

Dr. Mark Laaser's Story

(Author of A L.I.F.E. Guide For Men)

"My own story of sexual sin and addiction.... began when I was a boy and experienced sexual abuse, and it continued until I was 37 years old. Along the way, it included addictive masturbation, pornography, use of prostitution and sex with multiple women. The worst part of my story is that I abused the privilege of being a pastor and counselor by being sexual with women who had come to me for help.... Even though I had accepted Christ as my Savior early on as the son of a pastor, I never really surrendered my life to His liberating Lordship until I finally got sober. I had been beseeching God to change me, but I was really very spiritually immature and was trying to manipulate Him.... I spent a lot of my life being angry with God for not "fixing" me. I harbored deep longings inside my soul that I didn't know how to verbalize. I was lonely and angry – not only with God, but with many others around me. . . . I sought counseling with many therapists and pastors. Since I was never fully honest with any of them, they couldn't help.... My wife and I had what appeared, on the outside, to be a normal marriage. But really, we were strangers to each other, as there were many things about me that she didn't know. In essence, I led a "double life." I was a successful pastor, teacher and counselor on the outside, but I was a mess on the inside. Lust gripped me in ways that not even I accepted. And, I was in denial thinking that I could help myself if I wanted to. After all, who could I really talk to? To reveal my sins would bring consequences that I wasn't willing to face.... Finally, a group of angry people intervened on me.... One in that group...was a recovering alcoholic.... I will never forget his words, "I think that your behaviors with sex are no different than mine with booze. If you trust me, I will find you some help." I was too tired to resist. I did what he told me to do. I went to a treatment center started by Dr. Patrick Carnes. Finally, I became honest with many people and started to heal.... I have 15 years of ongoing sobriety from sexual behaviors outside of my marriage.... It is only through the transforming power and love of God that I am alive.... Most of all, I want you to know that complete healing is possible. When I "crashed and burned" and went to the treatment center, I thought that God was finished with me. Many people were angry with me. My story wound up on the front page of the local newspaper. My wife and I had no money. It was only then, in that brokenness, that we both really began to find the reality and healing presence of a loving, forgiving, restoring God. I had been too proud earlier. Now, in my total weakness, I came to understand that only He could do for me what I couldn't do for myself.... God has done some unbelievable things in my life. I hope that you find [L.I.F.E.] to be a place where your journey of healing and transformation begins" (Mark Laaser, A L.I.F.E. Guide for Men. "Introduction," pp. 2-3).

L.I.F.E. Mission Statement

The mission of L.I.F.E. Ministries, International is to encourage, empower and equip God's people to live in sexual integrity. L.I.F.E. Ministries works with church leadership to offer hurting people within local congregations a safe place to confront sexual addiction and brokenness and to walk in Christ's unconditional love.



24 Hour Pre-Recorded Helpline
(866) 408-LIFE (5433)
www.freedomeveryday.org

Study Material:

Each participant of
"Grace for L.I.F.E."
purchases and uses:
A L.I.F.E. Guide For Men
by Dr. Mark Laaser
(One time cost of \$20)

Grace
for
L.I.F.E.

You CAN Be:

Living
In
Freedom
Everyday!



*A Christ-Centered
Support Group and
Recovery Program
for Men Seeking to Live
in Sexual Integrity*

*"Grace for L.I.F.E." is a part of
L.I.F.E. Ministries International
and a ministry of
Grace Reformed Presbyterian Church
in DuBois and Clearfield, Pennsylvania*



You Are Not Alone!



Sexual dysfunction has become a common cancer within today's culture, and the

church is certainly not exempt. The number of people struggling with sexual brokenness has sky-rocketed due to two main factors: the prevalence and availability of pornography, and a sexually saturated media. Our entire society is being sexually abused by this onslaught. Unhealthy and unscriptural sexual behaviors such as pornography, compulsive masturbation, adultery, and homosexual abuse are just as prevalent within the Christian community as they are in the society at large. Among believers, there are men and women — including key leaders — who, because of painful experiences and sinful choices, compulsively use sex and unholy relationships as an escape or medication to help them cope with life. Many of these same people desperately long to be free from their bondage and intensely desire to live in sexual integrity. They want to experience genuine L.I.F.E. — Living In Freedom Everyday.

What is Grace for L.I.F.E. ?

- Grace for L.I.F.E. is a weekly Christ-centered support group where men can find healing through study of recovery materials, accountability, and opportunities for connection and support.
- Here you will be shown how to replace unhealthy behaviors with healthy ones by building honest relationships with Jesus Christ and other people in a safe and confidential environment for those relationships to begin.
- Participants will find encouragement to grow past the bondage of sexual addictive habits and the isolation caused by shame.
- L.I.F.E. meetings generally last two hours, with the first hour devoted to study and discussion of the assigned material, and the second hour spent sharing in small groups.



Where Do I Begin?

- The path to living in freedom every day begins with you having the courage to attend a meeting of Grace for L.I.F.E.
- Do not fear attending a meeting. You don't even have to speak! Just listen and hear that you're not alone, and most importantly, that real healing is possible.

Meeting Information:

Grace for L.I.F.E. meets on
Thursdays at 6:30 p.m.
in Clearfield, PA

For location details
or just to talk contact
“D” at: 814-661-2033

Or email us at:
graceforlife.clearfield@yahoo.com

Or see our web site at:
www.gflclearfield.com