

LIVING WATERS

IN PURSUIT OF RADICAL WHOLENESS

January-May 2026

What is Living Waters?

Living Waters is an in-depth, Christ-centered program for people who want to find freedom in their sexuality and relationships. A healing, teaching and discipleship series, Living Waters addresses the fact that none of us naturally find it easy to love others or ourselves as God loves us. The goal of this ministry is to lay a solid foundation of inner health as 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 to restore our souls, sexuality, and relationships
- The process of walking out our healing
- Our place in the church and loving others honorably

Is Living Waters for Me?

Yes, if you are over the age of 18 and the following statements describe your heart:

- A desire to deepen your relationship with Christ and be free from sinful habits.
- A desire to grow in your identity as a man or woman of God, allowing Him to reveal the good of your sexuality
- A willingness to face the sinfulness of your present state and the painful realities that led you there, including hurts from your past specifically related to key people in your life, such as parents
- 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 commitment to do the required reading and attend every session of the 20 weeks, excepting emergencies.

When

We begin all day (9am-4pm) on Saturday, January 17th, 2026 and then meet every Tuesday evening (7-10pm) through May 26th. Participants must be available for all sessions and committed to attending every one, with exceptions made only for emergencies.

Neither childcare nor transportation are provided.

www.vcc.church/livingwaters

Whom is Living Waters For?

Living Waters applies to all believers who are serious about spiritual growth, but is particularly relevant to those struggling with defeat in these areas: lack of joy, poor boundaries, confusion, fears, insecurity, discouragement, isolation, unforgiveness, anger, lack of intimacy in marriage, inability to trust, self-hatred, broken marriages, shame and bitterness from abuse or divorce, addiction to pornography, same-sex attraction, shame from past sin, unresolved emotional pain from the past, emotional dependency, sexual promiscuity, powerlessness to flee temptation.

Thankfully, Christ's capacity to touch and restore us at deep levels of shame and brokenness extends to us all, regardless of the specifics of our issue.

What Will I Learn?

Living Waters uses a detailed guidebook that includes teachings, questions and additional readings. Some topics addressed include:

- Acknowledging our need for God
- How "the fall" affects sexuality and relationships
- Receiving the Father's love
- Healing of father and mother wounds
- The healing power of pain
- Who we are as men and women
- The cross and confession
- Renouncing our idols
- Reconciliation between men and women
- Roots of gender brokenness
- Healing from sexual abuse
- Restoring the true self through the cross
- Understanding and overcoming temptation
- Overcoming sexual addiction
- Embracing the church as our healing community
- Building healthy relationships
- Walking as mature Christians

Cost

\$175.00, due no later than Jan. 17th, 2026. Total may be negotiated, based on need, and should not deter you from participating.

Application

Email: livingwaters@vcc.church or
Scan this QR code to fill out the
application online:



Created by Desert Stream Ministries, Living Waters is a ministry offered and facilitated by the Vineyard Community Church.