

## So you want to make a change?

You're at the end of your rope. You've got few options left and they are dwindling fast. Maybe you've been caught and it's "Fresh Start or else...". You need to make some changes, and yesterday wouldn't be too soon. If this sounds close to you or someone you know, may we ask the question "Why"?

Why do you desire change? Is it simply because there are no other options, or because you can no longer deal with the consequences of a life out of control? While they can sometimes motivate the initial steps toward freedom, true and lasting change needs to come from much deeper motivating factors.

Godly repentance, sorrow over sin, humility, and faith in God are essentials to finding change that lasts. Maybe you desire to make these qualities a part of your life, but you don't know how. If you are willing to humble yourself, seek God's face, and turn every area of your life over to him, we're here to walk with you on this incredibly difficult but worthwhile and rewarding journey to living the life of purpose God has for you.

## Is Fresh Start right for me?

Fresh Start is designed for men, both single and married. Their reasons for coming vary. It should be noted that while some of the men entering the program have prior psychological diagnosis, Fresh Start is a Christian discipleship program rather than a mental institution. Here are some of the reasons men come to Fresh Start:

- Christian Discipleship
- Substance Abuse (Drugs, Alcohol, Etc.)
- Moral Sin (Pornography, Masturbation, Adultery, Sexual Abuse— both abuser and abused, Etc.)
- Depression, Bitterness, Anger, Rebellion, Etc.
- Relationship Problems

We will seek to address both the surface problem as well as the root cause. We believe at the deepest level, all problems stem from the inherent sinful nature of all mankind resulting from the fall. As a result, we will at times clearly confront sinful tendencies even while we hurt with you and help you begin the process of forgiveness and restoration of relationships.

People who fail never plan to fail, they just fail to plan.

What are God's plans for you?

## Response Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

I would like to come for an interview.

I am interested in receiving discipleship for:

Myself  Another Individual

Describe the problem as you see it.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please contact me via \_\_\_\_\_

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

We would like to hear from you!



### Contact Us:

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*For Men Seeking  
Discipleship*

... "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbor as thyself." Luke 10:27



Visit our website at:

[www.freshstarttrainingcenter.org](http://www.freshstarttrainingcenter.org)

## So, where do I start?

First, allow God to guide you and show himself strong on your behalf. Seek his guidance and direction through prayer and His written Word. Next, ask advice from your authorities (parents, ministers, etc.) and godly friends, making the commitment to submit yourself to their direction. If these signs still point to Fresh Start, call us or mail the response form.

Next, we would like to set up an interview with you. There is no cost and no obligation as a result of the interview; neither we nor you are committing to you entering the program. It is simply a time for us to try to understand the situation and make a wise decision on whether we feel Fresh Start is the right place for you, as well as for you to make an informed decision.

Finally, if after the interview, you still desire to come, give us a call and let us know. We will then make our decision on whether we feel Fresh Start would be able to adequately help you. If we feel we can help, we'll place you on our waiting list and let you know an approximate waiting period. The length of wait can vary and is somewhat unpredictable. We will do our best to bring you here as soon as possible.

## How long is the program?

Allow us to ask you a question. How long is life? Greater yet, how long is eternity? With this perspective, Fresh Start's average 8-12 month stay (sometimes longer) may not seem quite so long. Remember, God's program never ends.

## How much does it cost?

The total cost to Fresh Start is approximately \$110 per resident per day\*\*. Include the income from the shop, and that figure is reduced to approximately \$60/resident/day. We do not charge any individual for enrolling in the program because we desire to help anyone who wants to change. If financial support is available, we recommend \$30 per resident per day. Please do not allow finances to affect your decisions about eternity. God has provided in the past and will do so in the future.

\*\*—Dollar figures from 2005

**Sociogram:** Wednesday mornings are spent in Sociogram, an intense time of group interaction. We share blind spots with each other, then root causes are identified and addressed. You are encouraged to handle confrontation positively, allowing Jesus Christ to bring change to your life.



Pos-

**itive-gram:** Following Sociogram on Wednesday, as well as Thursday morning during break, we invest time sharing compliments with each other. This positive feedback encourages us to continue pursuing deep inner change.

## What are some of our views?

- The Bible is the inspired, infallible Word of God.
- Trusting in Jesus is the only means of Salvation.
- It is possible to have an assurance of Salvation
- It is possible to turn away from God.
- Being born again will produce fruit in our lives.
- Faith and repentance are the first steps in true heart change.

## How do I complete the program?

Upon your arrival, we will work to set up goals for you, based upon your goals, your authorities goals, and objectives of Fresh Start. As you work the program, we will produce weekly evaluations which will be sent to your ministers, family, or accountability group at home. When we see that you have begun to adequately address the problems and work toward the goals, we will, in coordination with authorities from home determine a release date.

Before leaving, we attempt to make sure there four things in place: 1. An accountability group with which to work 2. A church to attend 3. A job 4. A place to live.

After the return home, we offer continued phone support as well as short-term follow up at the Fresh Start facility if so desired. Remember, it's your life, and we are willing to do our best, with the Lord's help, to help you make the most of it.