

The NEHEMIAH PROJECT

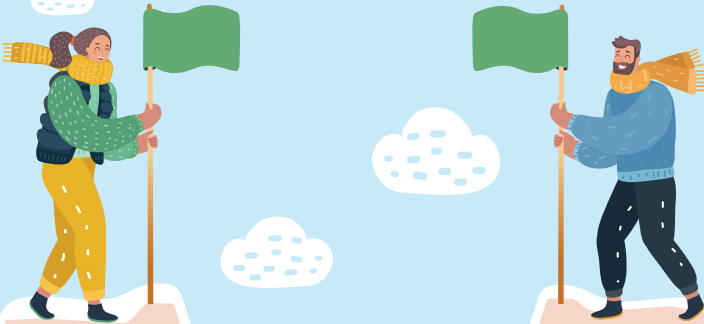
*rebuilding +
reclaiming
of minds and
lives for christ.*

THE AVERAGE AGE OF INTRODUCTION TO INTERNET PORN IS **11 YEARS OLD.**

FIFTY-SEVEN PERCENT OF YOUNG ADULTS

AGES 18 TO 24 REPORT

SEEKING OUT PORN AT LEAST ONCE OR **TWICE A MONTH.**



WESTMINSTER
PRESBYTERIAN CHURCH

WHAT IS THE NEHEMIAH PROJECT?

We are a support group formed by members of Westminster Presbyterian Church and augmented by church leaders, which comes alongside men and women who struggle with sexual addiction. We also support spouses.

We take our inspiration from the biblical figure of Nehemiah, by: **1.)** Admitting our need for intervention through confession. **2.)** Rededicating our thought life to the Lord through prayer and accountability. **3.)** Rebuilding and reclaiming relationships by learning and practicing godly intimacy.

HOW DOES THE GROUP WORK?

- ✓ WEEKLY MEETINGS ENCOURAGE CONFESSION + RESTORATION. WE ENCOURAGE THE INTERVENTION OF A CHRISTIAN COUNSELOR TO HELP YOU BUILD A PERSONAL PLAN.
- ✓ A SPOUSE'S GROUP IS AVAILABLE FOR ENCOURAGEMENT AND THE REBUILDING OF MARRIAGES.
- ✓ FREQUENT CHECK-INS WITH TRAINED AND GODLY MENTORS KEEP A HIGH ACCOUNTABILITY LEVEL DURING THE WEEK.
- ✓ DAILY JOURNALING, STUDY, AND CURRICULUM DESIGNED TO RE-ORIENT YOUR HEART AND MIND.

If you believe the Nehemiah project can help you deal with your own sexual sin or the pain of a loved one's sexual sin, contact:

For men:

Pat Wells 979.777.9674

For women:

Emily Tilsen 979.571.5736

For spouses:

Hannah Ayers 979.492.9588