

Good Mood Foundation



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A 501(c)(3) Non-Profit Organization Founded in 2005.

We Provide Evangelistic and Ministerial Services to People with Mood Struggles.

As the founder, I know that everyone experiences mood struggles, but not everyone is aware of how to deal with or conquer them. Mood struggles cover the spectrum from the struggles everyone encounters from time to time all the way to a diagnosed mental illness. Mood struggles can seriously impact every area of a person's life, including family, personal, and work. We were founded to provide evangelistic and ministerial services to those with mood struggles, their friends, family and loved ones.

Evangelistic services: Unashamedly, we are a ministry—a ministry that first and foremost is dedicated to evangelistic activities. As such, we draw from the Bible—teaching and operating from a Biblical perspective and worldview. Undergirding all of my writings and personal ministry is the Biblical mandate to preach faith to unbelievers and repentance to believers. Therefore, we preach faith in the Gospel of Jesus Christ to non-Christians. *Change your mind—Jesus Christ died as a substitute for sinners and rose from the dead on the third day.* To Christians we preach repentance. *Change your mind—and turn away from sin.* Please know, I am not saying that ALL mood struggles have their origins in unbelief and sin. What I am saying is that no matter the cause for mood struggles we WILL preach faith to unbelievers and repentance to believers. As a Christian and as a Christian ministry, this IS our first priority.

Secondarily, we provide ministerial services. So what is ministry? Ministry is a GIFT that God gives. My definition: "*Ministry is any activity that addresses and/or solves a problem with a Biblical solution.*" In its very basic form ministry is about servitude. It is, "Bringing the food, getting the water and picking up the garbage—or its equivalent." I seek to always minister out of the overflow that comes from solitude, service and worship. Solitude, service and worship energize and empower me for ministry. So, yes, mood struggles are a problem and yes, we address this problem offering Biblical solutions. We do this through writing books (three so far), speaking, the Internet and interaction with people who contact me. And when they do, I encourage the following:

1. Go to a medical doctor and follow his or her recommendations. This may include professional psychiatric and pharmacological treatment.
2. Acquire and use resources that encourage personal change.
3. Have a faith walk with Jesus Christ. Follow His leading and participate in the spiritual disciplines.

The officers and directors of the Good Mood Foundation do not endorse or recommend the use of any specific treatment or medication for any type of mood struggles. For advice about specific treatments or medications, individuals should contact their physicians or mental health professionals.

Our Vision: We desire to see people with mood struggles impacted, transformed and eternally changed.

Our Mission: We exist to help people with mood struggles learn how to live life in a good mood—one step at a time.

Mike Attar's Messianic Testimony

I was born in Haifa, Israel, and moved at the age of three to New York City when my family immigrated to the United States. I grew up in a reformed Jewish home, observing the Jewish Feasts occasionally, but not faithfully. Through my encounter with a friend from Waco, Texas, I began to read the Bible and attend church services. I came to understand that the Bible consisted of the Old Testament—a picture book prophesying and foreshadowing a Jewish Messiah. I also came to understand that during Old Testament times, God's people would come to the tabernacle area 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.

I read 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.

I came to realize that whoever eventually came claiming to be the foreshadowed Messiah would have to be right one hundred percent in regard to all Old Testament prophecy. I was fascinated with the prophetic descriptions of where the Messiah would be born, live, and how and why He would have to die. So, after reading the Bible and New Testament all day, every day, for about three weeks, I made a monumental decision to embrace the New Testament's teaching concerning the Gospel—Jesus Christ died as a substitute for my sins and rose from the dead on the third day. My eyes were finally opened—Jesus Christ was the fulfillment of all of the Old Testament prophecies and all things Jewish. I concluded that Jesus Christ was who He said He was—God—the Messiah.

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