

Freedom from sexual struggles
in your life or marriage

Life More Abundant



*Our addictions,
compulsive
behaviors and
bad choices can
often make us
feel walled off
and roped in.*

Individual Counseling, Men's, & Women's Genesis Groups

*Who would benefit from participating in a
Life More Abundant group?*

- Anyone who feels (or knows) that their relationship, job or future is in jeopardy because of their sexual behavior.
- Anyone who feels like they are failing God, their loved ones and themselves.
- Anyone who wants to be free of compulsive sexual behaviors.
- Anyone who fears pornography or lust is becoming a problem in their life.
- Anyone who is tired of the secrets and shame of living a double life and is afraid that someone will find them out.
- Anyone who desires a true heart change instead of having to rely on willpower and white-knuckling alone.

Presented by



**Life More Abundant
Network**

Why do I do what I don't want to do? . . .

It is estimated that 30-40% of Christian men and at least 25% of Christian women struggle with some sort of sexual compulsion or addiction that is negatively affecting their lives. These behaviors lead to secrecy, shame and feelings of failure and worthlessness that keep people from experiencing the true intimacy that God desires for them.

Life More Abundant is a biblically-based program for people who genuinely WANT to change the self-destructive thoughts, feelings and actions that have kept them trapped in a cycle of disappointment and loneliness.

We use the Genesis Process — a proven Relapse Prevention program for Addictive/Compulsive Behaviors as the basis for Life More Abundant.

This program was chosen because of its unusually high success rate and the practical steps and tools that it offers participants. It is unique in the sense that it doesn't just focus on "the problem" but, instead, effectively addresses the underlying needs of each person as a whole.

WHEN?

Once a week for 20 weeks—2 hrs per week. Several men's groups and a women's group are offered each year, as well as individual one-on-one sessions, as available. Call for details.

WHERE?

For confidentiality reasons, the location is only disclosed upon registration.

COST?

Groups: \$20 per week + \$25 for workbook.
Individuals: \$50 per week + \$25 for workbook.
Make checks payable to "Life More Abundant Network"

ANYTHING ELSE I NEED TO KNOW?

This is an in-depth counseling process that will require several hours of homework to be done outside the group each week. As is usually the case, you will get out of it what you put into it.

Participants who have genuinely invested themselves in the exercises and completed the course continue to enjoy amazing life-changing results.

For more information, or to request
a registration packet,
please contact Bruce & Janet Wheeler
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