

## ***Lives Changed through the Living Waters Program.***



***Living Waters is a Christ-centered discipleship/ministry program for men and women seeking healing in areas of sexual and relational brokenness including pornography addiction, codependency, sexual addiction, homosexuality, sexual ambivalence, childhood sexual abuse, transgender issues, and difficulty in establishing and sustaining healthy relationships. Our next program is starting soon.***

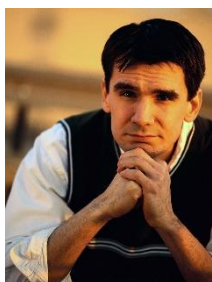
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***Here are some powerful testimonies from participants who had their lives changed in the Living Waters program through the power of Jesus Christ. They are used with the permission of the participants.***

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***Living Waters was way more than I expected! I am free of sexual sin.***  
*A female participant.*

***The best part of Living Waters was being set free from the root cause of my food addiction.***  
*A female participant.*



There were many things about Living Waters that blessed me: the group worship, the teaching times, the small group prayer (which really distinguished this from mere group therapy), and even the homework. The book and questions were at times challenging, but very helpful. My only goals for participation were to gain some insight into my own thinking and into my relationship with God. These were answered in various ways during the season, but what surprised me was the insight I gained into the failure of my marriage, and into things I never before understood about my ex-wife. Living Waters has strengthened my relationship with God by challenging me to face some things that I was unconsciously resisting beforehand. By compelling me to engage with others, and even more with the church, I am learning the reality that we are gifts to one another.

*A male participant.*

In Living Waters it is explained so well how early trauma and our childhood reaction to it can impact so much of our adult life without our being really aware of it. Thought patterns and reactions as a child can hold us in an emotional prison, like being in chains. In small group prayer, Jesus met me in my pain and set me free from strongholds and inner vows. The hold that my past trauma had over me was broken. Now I can freely choose healthier responses.

*A female participant.*



I had been going to another group program and it focused on managing all the bad things in life, as well as managing sinful behavior. It made me feel like things were hopeless and I would just fall back into bad habits. I would have to crawl out again and just keep going through that cycle. Living Waters made me feel there was hope. That it wasn't just a cycle of managing bad things and actions, but that I could actually have healing from God, and only from God. I felt my relationship with God grow stronger because for the first time in my life I was learning to let God in and give myself over and not try to just do it myself. I'm not fully healed yet, but now I'm on a road that allows me to accept the healing God wants for me.

*A male participant.*

I knew I had struggled with codependency the majority of my life, especially since I grew up in a household with an emotionally void father. I struggle with a variety of chronic, painful health issues. My father told me most of my life that “I was lazy and worthless if I wasn’t working”. I looked to others for fulfillment and joy through having many sexual partners, chronic masturbation, and men who treated me with zero respect and basically used me. I had lost all sense of self-respect for me too. I thought I wasn’t worthy of love. I also played the role of the rescuer and therapist to fill my emotional void. I found Living waters through my boyfriend. One day I saw the rather lengthy pornography history on his computer. I was horrified. Through Living Waters we have been brought closer together. He has been set free from porn, and I have started to fully trust in God. I’ve learned much, and have a fine tuned perspective as to what a Godly woman should be like. I have forgiven much and am learning to love again.

*A female participant.*



## ***Frequently asked questions about Living Waters...***

***I don’t struggle with same-sex attraction. Is Living Waters still for me?*** Yes! Everyone in the body of Christ can benefit from Living Waters. Living Waters is for a wide variety of sexual sin and relationship struggles. As you can see from the testimonies, men and women who have struggled with heterosexual issues such as pornography addiction, codependency, and promiscuity; have found freedom through the program. Others have found freedom from struggles such as the effects of abuse, food addiction and self-hatred.

***Is Living Waters group therapy?*** Living Waters is a peer ministry, discipleship program and not professional therapy. Our leaders have all overcome their own battles with sexual and relational brokenness and are free to share their journeys with the participants in a way that professional therapists do not. This helps us walk towards Jesus together in a way that personalizes our recovery and brings deep freedom.

***What is the difference between Living Waters and Celebrate Recovery?*** Celebrate Recovery is a wonderful 12-step program that has helped many men and women begin their recovery journey. Many of our participants have told us how Living Waters has deepened the healing they have received in Celebrate Recovery. Living Waters small groups are interactive and the teachings go much deeper on the root issues of our sexual and relationship struggles through Biblical, in-depth studies of issues like the mother and father wound, the effects of abuse, the cross and confession, forgiveness, and an examination of God’s design for our genders. It helps us better understand who we are in Christ and live according to our God given calling in our local church and the greater body of Christ.

***Why is Living Waters 24 weeks long?*** Living Waters is established as a safe place with enough time set aside to work on some very difficult, and sometimes painful, life issues. We know from our own experience that this time commitment is a necessary blessing that helps to bring many victories.

***Why does Living Waters have a \$495 tuition rate?*** Living Waters cost less than \$21 per week. This is considerably less than counseling and therapy co-pays, and substantially less than many of us have spent on our addictions. We have found that people who make a financial investment in their recovery are far more committed to their recovery when things get tough. The tuition also helps filter out people who aren’t serious about their recovery or who have dishonorable intentions. Living Waters graduates will tell you that the benefits have far outweighed the costs.

***Will I be completely “fixed” at the end of the 24 weeks?*** Recovery and transformation into the fullness of Christ is a life-long journey. No program of any length can bring the complete restoration that Jesus Christ desires to give. Our primary goal for each participant is that they gain a deeper understanding of who they are in Christ. This leads to deeper healing of the root issues of their struggle, and empowers them to live a holy life. Participants will also learn tools to help them in their recovery and deepen their connection to the Body of Christ.

***How long has Reconciliation Ministries been offering Living Waters?*** Reconciliation Ministries has been partnering with faith communities to help men, women, and adolescents overcome sexual and relational brokenness since 1984. We have been offering the Living Waters program since 1995.



***If you or someone you love is struggling with sexual or relational difficulties, there is hope and healing through the power of Jesus Christ. Call us and ask about attending the next Living Waters program. (586) 739-5114***

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