

EVERYMAN'S BATTLE

Winning the War on Sexual Temptation One Victory at a Time.

Dear Friend,

We want to thank you for contacting us regarding the Every Man's Battle workshops. We believe we have put together a challenging and inspiring program that will offer those who attend the opportunity to bring spiritual transformation and sexual integrity to their lives.

The Every Man's Battle workshop is a three-day intensive program led by a team of Christian counselors. Built on a foundation of God's word, these counselors use their clinical skills and experiences to provide men tools to help them win the victory over sexual temptation.

As you can see from the enclosed, the topics we address in the workshop get right at the heart of the matter. The issues are dealt with in a frank and direct manner, and the combination of large and small groups offers a variety of ways to examine the nature of this struggle and receive the tools to overcome it. Those who attend have invested valuable time and money; for some the future of a marriage may be at stake. Knowing this, we start early each day, end late each evening, and focus each session on providing practical ways to restore sexual purity to the lives of those attending.

If sexual temptation is disrupting your spiritual growth and harming the relationships with those who are important to you, the good news is that there is a way out. We believe there is no other program that offers such a wealth of content, provided by experienced and skilled clinicians, with a small staff to attendee ratio, and from a Christian perspective.

We ask you to consider attending the next available Every Man's Battle workshop. It is important to act quickly. Space is limited at many workshops, depending on the capacity of the hotel. At every past event nearly half the men attending have traveled by air from other parts of the country to participate, so please don't wait for an event to come to your area. We believe that working to overcome this struggle is so important that we encourage men to act quickly, go wherever necessary, regardless of where the next workshop is located.

Our mission at New Life Ministries is to transform lives. We hope you'll consider taking that courageous first step toward sexual purity.

--The Every Man's Battle Team



Every Man's Battle FAQ

What is the Every Man's Battle Workshop?

The Every Man's Battle Workshop is a three-day intensive program for men who are struggling with sexual integrity. If a man is involved with pornography, affairs, or other sexual temptations, this workshop will give him the tools to achieve victory in this battle. It is Christ-centered, and uses a combination of teaching sessions and small group work, led by licensed Christian counselors. Every Man's Battle is presented by New Life Ministries.

What is New Life Ministries?

New Life Ministries is a nationally syndicated Christian radio ministry and provider of programs dedicated to spiritual transformation. New Life was founded by Stephen Arterburn in 1988 as a Christian inpatient treatment organization, and then expanded into outpatient care and radio ministry in 1994. The New Life Live radio program is a one hour call-in broadcast hosted by Stephen Arterburn. The program airs on about 200 stations around the country and the Sirius XM Satellite Radio networks. Supporting the radio ministry is a resource center. The staff at this office assists over 7,000 callers each month in finding workshops, outpatient counselors, books, and other resources to meet their needs. In addition to the Every Man's Battle workshop, New Life and our ministry partners also offer workshops and treatment for compulsive overeating, drug and alcohol addiction, anorexia and bulimia, and adolescent behavioral needs. New Life is the nation's largest provider of Christian counseling services. Our outpatient counseling network has 900 clinicians in more than forty states, offering individual and family counseling for every need.

How did the Every Man's Battle workshops begin?

Immediately following the release of the book, *Every Man's Battle*, written by Stephen Arterburn and Fred Stoeker, New Life Ministries saw a sharp increase in calls from those seeking help in this area. In November, 2000 we held our first workshop at a retreat center in eastern Maryland. The response was so great we immediately made plans to hold these workshops once per month in cities around the country. Now in our 11th year of offering these monthly events, over 8,000 men have attended an Every Man's Battle workshop.

Where are the workshops located?

The workshops are held monthly at hotels in cities around the country. We always encourage a person in need to attend the next workshop scheduled rather than one that may be closer to home scheduled further in the future. Each workshop draws men from all over the country, some traveling a distance even when a workshop is coming to their area further out in the future.

What is included in the workshop?

Here are a few things included as part of the Every Man's Battle Workshop:

- Two nights of lodging and six meals
- Eight teaching sessions on sexual integrity issues
- Eight small-group sessions led by Christian counselors for in-depth exploration of the teaching session topics
- A ratio of one counselor for every eight to ten attendees



Every Man's Battle FAQ – continued

Who leads the workshop?

We are pleased to have a gifted communicator serve as our main speaker for the EMB teaching sessions:

Jason Martinkus – After sexual addiction almost took his life and his marriage, he began the recovery process and by the grace of God is now a free man. He was called out of the corporate world and into the ministry where today his personal mission is to help other men understand, prevent, and break free from sexual sin. As an EMB program director he speaks at events monthly, leads Sustained Victory groups, and trains leaders to help other men. Jason received his Masters Degree in Counseling from Denver Seminary and currently has a private practice in Denver, Colorado.

Each EMB workshop also has a team of qualified Christian counselors to lead the small group counseling sessions. They bring a wealth of experience, both through their clinical work and the challenges in their own lives. We seek out counselors within our Christian counseling network who are experienced in sexuality issues from a Christian perspective. Our goal is to ensure that we have the highest quality staff working with workshop attendees.

What kinds of topics are covered?

- The Nature of Sexual Temptation
- False Intimacy
- Boundaries
- Restoring Trust and Communication in Marriage
- Temptation Cycles and How to Manage Them
- Emotional Conflicts Common in Recovery
- The Daily Disciplines in Recovery
- Shame: Its Impact and Its Management
- Relapse Prevention

Is there a limit to how many can attend?

Capacity varies depending on the location. We encourage early registration to ensure a place. Regardless of attendance, we are committed to having at least one counselor for every ten attendees.

How much does it cost?

The cost for attending the Every Man's Battle workshop is \$1,375, which includes double-occupancy lodging for two nights, six meals, and all workshop programming. Give us a call to learn about early registration discounts.

Cancellations

- If you cancel 10 days or more prior to the workshop, you'll receive a refund of the amount you've paid minus an administration fee of \$200.
- If you cancel less than 10 days before the start of the workshop, no refund shall be given. Registration fees may be rolled over to another confirmed Every Man's Battle workshop, but a transfer fee of \$100 per person will be assessed.

Who should attend this workshop?

The EMB workshop is for men who find themselves pulled into use of pornography, those who seek out sexual gratification through compulsive masturbation, massage parlors, or prostitutes, or those who have been involved in extramarital affairs.



Every Man's Battle FAQ – continued

The EMB workshop has had attendees who are married, single and divorced, those who have come from every denomination and major religion. Most men come to EMB reluctantly. The decision to get help is often at the urging—or in some cases ultimatum—of a wife who has reached a point where she cannot stay married unless her husband takes action. Other men are self-motivated, determined to rid themselves of this burden to their lives and finally willing to admit that they cannot do it alone. At New Life Ministries we have seen countless incidents of families being destroyed by this destructive problem. We've seen men lose their families and their spiritual walk as the sexual temptations that started in small ways begin to consume them.

Sexual addiction, like all other addictive behaviors, is progressive. What satisfies today at some point will not be enough, and the need for more intense stimulation will be required. Over the years we've spoken to hundreds of men who waited, able to convince themselves that occasional use of pornography was no big deal. Many of these men hit bottom only when the addiction worsened to include other forms of sexual acting-out. For some this only occurs after something worse - such as divorce - or irreversible - like a sexually transmitted disease, had crept into their lives. We want to help men take the steps necessary to be victorious over sexual temptation one day at a time. Our biggest goal is to help reach men before the problem ever becomes a consuming addiction; that is why we began the Every Man's Battle Workshop.

Do you have anything for wives?

The **RESTORE . . . Hope For A Women's Heart Workshop** is designed to help women who have been hurt in relationships with men who are or have been involved in pornography, sexual addiction or adultery. During this weekend of biblically-based teaching and process group counseling, women will gain insight into how this problem affects them and their family, as well as receive tools that can help them heal and rebuild their future.

Shelley Martinkus is the keynote speaker for this workshop. One of the sessions will feature a panel of women who are years down the road in their own experience with their husband's sexual integrity issues. They will share what their road to healing and rebuilding their marriage and future has looked like.

The **RESTORE . . . Hope For A Women's Heart Workshop** will help women find answers to these critical questions:

- How can a Christian man do such a thing?
- Did I do anything to contribute to this?
- What should I do now?
- What boundaries should I set?
- How can my marriage/relationship survive this?
- How and why should I forgive him?
- When will I sense true hope?

This workshop begins Friday afternoon and ends around noon on Sunday and is held throughout the year in regional locations. For more details and location information, please call us at 800-NEW-LIFE (639-5433).



The Impact of Every Man's Battle

Since beginning the Every Man's Battle Workshops in 2000 the response has been beyond what we ever would have hoped (and our expectations were high!). Below are excerpts from some of the letters we have received from attendees, their wives, and counselors who have referred men to the workshop:

I want to again let you know how much your program has meant to me. My wife today forgave me for the many horrible things I have done to hurt her and our kids. While this is not a reconciliation, I do believe it is the first step she has been able to make in that direction. Anyway I thank you for the role your EMB ministry has played in that. I know there are hundreds of other men out there who could benefit greatly from your good work. -

Mike

This workshop changed his life and behavior AND, consequently, our relationship. He went feeling helpless in the battle for sexual purity and came home feeling hopeful. Last night he told me that for the last 3 months I am the only thing that has excited him. The healing we are experiencing will continue for a long time. We have no illusions about that. Tomorrow is Valentine's Day and my birthday. We went away last weekend together to celebrate and I gave him a copy of the legal document that cancels our divorce nestled in a New Life mug. We cried and laughed. The first 25 years were certainly the hardest. I look forward to a whole new marriage for the next 25. I thank you for your part in our healing. - *Joanne*

The workshop was far better than I would have ever hoped for! It has helped me better understand myself. It has challenged me spiritually. I have been challenged to develop an intimate relationship with the Lord. I have also been given tools to have victory over my sin. Because of that I am encouraged and committed to strengthening my relationship with my wife. - *Albert*

I'm just writing to let you know how grateful I am that you have this ministry. My husband said, when he returned from the workshop, that he finally 'got it'. He even thanked me for 'making' him go! Those words, and the many others, as well as the book "Every Man's Battle" have been a godsend to not only my husband, but myself also. Thank you, thank you, thank you. May God continue to richly bless you, your family, your co-laborers, and this ministry. - *Pat*

I came to EMB workshop, having lost my job over my addiction to pornography, and severely destroying my wife's trust in me, looking for understanding of what was driving my addiction, and the tools/methods I needed to maintain my sexual sobriety. I had already started the repentance and restitution phases, and God had placed a strong mentor in place to be my accountability partner, but I knew I needed more. I needed a plan that would help me put into place thoughts and actions to maintain sexual sobriety as I reentered the work environment, and began to rebuild the intimacy I destroyed in my marriage.

The EMB workshop met and exceeded my expectations. I found out why I have struggled with this addiction for over 15 years, and why I've failed every time. I also found out that I wasn't the only man to have struggled or be struggling with pornography. The material spoke powerfully to me of the hope of living a life sexually sober, and better yet, rebuilding the intimacy with my wife that I had destroyed. The intensity of the workshop seminars, combined with the group meetings, enabled me to understand what I needed to enact in my personal life. I also appreciated the wealth of scripture brought out that I've used in daily devotions to remind me of my need for sexual purity, the spiritual warfare aspect of this addiction, and develop a deeper relationship with my savior. Thanks again for having this ministry. - *Scott*



Every Man's Battle Workshop Sample Schedule

Friday

10:30 to 11:00	Check-in & Orientation
11:00 to 12:00	Lunch
12:00 to 1:00	Main Session 1
1:00 to 1:15	Break
1:15 to 3:15	Breakout 1
3:15 to 3:30	Break
3:30 to 4:30	Main Session 2
4:30 to 4:45	Break
4:45 to 6:00	Breakout 2
6:00 to 7:00	Dinner
7:00 to 8:20	Main Session 3
8:20 to 8:30	Break
8:30 to 9:30	Breakout 3/Closing Exercise

Saturday

7:00 to 8:00	Breakfast
8:00 to 9:15	Main Session 4
9:15 to 9:30	Break
9:30 to 10:45	Breakout 4
10:45 to 11:00	Break
11:00 to 11:50	Main Session 5
11:50 to 12:00	Break
12:00 to 12:45	Breakout 5
12:45 to 1:45	Lunch
1:45 to 2:35	Main Session 6
2:35 to 2:45	Break
2:45 to 3:30	Breakout 6
3:30 to 3:45	Break
3:45 to 5:00	Main Session 7
5:00 to 5:15	Break
5:15 to 6:30	Breakout 7
6:30 to 7:30	Dinner
7:30 to 8:00	Reflection & Review (in main room)
8:00 to 8:30	Break
8:30 to 10:00	Closing Exercise

Sunday

7:00 to 8:00	Breakfast
8:00 to 9:30	Main Session 8
9:30 to 9:40	Break
9:40 to 10:45	Breakout 8
10:45 to 10:55	Break
10:55 to 11:45	Communion & Closing

~ Schedule subject to change ~

