

WHAT IS A CONFIDENTIAL FMO IMPACT GROUP?

- A safe place to share your thoughts and behaviors – the good, the bad and the ugly.
- A two-hour weekly meeting with like-minded men struggling with porn/sexual addiction.
- A place of acceptance where we will build a safety plan to help prevent future relapse.
- A meeting dedicated to the study of a Christian curriculum with an end goal of healthy sexuality.
- A place of discipleship where “iron sharpens iron” and men mature in community.
- A place where men become truth tellers and practice honesty.

WHAT WE DO IN FMO

- Begin building an intimate relationship with God by His grace, trusting Jesus, the One who is enough.
- Participate in a structured, well-defined plan of study, accountability and commitment to change.
- Study the resource material and engage the curriculum by completing all homework.
- Be accountable to FMO brothers by sharing struggles and victories with authenticity.

WHAT FMO IS NOT

- An unsafe place of criticism, condemnation, shame or confusion.
- A place of denial where the addiction to obsessive and compulsive sexual behavior is ignored.
- A secret place where men wear masks to hide their fears, faults and feelings.

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ABOUT US

The Nathan Project is a ministry of hope, training and recovery for men who struggle with the compulsive use of pornography and sexual addiction, as well as the spouses, ex-spouses and families trapped in this menacing addictive cycle. Co-founders Rick and Vicki Kardos, formally ordained to the ministry in 2012, have been engaged in the battle for Christ-centered solutions to this ever-growing problem since Nathan Project launched in 2002.

The newest member of the NP team, Zach Ellis, joined as a volunteer in 2017 and is now working part-time on new programs, leading and starting new groups while pursuing his master's in counseling as a full-time student at Gordon-Conwell Theological Seminary.

Rick brings real life experience as a healthy survivor, restored from sexual addiction beginning at age 13. His skills in the build out, oversight and leadership development of recovery groups dealing with pornography and sexual addiction have helped us grow to as many as fifty FMO (**For Men Only**) groups across New England. He provides limited crisis counseling to men in early stages of recovery and those facing the difficulty of full disclosure to a spouse.

Since 2002, Rick, and now together with Zach, has spoken at hundreds of major men's conferences, retreats and local churches, raising awareness and sharing grace-filled redemptive solutions to men's struggles with pornography and sexual integrity.

Vicki oversees the women's ministry of NP, trains new leaders for FWO (**For Women Only**) and has written and published two curriculums for the wives and partners of men who struggle with pornography and sexual addiction. She has led 2-3 FWO Betrayed Heart Groups every year since 2003. A Certified Pastoral Sexual Addiction Specialist (as is Rick), and a Certified Genesis Counselor with Michael Dye's Genesis Process, Vicki sees women on a one-on-one basis in-person and remotely.

Zach Ellis, the Nathan Project's director of New Programs & Media Development was raised in full-time Christian ministry, graduated from Moody Bible Institute and served as youth pastor at a multi-campus Midwest church before long term, hidden porn use and addiction led to his resignation, the start to a long road of recovery and healing. Now, many years later, restored by His grace, loving family and a powerful recovery community, Zach is passionate about helping men find that same spiritual and emotional health!



For more info and local FMO/FWO Groups please contact:

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Part of the FMO Recovery Program for men struggling with the use of pornography.

TEENS / YOUNG ADULTS*

85% of teens and young adults view porn online

66% received a sexual image
41% sent one

CHRISTIAN MEN 18-30**

77% view porn monthly
36% daily

32% admit to addiction
12% say maybe

Born-again CHRISTIAN MEN

95% admit viewing porn

54% admit to looking at porn
at least once a month

44% viewed porn at work
in the last 90 days



ISOLATION

A man who isolates himself seeks his own desire;
He rages against all wise judgment.

→ PROVERBS 18:1

TRANSFORMATION

And do not be conformed to this world, but
be transformed by the renewing of your mind,
that you may prove what is that good and
acceptable and perfect will of God.

→ ROMANS 12:2

INTIMACY

A man who has friends must himself be
friendly, But there is a friend who sticks
closer than a brother.

→ PROVERBS 18:24

In **FMO**, we begin the transition from Isolation to Intimacy – from a self-absorbed, addictive lifestyle of **sexual sin, shame, secrecy** and **separation** to a new life built on relationship and trust.

PORNOGRAPHY USE CREATES ISOLATION.

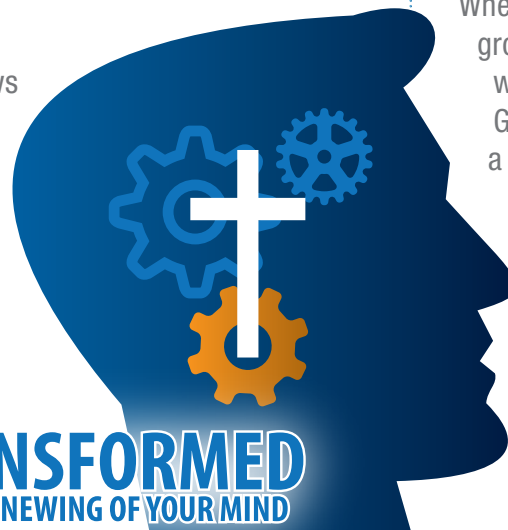
During this transformation, we experience God's love and acceptance – not condemnation – while building **true intimacy** with those whom we love.

**FIND AN FMO/FWO
GROUP TODAY!**

✝ <http://www.nathanproject.net/group-help/>

In the *Transformation Zone* of **FMO**, we will face the very issues we feared and avoided in isolation — feelings of **pain, fear, anxiety** and **stress**.

The hope we have in relationship allows us to risk changed behavior. When successful, our faith grows, leading to a new hope found in Christ.



As transformation takes place, we begin to experience life as God intended us to live. We move forward toward **Intimacy!**

When we translate what we learn in **FMO** groups to new behaviors of the heart, we begin to **trust**, to feel and extend God's **grace** and **mercy**, and to adopt a new "attitude of gratitude." We remove our masks that hide our true feelings and begin to live a life of **authenticity**.

The road to ruin we followed in isolation becomes a healing path of His love with family, friends, and especially with God, our Father.

FOR MEN ONLY & THE CHURCH

NathanProject.net

SUPPORT

RELATIONSHIP ACCOUNTABILITY

HOPE

*THE PORN PHENOMENON: A COMPREHENSIVE, GROUND-BREAKING NEW SURVEY ON AMERICANS, THE CHURCH, AND PORNOGRAPHY (findings also available at: www.pornphenomenon.com)

**2014 ProvenMen.org Christian Porn Survey (conducted by Barna Group).