

*If anyone is
thirsty, let him come
to me and drink.
Whoever believes in
me...streams of living
water will flow from
within him.*

John 7:37-38

Is Living Waters for Me?

If the following statements describe your vision for hope and healing, you may want to consider participating in Living Waters:

- *A desire to deepen your relationship with Jesus Christ*
- *A desire to grow in your identity as a man or woman of God*
- *A willingness to face the sinfulness of your present state and the painful realities that led you there. This involves exploring hurts from your past.*
- *A willingness to be open and honest with others about your brokenness, as well as issues of identity and emotional immaturity.*
- *A willingness to receive the healing ministry of the Holy Spirit in these deep areas.*
- *A desire to grow in your relationships in the body of Christ.*

When Do We Start?

Our Living Waters program is 25 weeks long on Monday nights from 7:00 p.m. to 10:00 p.m. at Maple Ridge Community Church. Each week will consist of worship, teaching, healing prayer and small group interaction. There will also be homework and reading assignments for further study during the week.

The cost of the program is \$175.00 (payment plans and scholarships are available). Please request an application by contacting Amy Donaldson at Maple Ridge Community Church. Submitting an application does not guarantee your admission into the program. All applications will be considered on a first-come, first-serve basis. After we receive your completed application, we will contact you for an in-person interview.

*Living Waters is offered under
the church covering of*



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LIVING[™]
WATERS



*Pursuing
Relational & Sexual
Wholeness in Christ*

*A Ministry of the
Pastoral Care Ministry of
Maple Ridge Community Church*

What is Living Waters?

Living Waters is an in-depth, Christ-centered program for people seeking healing in areas of relational or sexual brokenness. A healing, teaching and discipleship series, Living Waters addresses the reality that we are all broken in our ability to love God, others or ourselves well. The goal of Living Waters is to lay a foundation for relational and sexual wholeness in our lives. Through worship, teaching, prayer and small groups 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 of Christ to restore our souls, relationships, and sexuality.*
- *The process of walking out our healing.*
- *Our place in the church and loving others honorably.*

Who is Living Waters for?

Living Waters is for anyone seeking to work through the effects of emotional or sexual abuse, self-hatred, divorce, emotional dependency, promiscuity, addiction (including pornography), same-sex attractions and behaviors, or the inability to love others well. Christ's capacity to touch and restore us at deep levels of brokenness and shame applies to all of us, regardless of the specifics of our struggle.

How is Living Waters Presented?

Living Waters is a twenty lesson program taught in a closed-group format. The leadership team has been trained and a confidentiality policy is in place to help ensure trust and safety in the group. Each meeting includes:

WORSHIP: *We focus our attention and praise on God rather than on our problems.*

THE WORD: *Living Waters' teachings combine biblical truths and psychological insights that help us to know God and ourselves better.*

THE WORKS OF JESUS: *Through healing prayer in large and small group settings, we invite the Holy Spirit to heal our various wounds. We bring our sins, and those committed against us, to the Lord who is faithful to set us free.*

Foundational to Living Waters is the reality that God created us in His image as male and female. Therefore we value men and women working out their healing together. Great healing comes as men and women minister and receive alongside one another, thereby reflecting God's intention and character. (Although small groups are same-sex, both men and women participate together in the large group setting for worship, teaching and prayer.)

What Will I Learn?

Living Waters uses a detailed guidebook that includes teachings, questions, and additional readings that help us move from brokenness to maturity.

Some topics addressed:

- *First and foremost, you will learn that you are not alone and that there is hope*
- *Acknowledging our need for God*
- *How "the fall" affects our relationships and sexuality*
- *Receiving the Father's love*
- *Who we are as men and women, made in God's image*
- *The cross and confession*
- *Renouncing our idols*
- *Reconciliation between men and women*
- *Roots of gender brokenness*
- *Healing from sexual abuse*
- *The difference between our authentic self and false self*
- *Restoring the true self through the cross of Christ*
- *Understanding and overcoming temptation*
- *Overcoming addictions*
- *Embracing the church as our healing community*
- *Building healthy relationships*
- *Walking as mature Christians*