



THE LIVING † TRUTH PODCAST

Conversations that bring hope, healing & resources to parents, ministry leaders, those who struggle with unwanted sexual behavior & family members who are impacted by a loved one's sexual brokenness.

The Founders



Michael and Kristin Cary are the founders of Living Truth, a ministry dedicated to restoring lives affected by pornography, infidelity, and sexual betrayal trauma.

Before ever meeting each other, Michael & Kristin each personally experienced the devastating impact of sexual brokenness. God used the support and encouragement of recovery communities and Christian counselors to rebuild each of their lives. They started Living Truth in 2013 and are both Pastoral Christian Sex Addiction Specialists through Christian Sex Addiction Specialists International (C-SASI).

Michael is also a certified Christian Life Recovery Coach and Kristin is a Certified Peer Facilitator through A Door of Hope.

The Men in the Battle® and Women in the Battle® networks are the cornerstones of Living Truth. These video-curriculum based recovery groups for men's sexual integrity and for women impacted by their partner's sexual betrayal take a multi-dimensional approach to recovery. Every aspect of the whole person is addressed—not just the spiritual, but also the emotional, physical, social, & psychological areas that are impacted.

The Cary's are passionate about helping parents shape the sexual character of the next generation. They also love to resource ministry leaders to guide those they serve toward freedom from unwanted sexual behavior.

Michael and Kristin live in the Indianapolis area with their three children.

Audience Value

From their own personal stories of sexual brokenness and recovery, Michael & Kristin Cary shed honest, vulnerable light on what it takes to recover from unwanted sexual behavior and sexual betrayal. Men and women who have struggled will gain hope and valuable insight into how their lives and relationships can be restored. Those who've been impacted by the sexual struggles of someone in their family (whether their husband, wife, child, or parent) will finally feel understood and gain tools to heal their pain. Finally, Michael & Kristin empower parents to prepare their kids for navigating the over-sexualized culture we live in.

The Living Truth Podcast offers hope for restoration and life transformation!



Latest Reviews

"This podcast offers hope & healing in the midst and wake of betrayal trauma and for those struggling with addiction."

"Wow! Thank you Michael & Kristin for sharing your wisdom and experience. Your insight in the area of overcoming unwanted sexual behaviors, the tools and hope of full recovery, and your heartfelt support for those dealing with betrayal trauma is profound. Great podcast, looking forward to more!!!"

"Since listening to The Living Truth podcast, I've seen a marked difference in my husband. Maybe for the first time he is grasping something that will bring him full freedom...He is seeking restoration, not just relief. I believe this moved him into deep lament and hope for what God has for him as he continues to untangle from a lifetime of wounds, lies, and sin! "

"A platform for much-needed conversations. Sexual sin and betrayal are abundant in the church, let alone the world. Michael and Kristin have made a space for support, safety and growth. Whether you struggle with acting out sexually or have been betrayed, you've come to the right place."

"Michael and Kristin are natural hosts. This material is valuable and poignant for today's society. I commend these two for their work in addressing the private, secret sins that threaten marriages and souls across the world. I hope more people get exposure to this valuable material."

"Straight talk for men and women overwhelmed by a crisis of sexual sin. I've been in recovery for 15 years and have taken nuggets from both Michael and Kristin. There is too much silence on this topic in and outside of the church. Thank you for your boldness and courage."

Customer Reviews

5.0 out of 5

25 Ratings



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