

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



Recently, I found myself in the hospital and had a “God Moment.”

I decided that moving forward; I won’t get involved with anything unless it is related to “Israel.” Interestingly, I’ve been moving in this direction as all three of our ministries have a tie to Israel.

“Mental Health” Ministry

I started the Good Mood Foundation in 2005 to address the issue of mental health and addiction issues many people and their families have or will go through. My initial motivation was to let the Christian Community know that mental health issues are a Biblical topic as there are at least ten people in the Bible who dealt with suicidal thoughts. Also, many Bible people dealt with “mood” related issues and melancholic struggles. My first book, *“My Pursuit of a Good Mood,”* reveals my journey of personal pain and how I got well and stayed well. This ministry developed into a “Hospital Ministry” at Carrollton Springs for 7 ½ years. That said, Israel, as a country, is very passionate about mental health issues because many of Her people struggle. Lest we forget that 930 Jews committed suicide at “Masada” in Israel three years after the Romans invaded and destroyed Jerusalem. Many also believe that the “Holocaust” is partially to blame for the struggles of Holocaust survivors and their children. Our family is an example as my mother survived the Holocaust in Poland. Her sister has been in and out of mental health facilities for most of her life. One of my other aunts died in a psychiatric hospital in Israel, and a nephew who was serving in the IDF in Israel committed suicide.

The “Central Message” of our Mental Health ministry is that getting well and staying well requires:

- 1) **Forgiving those who have hurt you and asking for forgiveness from those you have hurt.** However, “true” forgiveness is not possible without a relationship with the God of the Bible.
- 2) **Walking in Step with the Holy Spirit.** HE is the only One who can forgive your sins and also give you the heart to forgive others who have hurt you. God is also gracious, so if you are a believer and have turned away from God, know that HE has never left you and wants you to “come back” to Him.
- 3) **Watching, singing, and listening to praise and worship songs** as this is one of the best ways to deal with negative thoughts and emotions.

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“Shofar Trumpet” Ministry

As a trumpet player, I have always been fascinated that God chose to use the “Shofar Trumpet” (Ram’s Horn) to unveil and reveal Himself throughout Scripture. So, I authored *“Sound the Trumpets in Zion”* (subtitled, *“Next Year in Jerusalem- is Now! TM”*). This book details every story in the Bible (in chronological order) that references the Shofar and Temple Trumpet. Our ministry continues to gift Shofar Trumpets to those in leadership at my Church. We also gift a Shofar to friends going to Israel so that they can sound it throughout the Biblical sites. The Shofar Trumpet is God’s instrument and is to be sounded to:

- 1) Celebrate events regarding God’s provision and blessing.
- 2) Worship God.
- 3) Engage in spiritual battles.

The “Central Message” of our **“Shofar Trumpet”** ministry is that after the proclamation of the Gospel of Jesus Christ, the next most important proclamation is that the Church is waiting for the sound of the “Last Trumpet.” Then we will be “gathered” (raptured) to be with Jesus.

“Jewish People” Ministry

The “Central Message” of our **“Jewish People”** ministry is that the Abrahamic Covenant (still in effect) instructs Jews to BLESS the Gentles and Gentiles to BLESS the Jews. Scripture says a “New Covenant” was coming for Israel to replace the Law, and that the Gospel of Jesus Christ is “First” for the Jew.

As a “believer” and Hebrew Christian for 40 years, I have noticed that the Church does not actively encourage Christians to reach out to the Jewish Community. So, most Gentile Christians will never have a relationship with a Jewish person. Therefore, this ministry seeks to encourage Gentile Christians to befriend a Jewish person for no other reason than to pray, bless, and love them. And maybe God will open a window of opportunity to discuss the “New Covenant” and the Gospel.

My “Heartfelt” Desire”

Time is short, people are in need, and the Lord’s Return is imminent. Therefore:

- 1) I am HAPPY to help any Christian or Church **start a mental health ministry.**
- 2) I am also happy to help any Pastor, Worship Leader, or Christian **start a Shofar ministry.**
- 3) I am also happy to help any Christian start a **Jewish People ministry.**

Contact me at MAttar@GoodMoodFoundation.org. Or, via phone at 1-800-GMF-8777 or 972-213-8856.