



# BEN BENNETT

COMMUNICATOR | AUTHOR

DIRECTOR OF RESOLUTION MOVEMENT

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

Today, Ben is a Communicator, Author, Content Creator, and serves with Josh McDowell Ministry as the Director of Resolution Movement—a global movement helping people overcome hurts and struggles and thrive in life. For the past 13 years, he has partnered with world-renowned therapists and ministry leaders, helping individuals young and old understand and work through the underlying factors driving the unhealthy patterns in their lives. He and Josh McDowell recently co-authored the book *Free To Thrive: How Your Hurt, Struggles, And Deepest Longings Can Lead To A Fulfilling Life*. Online, his social media content reaches 4+ million people each month.

**Ben is available to speak on these topics:**

Mental Health & The Bible | The Seven Longings of Thriving & Relationships | Why We Do What We Don't Want To Do | Sexual Wholeness In A Pornified World | The Resolution Experience



# WHO'S TALKING ABOUT BEN?

*"Ben Bennett is doing incredible work helping people break free from the struggles that hold them back. With a unique blend of biblical truth and practical insights, he points people to the only real source of healing—Jesus."*

**-Jonathan Pokluda // Lead Pastor of Harris Creek Baptist Church, Best-selling Author, Host of Becoming Something Podcast**

*"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**

*"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)

In 2020, Josh McDowell and Ben launched the Resolution Movement ([resolutionmovement.org](https://resolutionmovement.org)) to resource individuals with biblically based, research-informed help for their mental, emotional, and behavioral health struggles.

Through small group and discipleship resources, digital downloads, podcast episodes, devotionals, social media content, and interactive speaking events, God is raising up a movement of people who are passionate about following Jesus wholeheartedly.

