

Living Waters

A safe place for hurting people

“Where can I go to share my pain and struggle? Will anyone listen to me? How can I overcome my struggle? I’m alone, and afraid to tell anyone what’s really in my heart.”

Such thoughts and questions plague many Christians. The Living Waters program addresses the roots of these emotional and sexual issues (such as abuse, same-sex attraction, pornography, marital problems, addictions and co-dependency) which trap believers in unhealthy living.

Through weekly times of worship, teaching and small group prayer, the program’s leaders walk with participants in their struggle so they can live in freedom and truth. The leaders, all of whom have participated in the Living Waters program, pray for God to restore the broken areas of life so that men and women can love according to God’s intentions. (A confidentiality policy and closed-group format ensures trust and safety in the small groups.)

Who is it for?

Anyone can enrol in the 25-week Living Waters program, particularly those who are willing to embrace the pain and truth of their current situation, be open with others about their life, and deepen their relationship with Jesus.

What is involved?

Participants apply and are interviewed prior to their enrolment in the program. On the first evening of the program, participants receive a manual, which includes the Living Waters’ topics. These include:

- Receiving the Father’s love
- Naming and confessing our sins
- Discovering the real self
- Learning the roots of gender confusion
- Healing of memories and abuse
- Confronting addiction and temptation
- Living in healthy relationships

Where are programs held?

All of Living Waters’ programs are church-based. Currently, there are groups in cities across the country. E-mail Ed and Margot Shut for more information about programs in Halifax at edmarshutt@eastlink.ca

