



BEN BENNETT

SPEAKER | AUTHOR

Ben grew up in Virginia Beach, Virginia and met Jesus at an early age. After being heavily involved in Cru throughout college and developing a great desire to see students transformed by Jesus, he joined staff in 2011.

For years, Ben experienced deep anger, shame, a porn addiction, and mental health issues like anxiety and depression before finding hope and healing through biblical, neuroscientific, and psychological solutions.

He currently resides in Dallas, Texas, and serves with Josh McDowell Ministry as an author, speaker, and the Director of Resolution—a global movement helping young people overcome hurts and struggles, and live a thriving life with Jesus and others.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben serves alongside Josh, writing, speaking and shining the light of Christ into the darkest places. He is helping believers be prepared to share with confidence, knowing the reason Christianity is reliable, relational, and relevant to our lives.

Ben is available to speak on these topics:

Resolution – Overcome Hurts, Struggles, & Start Thriving | Sexual Wholeness In A Pornified World | The Seven Longings Of A Thriving Life | From Pain & Struggles To Purpose



WHO'S TALKING ABOUT BEN?

"Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way."

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

"Few speakers have a story of freedom to share like Ben's that renews hope, gives a roadmap to healing, and inspires next steps."

-Karl Armentrout // Cru National Conference and Events Director

"My hidden habitual sin had me imprisoned in silence, guilt, and secrets for roughly ten years. Through Ben's encouragement and passion for sharing the love of God, I was able to share my darkest sin with others and begin the journey of healing and freedom."

-Marylyn // Texas College Student

Ben is the author of the following:

Living Free (Pure Desire Ministries International, 2016)

Free To Thrive (Thomas Nelson, 2021)



Josh and Ben recently launched the *Resolution Movement* (resolutionmovement.org) to help young people overcome hurts and struggles, and live a thriving life.

Through interactive speaking, small group curriculum, videos, social media content, and other resources, God is raising up a movement of people who are passionate about following Jesus wholeheartedly.

