



FRESH START

SEPTEMBER 2025



Quarterly Newsletter

Fresh Start helps people move forward in life by experiencing the practical, powerful process of forgiveness.

Question:

Have you ever noticed how unforgiveness never really stays hidden? It shows up in our thoughts, in our bodies, and even in our walk with God.

Mentally, it loops in our minds. We replay the words, the betrayal, the pain. Instead of living free, we're dragged back into the past again and again.

Physically, it wears us down. Stress builds, sleep is restless, our body stays tense. It's exhausting to carry something we were never meant to carry.

Spiritually, it builds a wall between us and God. We pray and read Scripture, but deep down, we feel disconnected.

Unforgiveness ties us to the very thing we long to escape. But here's the truth—we don't have to live like this. We have a choice.

Jesus offers a fresh start.

Ephesians 4:32 says: "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

Forgiveness isn't pretending it didn't hurt—it's canceling the debt. Think of unforgiveness like a ledger. Every wound adds another entry to the account. Over time, the weight of that account becomes unbearable.

Jesus offers a better way.

Forgiveness.

Forgiveness tears it up. It says, "You don't owe me anymore." When we hand that pain to Jesus, He lifts the weight. His way is lighter. His peace is real.

This is what we've continued to see, and why we stay on mission: someone burdened for years finally cancels the debt, the chains fall away, and freedom begins.

We are thrilled to walk side by side with you in our mission to see all people free from the effects of offense, hurt and loss.

Together, we can make a real difference in the lives of those who need it most. Together, we ARE making a real difference.

THANK YOU for your continued support, prayers and love. We hope you enjoy this newsletter!

Taking individuals and families from bondage to freedom in Jesus Name.

Jimmy George Jr.
Executive Director
Fresh Start for All Nations



P.S. We are in the process of printing and shipping 2,500 more Fresh Start Booklets around the world for another season of bringing HOPE & FREEDOM to more hearts!



SAVE THE DATE | 2026 FRESH START GALA | APRIL 25TH | 5:30PM



REAL PEOPLE - REAL FREEDOM



Joe R.

"Before Fresh Start, I was dealing with anger and bitterness, but couldn't really figure out why.

I noticed these emotions/actions were negatively affecting my marriage and relationships. I knew something had to give if I didn't do something.

So, I decided to go through Fresh Start, and it was one of the best things for me, my marriage and relationships with others. I learned through Fresh Start that my anger and bitterness was tied to how I was responding to my past.

Now, I am no longer bound by those past hurts in my life and am free to forgive. Allowing forgiveness in my life has changed me for the better. While I wasn't able to change others' behaviors that had hurt me, through Fresh Start, I was able to forgive them and be free!"



Mikayla H.

"Fresh Start gave me a tool I never thought possible. Through God's grace, I was able to release deep anger, sorrow and disappointment - not just toward one person, but in areas I didn't even realize needed healing.

I now face life's trials equipped, knowing my Savior walks with me and has given me everything I need."



Dylan B.

Dylan was weighed down by pain, bitterness and anger from broken relationships, turning to alcohol and drugs.

But, through the Fresh Start process, he discovered the power of forgiveness—and a new way to live.

He found freedom.

Scan the QR code above to watch his Fresh Start story.



Share your Fresh Start Story!
Email us at stories@freshstartforallnations.org



Hai Phong, Vietnam, where nearly 100 pastors and leaders gathered for Fresh Start training...



From the moment we stepped off the plane in Hanoi, Vietnam felt alive with contrasts—beautiful rice paddies and lush foliage framed by city smog and endless streams of mopeds darting in every direction.

We were warmly welcomed by Trang, our translator, who shared her own courageous testimony of following Christ in a country where ancestral worship is deeply rooted, and where being a Christian often comes at a high personal cost.

Over the next several days in Hai Phong, we gathered with pastors and leaders—some traveling hours just to attend. Nearly 100 came to learn the Fresh Start process, and their eagerness was humbling.

During the Fresh Start training, they leaned forward in their seats, took notes, and volunteered for every illustration. By the time we reached the end of our training conference, so many hearts were deeply impacted.

One woman, in particular, forgave her husband who had persecuted her for her faith in Jesus. She told us that when she arrived, she was bitter, but by the second day, she had already found freedom through forgiveness.

Pastors trained alongside one another, encouraging each other as they practiced leading through the Fresh Start process.

During our trip we met “Victor,” a man who had spent seven years in Hong Kong refugee camps. There he found Christ before returning home to serve faithfully in Vietnam. His story was a reminder that God’s plans stretch far beyond our imagination.

At every turn, we felt God opening doors—from chance encounters with World Vision workers to new connections with the Jesus Film ministry.

As we concluded our time, we were filled with gratitude for the attentiveness, politeness and sincerity of the Vietnamese believers who welcomed us.

The privilege of watching them discover freedom through forgiveness is one we will never forget. We are in anticipation as they take Fresh Start back to their churches and communities to continue spreading freedom to every heart through Fresh Start.

-Brad and Susan Thomas
-Fresh Start Atlanta





FRESH START LEADER SPOTLIGHT!



“

No hurt is too deep, no shame is too heavy, and no story is too far gone for God to redeem.

”

Meet Connie Allen, serving out of our Atlanta team in Georgia. She serves as a Fresh Start leader locally, online, and travels internationally with Fresh Start. Her story below.

“Before Fresh Start, I lived guarded and driven by performance—believing achievement could protect me from rejection. I wore control like armor, but inside I felt distant, detached and weary. My story was marked by striving and fear more than peace and connection.

Through Fresh Start, God gently unraveled those patterns. He met me in the hurts and ruts of my past not with shame but with mercy. I learned that my brokenness wasn't the end of the story—Christ's healing and forgiveness filled those deep places and gave me freedom to live vulnerably. Today, I walk in peace, connection, and the joy of being fully loved by God and others.



If you've been carrying burdens for years—quiet regrets, painful relationships or wounds that never seem to heal—consider this your nudge. Freedom is possible. Fresh Start is not about rehashing the past; it's about releasing it and stepping into the life God created you for.”



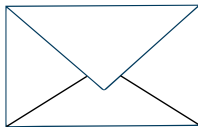
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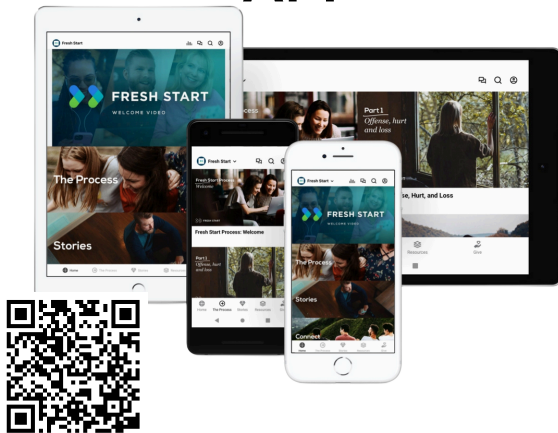
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IT'S NEVER TOO LATE FOR A FRESH START!



A Fresh Start Story | Heather Lee

"I know firsthand what it's like to live in constant shame, guilt, fear, and anxiety.

In 2023, I went through Fresh Start — and I can honestly say it was a turning point in my life. It led me to real freedom: forgiveness, letting go of the shame, the fear, and the “ugly” I had been carrying around for most of my life. Ultimately, it led me to fully give my life to Jesus and start truly living for Him.

Since getting baptized earlier this year, I've felt this quiet but persistent nudge to help others walk through that same journey. At first, I just sat with it. I prayed. I asked God what He wanted me to do with that feeling. And He answered — clearly. He opened the door for me to begin training as a Fresh Start Group Leader starting this fall!

He's so good like that, isn't He??? All the glory to God for how He moves even when we don't see the full picture.

Up we grow - with the Lord leading the way!"

