

## Services Offered by LIFESource

### Services offered by LIFESource:

● An in depth **discipleship program** which addresses issues that are particularly important in dealing with sexual and relational brokenness – an interview process, a commitment to attend and participate each week, and a strong agreement to confidentiality is required of each participant. A fee is also involved.

Some topics covered include:

- The Difficulty of the Journey
- God's Original Plan for Sexuality
- Boundaries
- Confession/Repentance/Forgiveness
- Deception
- Renouncing Idols
- Dealing with Temptation
- Living in Our Gender
- Hope for Wholeness

● **Conferences & Seminars** are offered on occasion to provide educational opportunities for better understanding of the biblical perspective on sexuality, for helping strugglers, and for responding to others in love.

● **Resources, Support & Referrals** to counselors and/or support groups are available for specific issues.

● **Other services** will be added as the Lord leads.

## Directions to UALC: The Church at Mill Run



### UALC: The Church at Mill Run

3500 Mill Run Drive  
Hilliard, OH 43026  
(614) 451-3736  
[www.ualc.org](http://www.ualc.org)



A ministry offering hope and healing for the sexually and relationally broken.



### For more information:

email [lifesource@ualc.org](mailto:lifesource@ualc.org)  
or leave a voicemail  
at 614-451-3736, ext. 4728

(You will receive a response in a timely and confidential manner)



## Comments Overheard

*“I’m sure no one at my church is into pornography.”*

*“The church should welcome openly gay couples and bless same-sex unions.”*

*“The church should denounce homosexuals; they are terrible sinners. There is no place here for them until they change.”*

## What does UALC say?

**We believe** that there is a higher ground above the arguments of total acceptance or rejection of those who struggle with sexual brokenness.

**We believe** individuals suffering from sexual and relational brokenness can experience freedom, just as those struggling with alcoholism can.

**We believe** help is available for those who desire to change but don’t know how to overcome the bondage they are experiencing. We want to be there to help facilitate healing and wholeness to everyone.

## What is LIFEsource?

LIFEsource is a ministry of Upper Arlington Lutheran Church reaching out with hope in Christ to men and women who struggle with sexual and relational brokenness.

In John 4:14, Jesus tells the woman at the well, “The water I give (you) will become in (you) a spring of water welling up to eternal life.”

- We come to the foot of the cross as empty, broken vessels.
- Christ’s heart of compassion flows over us.
- He is the Source of strength that comes to us in our brokenness.
- Our new life is lived in the power of Christ’s resurrection.
- Our hope is in Jesus, the Source of Living Water to our thirsty souls.



## The Mission of LIFEsource

Our mission is to minister to those who struggle with sexual/relational brokenness, that they may come to the place of healing and wholeness, so they may be free to take the next step in discipleship and deepening their walk with God.

## Areas of Mission

● Those who struggle with various sexual/relational issues:

- **Pornography**
- **Same-sex attraction**
- **Emotional dependency**
- **Extra-marital affairs**
- **Sexual abuse**
- **Difficulty in developing intimate relationships**

● Those who have family members or friends who struggle with these issues

● Those who desire to learn how to truly love and care for those who struggle in these areas - to know how to offer hope and stand by them

## SUMMARY OF TOPICS SHEET

### LIFESource Retreat

**TOPIC #1 - *The Creation and You*** – Have you ever wondered about what impact the events in Eden have had in shaping who you are? Genesis chapters 1 thru 3 contain some timeless truths about God and you and the things you’ve come to know and experience in the human condition. How do these things play into your past, present and future?

**TOPIC #2 – *Do You Want to Be Healed?*** – This seems like an odd question, doesn’t it? You might likely respond, “Of course I want to be healed” ... that is, if you thought you needed healing...Jesus asked this same question of a man he encountered at the pool of Bethesda. Sometimes the fear of change can hold us back from taking the first steps toward getting well. And it can be difficult for us to admit we need healing. What will change cost?

**TOPIC #3 – *Who Are You Listening To?*** – There are so many voices in the world. We are bombarded with news, studies, opinions, and so much information that it gets pretty overwhelming. And there are those voices in our head, voices from the past. They’ve become so familiar that sometimes we don’t even realize we’re listening to them. What are they saying?

**TOPIC #4 – *What Are You Telling Yourself?*** – Everybody talks to themselves in one way or another. You’re not crazy. But did you know that what you say is really important? Research shows that self-talk plays a vital role in athletic performance. What seems like a recent discovery is actually taught in the scriptures, “As a man thinks within himself, so he is.”

### LIFESource Spring Session

#### WEEK 1 - **Understanding Sexual Addiction**

*\* Habit Formation \* Triggers \* Dealing with Temptation \* Interrupting the Cycle*

#### WEEK 2 - **Forgiveness is a God Thing**

*\* Exposing Sin to the Light \* Agreeing with God \* Turning to God \* Walking Away*

#### WEEK 3 - **Hope for Change**

*\* Your Past vs Your Future \* Making Choices \* Holding onto Hope \* Living with Longing*

#### WEEK 4 - **Healing in Community**

*\* Acknowledging Need \* Maintaining Boundaries \* Learning Transparency \* Becoming Accountable*

#### WEEK 5 - **Healthy Relationships**

*\* Building Bridges \* Dying to Self \* Complementarity \* Taking Godly Risks*