,600 chosen, and her testimony of what “actually happened” during the Holocaust was memorialized forever.



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Love for God’s Word-Michael’s love for God’s Word came at once after becoming a “believer” (Hebrew Christian) at the age of 19. Admittedly, he dove into God’s Word in an unorthodox manner. Everyone had told him to begin reading the Bible from the “beginning” (Book of Genesis), but that didn’t work for Michael. So, instead, he took a “Topical Bible” and began looking up many of his “personal issues and struggles.” In this way, Bible reading and Bible study were fun, exhilarating, and meaningful because he had discovered a “frame of reference” or “context.” Michael was relating God’s Word to something that was personal-his issues. And with Bible study, church attendance, and ministry, Michael’s spiritual life grew, and he was asked to teach Bible studies and “filled in” for the Sunday School teacher. Then at the age of 30, the Senior Pastor gave Michael a Sunday School class, which eventually became the “Auditorium Class,” and he was also elected to the Board of Deacons. Michael began teaching his Sunday School Class, one of the hardest books in the Bible, the book of Hebrews (verse by verse) for two years. But understanding Hebrews necessitates understanding the people and events of the Old Testament. So, many of Michael’s lessons were from the Old Testament-building a “foundation.” He also spent many hours each week studying, viewing, and reading materials compiled by the late Zola Levitt, who was fond of saying, “*One trip to Israel is worth ten years of Sunday school.*” He is right!

In 2013, Michael and Michelle came to Israel on a “Pastor’s Tour” of the Biblical sites. And after returning, Michael began to read his Bible by “**relating**” the Scriptures with the Biblical sites he had seen. Michael’s favorite Biblical site is the Temple Mount, which is where the First and Second Temples once stood. This is also where Abraham offered his son Isaac, and where the Jews will one day rebuild the Third Temple. The Temple Mount is also where the final “abomination that causes desolation” that Jesus referred to in Matthew 24 will take place. Michael’s Bible had “Come to Life.”

Love for serving the Gentiles- When God wants to do “something,” He will often send the Jew(s) to start His “project,” or He will begin with Gentile People and then send a Jew(s) to help them. This is because the Jews were placed on the earth to BLESS the Gentiles. Michael understands this and has “served” the Gentiles in many roles, most notably, in a “Mental Health” ministry for 14 years (2005-2019) via a ministry he formed called the “Good Mood Foundation.” This ministry grew into a “Hospital Ministry.” For almost eight years beginning in February 2012, Michael and his team of volunteers served the “in-patients” of a local psychiatric and addiction facility (Carrollton Springs Hospital), which started on the “first day” that Carrollton Springs Hospital opened. Michael and his volunteers provided many “things,” including “Faith-Based” groups called “Engaging with God” and “Sing SOME of Your ‘Blues’ Away.” And if Michael wasn’t ministering to the patients or involved in the many activities “behind the scenes” to make that ministry possible, he was at his computer reading, thinking, and writing. Michael says that every profession, especially “Ministry,” is centered around reading, thinking, and writing.

Love for the Germans- Because of what the Nazis did to Michael’s family, growing up, he was indoctrinated to avoid Germans, not to do business with them, and never to buy German products. And even though the German government had taken some measure of responsibility for their actions by paying Michael’s grandmother, mother (and other survivors of the Holocaust) a monthly pension, he still hated and blamed the German people for what they did to his family. Therefore, Michael was indoctrinated to be leery of Gentiles, especially Gentile Christians. He was told,

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“stories” about how and why Christians couldn’t be trusted and that they were responsible for ALL the hurt and pain “The Jewish People” had endured over many Centuries. Also, that Gentiles Christian's “real intent” was to get Jews to convert to Christianity. But that’s not what Michael encountered when he arrived in Dallas at the age of 19. Instead, Gentile Christians loved, blessed, and reached out to Michael for no other reason than he was Jewish. They showed Michael “God’s Favor” expressed through unconditional love and blessing. And when Michael believed the Gospel of Jesus Christ, he didn’t turn away from his Jewish background and “all things” Jewish.” Instead, for the first time in his life-**EVERYTHING** made sense. And though Michael’s belief caused “issues” within his family, thankfully, God has healed many of these wounds.

Fast forward...

In the spring of 2007, Michael read a book entitled “*Forgiveness...the Ultimate Miracle*” by businessman and philanthropist Paul J. Meyer. Michael had become a Hebrew Christian because of Paul’s ministry at the age of 19, and except for the Lord Jesus Christ, no person has impacted Michael more than Paul. And while reading the book, Michael was confronted with the reality that Paul was a German and that his family had immigrated to America from Germany. The irony also struck Michael that he hated the Germans, but he also loved one. So, because of Paul’s book, Michael was moved to finally forgive ALL Germans for what they did to his family.

In 2017, the Vice President of the “Good Mood Foundation” was the Executive Assistant to the famed author and motivational speaker, Zig Ziglar. Sensing an unction in his spirit, in the **fall of 2007**, Michael asked that a copy of his manuscript “*My Pursuit of a Good Mood*” along with a cover letter be sent to Paul J. Meyer. Michael authored this manuscript several years earlier, from personal struggles, with the intent of encouraging everyone who was having the same or similar struggles. So, after reading Michael’s manuscript, Paul called him, offered to publish the book, write the foreword, and provide the “Good Mood Foundation” with the “first-run” of 10,000 copies to give away. This book is now in its sixth printing and has been updated to include a chapter written by Michael’s wife, Michelle, to encourage caregivers, spouses, and loved ones who are “struggling,” too.

Love for Writing-Michael’s passion is to see Christians “Sound” the Shofar Trumpet. After all, the **sound** of the Shofer Trumpet will be the “Last Sound” sound Christians hear before Jesus “Gathers” them to be with Him. God also chose to use the Trumpet (Genesis to Revelation) to progressively tell the story of Israel, His People, and the Messiah. So, he authored this book. God’s heart and His Trumpet is centrally connected to Jerusalem, Israel, and His People.





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Love for “recruiting- Of all the skillsets God has given Michael, his greatest skillset is the ability to **wait** on God to provide the “People” needed for each “task” of ministry. Michael does NOT despise small beginnings. He is not only diligent in recruiting but also loving and encouraging each person who comes to serve in the “ministry” God is accomplishing through Michael’s team. In our previous ministry to “patients” in a local psychiatric and addiction hospital, God put over 400 people in Michael’s path to help with “EVERYTHING.”

Love for “Return” - Michael has a deep desire to return to Israel and live there. Therefore, whenever you see a picture of “Jerusalem,” “Star of David,” or similar, please remember to pray for “**Jerusalem,**” “**Israel,**” the “**Jewish People,**” and for **Michael.**