



# OVERCOMERS OUTREACH CANADA

December | 2021 Newsletter

## President's Message

We are privileged to introduce Overcomers Outreach Canada's new daily devotional book, **Coming out of the Darkness**. It was written by our Addictions Consultant, Ken Sundelin.

This devotional was written to help people suffering from addictions and other compulsive behaviours and those on the journey to recovery. Its content was taken from Ken's many years of personal experience as someone who knows what addictions to alcohol, drugs and porn are and the **FREEDOM** of a Higher Power, Jesus Christ. Now after many years of sobriety and involvement in addictions ministry, both Christian and non Christian, Ken tells his story.

The power behind this devotional is that it takes the 12 Steps of Alcoholics Anonymous back to its biblical roots. Every one of the 12 Steps has biblical perspectives, supported by Bible verses and prayer.

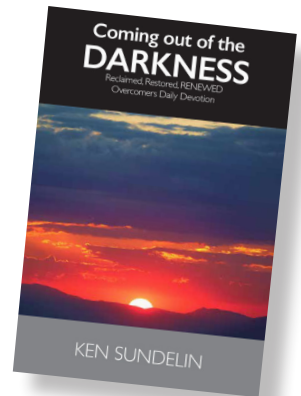
I have no doubt that this devotional was written with the power of the Holy Spirit behind it. Being personally involved in editing and proof reading this book, I could not help but notice how well each Step being talked about matched up with the devotional, prayer and verse.

We at Overcomers recommend this Christian daily devotional, **Coming out of the Darkness**, be used in personal devotions and also for group setting readings and discussions.

*Mark Kleinsasser*

President, Overcomers Outreach Canada

*See back page on how to order your copy.*



## Dan's Story

Hi my name is Dan and I've been sober now for over 2 years, and have been a Christian believer for 20 years. I would like to share my story and testimony with you.

I was born in Portage la Prairie on Aug. 17,1968 and had loving parents, 2 brothers and 2 sisters. I was raised to know there was a God but we never went to church much. I never learned about Jesus or the Bible. I had a good childhood but our family had its share of hard times and my parents often drank alcohol and smoked cigarettes.



As I grew older I would often pray to God and asked for His help and guidance but seemed to often stray to sin and often alcohol. I would regularly get into trouble and sometimes with the law. I believe God was looking after me and sent me my angel named Cheryl. We were married and have 3 great children. I was greatly blessed.

We were married in a church but would rarely attend. When I was married I thought things would be perfect and I would feel complete, but without Jesus in my life there was an emptiness. I would often turn to alcohol and sin to relieve emptiness. Things went from bad to worse and eventually I became unbearable to live with. One day I came home after working and drinking to find a letter on the kitchen table stating that my wife and kids had left me. I was furious but looking back I don't blame them.

I really took it hard and it was the darkest time in my life. I really hit the alcohol hard and went on a 5 day bender. I was so depressed and despaired and thought my life was over. The whole time my family was away I did not sleep or eat and hit bottom. I was angry with God and can remember screaming to Him what He wanted me to do. I randomly opened an old Bible we had on the shelf and pointed to a verse and tried reading what it said. It was Luke 17:33, "whoever clings to this life will lose it and whoever loses this life will preserve it." I read this over a dozen times trying to figure out what this meant. Did it mean that I had to lose my life! Yes, in a way that is exactly what it meant. The old sinful life I was living had to end. I can remember holding on to a small cross that I had found and telling Jesus that I loved Him and asking for forgiveness. This is when Jesus came into my life.

The next day Cheryl phoned and told me she and the kids were coming home and we made plans to start going to church. They came back and 2 days later we attended Selkirk Alliance Church (now Crossroads Church). Everyone was so nice to us and we really felt welcome. I can remember sitting in the back row and listening to the Pastor. It was as if God was speaking directly to me and telling me exactly what I needed to hear. After the service I felt like a great weight was lifted from me and I really felt complete.

My family and I would attend church regularly and God was really doing wonders in my life. Slowly I changed and was becoming sanctified by God.

I wish I could say I was free from alcohol and sin right away but that was not the case. You have to realize that I had drank for over 25 years and it was a process to quit. Three years ago after going through trials with my work and health I noticed the Church was putting on Overcomers meetings. I prayed about it and God put it on my heart to try it. This is when I was introduced to Christians battling addictions as I was. I felt I was not alone in my battles and with their help I have now been sober for 2 years. I still have some health issues and regular problems. But can honestly deal with them a lot better sober thanks to God, and help from Overcomers. Thanks Dan

## A word from Ken

This is one page of the book I wrote, **Coming out of the Darkness**, for Overcomers. My objective was to give people a little bit of encouragement about everyday living with Jesus Christ. And to let people see how easy it is to go to God in prayer. And to give everyone an opportunity to see what God says to us in His word.

I know from my own personal experience how much encouragement I have received over the years from reading daily devotional books.

So I pray that anyone reading this newsletter will encourage people to buy a copy, so that we can reach more people who need the power of Christ Jesus in their lives.

**Ken Sundelin**

Addictions Consultant, Overcomers Outreach Canada

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### Message of Freedom

#### STEP TWELVE:

Having had a spiritual awakening as the result of these steps, we tried to carry this message to addictive people and to practice these principles in all our affairs.

Today we have a profound new perspective on life, we are sober, clean, pure and have a real sense of serenity. So now the big question is what are we going to do with this new freedom that our Higher Power, Jesus Christ, has given us? Do we keep it to ourselves, or do we tell others about our new lives and what a difference it's making in our everyday living? There is no way that we can keep this great message to ourselves, it must be shared!

#### Prayer for today:

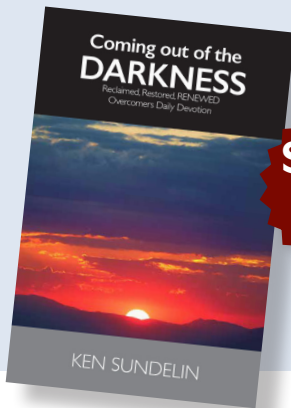
*Dear Lord Jesus, I stand rejoicing before You today, overwhelmed with my newfound freedom. Please help me to share this life changing story with anyone who is interested. Thank You Jesus. Amen.*

#### Scripture for today:

Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it. (1 Peter 3:15, NLT)

# Coming out of the Darkness

Daily Devotion book by Ken Sundelin  
Now available - To order email  
resources@overcomersoutreach.ca



**\$12**  
Plus  
Shipping

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## Supporting Overcomers Outreach Canada Financially

Donations may be made by cheque or online through PayPal. Just click on our Donate link on our Website. Please advise us of your mailing address; a receipt will be sent out early in the New Year for donations made in this year.

Financial support can be designated to a specific ministry area:

- Addiction Consultant's salary and expenses (Ken S.)
- General operating expenses (telephone, website, office expenses)
- Or simply designated as "Wherever needed"

*Thank you for your support of this unique and important ministry!*

I/We would be pleased to be a part of the Overcomers Outreach team through prayer  
and with the following Financial Support:

A one time gift of \$ \_\_\_\_\_ or Regular monthly support of \$ \_\_\_\_\_

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