

“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 any of 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, including sexual feelings and practices, as well as issues of identity and emotional immaturity*
- *A willingness to receive the healing ministry of the Holy Spirit in deep areas of your life*
- *A desire to grow in your relationships within the body of Christ*

The Program

Living Waters is a 23-week discipleship program. Each meeting consists of worship, teaching, listening prayer and small group interaction. There are required reading assignments for study during the week.

Tuition for the program is \$230. Payment plans and scholarships may be available based on need.

Applications are available in online at:

www.HISonline.org

Please submit your completed application as soon as possible for early consideration.

Submitting an application does not guarantee your admission into the program. After we receive your completed application, we will contact you for an in-person interview.

Living Waters is offered as a ministry of

harbor
church

216 Persifer Street
Folsom, CA 95630

Phone: (916) 877-5007
Fax: (916) 985-8474

www.HISonline.org

LIVING WATERS



*Pursuing
Wholeness in Christ*

Who is Living Waters for?

Living Waters is for anyone seeking to follow Christ. Many have worked through the effects of emotional or sexual abuse, emotional dependency, self-hatred, sexual promiscuity, addiction (including pornography), homosexuality, or the inability to love others well. Thankfully, 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.

What is Living Waters?

Living Waters is an in-depth, Christ-centered program for people seeking transformation through a clear relationship with Jesus. 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 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, sexuality and relationships*
- *The process of walking out our healing*
- *Our place in the church and loving others honorably*



How is Living Waters Presented?

Living Waters is a 23-week program taught in a closed-group format. The leaders have 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 insights that help us to know God and ourselves better.*

THE WORKS OF JESUS: *Through listening prayer in large and small group settings, we invite the Lord 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 both together and separately in small groups. Great healing comes as men and women minister and receive alongside one another, thereby reflecting God's intent and character.

What Will I Learn?

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

Some topics addressed:

- *You are not alone and 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*
- *Breaking generational ties*
- *Roots of gender brokenness*
- *Healing from sexual abuse*
- *The difference between our authentic self and our self-protecting false self*
- *Restoring the true self through the cross of Christ*
- *Understanding and overcoming temptation*
- *Overcoming sexual and other addictions*
- *Embracing the church as our healing community*
- *Building healthy relationships*
- *Walking as mature Christians*