



Living Light Workshop

Thank you for inquiring about the **Living Light Workshop!** I hope after reading through this information, you will make plans to join us for this life-changing workshop.

I don't know where you are in your life, but I do know it was no accident that you called and asked for information. Perhaps this was the first step you've taken in a long time that will begin a journey of healing for you. I pray you listen to the Lord's leading, and if He is directing you to attend the **Living Light Workshop**, please make your plans today; don't put it off.

I look forward to meeting you soon.

Stephen Artubarn

Why You Should Attend

Do you want to resolve the inner conflicts that are overloading your life and triggering your eating? Do you want to live free of obsessions and compulsions as you alter your eating habits? If you are finally ready to stop going from diet to diet and begin a comprehensive plan that provides freedom in every area of your life, the *Living Light Workshop* is the weight loss and living free plan for you.

The weight we carry on the outside is often a result of the burdens that encumber us on the inside. If we can reduce our inner burdens of guilt, shame, stress, fear, grief, anger, disappointment, regret, and rejections, we can reduce the outer layers that reflect these inner struggles. In fact, if we can apply God's light to the dark places of our soul, we will remove the need to eat in excess as a defective means to find comfort and relief.

Over the past decade there have been many developments in the area of long-term success with weight loss. The *Living Light Workshop* is an answer to these developments, incorporating the latest research and practical studies with accurate scriptural and biblical content so that long-term success is as easy and productive as possible.



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What Will the Workshop Cover?

The *Living Light Workshop* provides key insights on how to alter eating patterns and develop a lifetime approach to losing and keeping weight off. It is not just a diet - it is a way to apply God's truth to light our path toward becoming all that God has intended us to become.

Workshop attendees will receive:

- **Seven teaching sessions** presented by New Life Ministries' founder, Steve Arterburn. Having lost and kept off more than 65 pounds, Steve dedicated a large part of his career developing the *Living Light* plan. His sessions help prepare attendees for the small process group sessions that follow each of the main sessions.
- **Six small process group sessions** led by a New Life Network counselor. These sessions will explore, in a more personal manner, the themes presented in the teaching sessions. It is in these intensive processing sessions that you begin to understand the source of your weight struggle and discover the tools for success.
- **Two morning workout sessions.** Exercises are designed to teach and motivate you to make lasting change.

About the Speaker



Steve Arterburn

Steve is the founder and chairman of New Life Ministries and host of the #1 nationally syndicated Christian counseling talk show, *New Life Live*, heard and watched by millions on over 180 radio stations nationwide in addition to SiriusXM Satellite radio and now seen on television on the NRB network. Steve is also the founder of the Women of Faith conferences attended by over 4 million people.

Steve is a best-selling author of books such as *Every Man's Battle*, *Healing Is a Choice*, *Lose It For Life* and *The 7 Minute Marriage Solution*. With over 7 million books in print, he has been writing about God's transformational truth since 1984. He has been nominated for numerous writing awards and won three Gold Medallions for writing excellence. Along with Dave Stoop, he edited and produced *The Life Recovery Bible*.

Steve has a Master's Degree in Education and is currently completing his doctoral studies in Christian Counseling.

Steve and his wife, Misty, have five children and make their home in Fishers, Indiana.



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About the Exercise Coach



Michelle Spadafora

Michelle lives in Evergreen, CO with her husband and their three children. Her passion is helping people take a biblical approach to exercise, healthy eating, and spiritual development. She has been in the fitness industry for 28 years but it wasn't until 10 years ago, shortly after she became a Christian, that she began to bring her faith into her workouts. Her hope is for people to find more peace and joy in the journey toward physical and spiritual health.

She is the founder of *Faithful Workouts* whose exercise program has aired on *DIRECTV*, *Dish Network* and *SkyAngel*. She has also produced seven fitness videos that include cardio, strength training, core, flexibility, balance, and stretching. All of her workouts are done to upbeat contemporary Christian music.

Exercise

The morning workouts are designed for everyone, even those that can't exercise or have walking difficulties. Our exercise trainer does a wonderful job of offering an "at your own pace" program. Although optional, exercise is an important part of the workshop; no one is expected to do more than they're capable of. After registering, attendees will receive a confirmation packet where any of these special needs may be noted.

How to Register

You may register by calling us at 800-NEW-LIFE (800-639-5433) or visiting our website at www.newlife.com. Please register early. We have limited meeting space and expect to fill to capacity. Registrants must be at least 18 years of age.

Cost

The cost for the workshop is \$949 for a shared room and \$1,149 for a single room. ***Discounts are available for early registration.***

The cost includes:

- **7 main sessions** led by Steve Arterburn
- **6 small process group sessions** led by professional Christian counselors
- **2 workout sessions** with a professional trainer
- 2 nights lodging
- all meals



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Health Insurance Coverage

Unfortunately, insurance companies do not reimburse for programs like this. You may be able to consider the cost of the workshop as a deductible medical expense for federal tax purposes. The IRS does not make specific rulings about the tax-deductibility of a particular program, so please check with your tax advisor.

Childcare

This workshop is intended to help you receive your healing, so we ask that your children stay with a trusted family member or friend. There is no childcare at the workshop and children are **not** allowed to attend any part of the workshop.

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 per person.
- 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 New Life workshop. A transfer fee of \$100 per person will be assessed.



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Statement of Faith

As a professional organization, we set forth the following beliefs which have been agreed to by the professional and support staff of New Life Ministries. These beliefs are essential to our treatment philosophy and ministry.

- We believe the Bible to be the inspired, the only infallible, inerrant, authoritative Word of God.
- We believe that there is one God, eternally existent in three persons: Father, Son, and Holy Spirit. He has revealed Himself in creation, history, and in Jesus Christ.
- We believe in God's creation of the world and humankind and in humanity's rebellion and subsequent depravity.
- We believe in the person and work of Jesus Christ, including His deity, His virgin birth, His sinless life, His true humanity, His miracles, His substitutionary death, His bodily resurrection, His ascension to heaven where He sits at the right hand of the Father, and in His coming personal return in power and in glory.
- We believe that for the salvation of the lost, sinful man, regeneration by the Holy Spirit is absolutely essential. We believe that salvation is by grace through faith in Christ as one's Savior.
- We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life and to grow in the knowledge of God and Christian obedience.
- We believe in the resurrection of both the saved and the lost—the saved unto the resurrection of life and the lost unto the resurrection of damnation.
- We believe in the spiritual unity of believers in our Lord Jesus Christ and in the importance of the church for worship, service and missions.
- We believe all human life is a sacred gift from God and is to be protected and defended from conception to natural death. We will uphold the sanctity of life and bring the grace and compassion of Christ to those who face the realities of previous abortion, unwanted pregnancy, and end-of-life illness.
- We believe in the importance of marriage. Specifically, that marriage is a covenant relationship between a man and a woman (Genesis 2:24), and that a person's sex (male or female) is determined by God in the womb (Psalm 139:13) and revealed at birth.
- We further believe that marriage is a covenant relationship that is mirrored in the relationship between Christ and His Church (Revelation 19:7, 21:2, 21:9). And although the Bible states that divorce is permissible in two unusual circumstances (adultery as described in Matthew 5:31, and abandonment of a Christian by a non-Christian as described in I Corinthians 7:15), we will do all we can to preserve marriage.
- We believe that all psychological principles should be thoroughly evaluated through the grid of Scripture, and that Scripture always holds the final authority.



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Program Schedule

Friday

2:00 – 3:00	Registration
3:00 – 4:00	Opening Main Session 1
4:00 – 4:15	Break
4:15 – 5:45	Group Session 1
5:45 – 6:45	Dinner
6:45 – 7:45	Main Session 2
7:45 – 8:00	Break
8:00 – 9:30	Group Session 2

Saturday

7:00 – 8:00	Workout
8:00 – 8:30	Break
8:30 – 9:15	Breakfast
9:15 – 10:45	Main Session 3
10:45 – 11:00	Break
11:00 – 12:30	Group Session 3
12:30 – 1:30	Lunch
1:30 – 3:00	Main Session 4
3:00 – 3:15	Break
3:15 – 4:45	Group Session 4
4:45 – 5:00	Break
5:00 – 6:00	Main Session 5
6:00 – 7:00	Dinner
7:00 – 8:00	Main Session 6
8:00 – 8:15	Break
8:15 – 9:45	Group Session 5

Sunday

7:00 – 8:00	Workout
8:00 – 8:30	Break
8:30 – 9:15	Breakfast
9:15 – 10:15	Group Session 6
10:15 – 10:30	Break
10:30 – noon	Closing Main Session 7

~ Schedule Subject to Change ~



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