



What is Living Waters?

Living Waters is an in-depth, Christ-centered healing, teaching and discipleship series. Living Waters addresses the fact that none of us naturally finds it easy to love others or ourselves as God loves us. The goal of this ministry is to lay a solid foundation of inner health as we learn about:

- God's powerful love for us and how Jesus is central to our hope for wholeness
- The depth of our brokenness and our profound need for Him
- The power of the cross to restore our souls, sexuality, and relationships
- The process of walking out our healing
- Our place in the church and loving others honorably

Whom is Living Waters for?

Living Waters applies to all believers who are serious about spiritual growth, but is particularly relevant to those struggling with defeat in these areas: lack of joy, poor boundaries, confusion, fears, insecurity, despair, isolation, unforgiveness, anger, lack of intimacy in marriage, inability to trust, self-hatred, broken marriage, shame and bitterness from abuse or divorce, addiction to pornography, same-sex attraction, shame from past sin, unresolved emotional pain from the past, emotional dependency, sexual promiscuity, powerlessness to flee temptation.

Thankfully, Christ's capacity to touch and restore us at deep levels of shame and brokenness extends to us all, regardless of the specifics of our issue.

What will I learn?

Living Waters uses a detailed guidebook that includes teachings, questions and additional readings. Some topics addressed include:

- Acknowledging our need for God
- How "the fall" affects sexuality and relationships
- Receiving the Father's love
- Healing of father and mother wounds
- The healing power of pain
- Who we are as men and women
- The cross and confession
- Renouncing our idols
- Reconciliation between men and women
- Roots of gender brokenness
- Healing from sexual abuse
- Restoring the true self through the cross
- Understanding and overcoming temptation
- Overcoming sexual addiction
- Embracing the church as our healing community
- Building healthy relationships
- Walking as mature Christians

Cost: \$150 covers all workbooks and books needed to complete the program.

Date: We will meet Wednesday evenings from 7:00-9:45 pm starting January 22nd. We will have one Saturday session yet to be scheduled. We plan on finishing by late May or early June. A commitment of consistent attendance is required.

Location: St. Thomas More Parish, 11822 Holmes Road, Kansas City MO64131.

Application Process: There is an application/interview process. All applications will be treated with utmost confidentiality. Please send an email indicating your desire to participate to morelivingwaters@gmail.com for more specific instructions. Space is limited and will fill up - get your application in as soon as possible.