



Since January 1993, Dean Sikes has dedicated himself to spreading messages of hope, traveling extensively to high schools, Teen Challenge Centers, and prisons across the United States and internationally. To date, he has participated in over 4,200 events, delivering the empowering “You Matter” message to millions of teenagers. In addition to his outreach initiatives, Dean hosts YOU MATTER Television, a national broadcast, and engages with tens of millions on social media annually. As a published author, he has written thirty-two books that serve as invaluable resources for teenagers and their families. Dean resides in Chattanooga, Tennessee, with his wife, Lori, and their children.

AVAILABILITY

- Widely available Mondays - Fridays
- Available to travel or via phone, Zoom
- Dean has access to private air travel and is willing/able (schedule permitting) to travel for select media opportunities
- Eastern Time (Chattanooga, TN)

ONLINE (CLICK TO VISIT)



DOWNLOADABLES

- [Headshot](#)
- [Book cover image](#)
- [Manuscript PDF](#)

BOOK INTRO



Dean introduces the book and speaks personally about the experiences that led to his writing ‘You Matter’

EXPERTISE

- Trauma recovery
- Suicide prevention
- Discerning God’s voice
- Near- death experiences and God’s protection

CREDENTIALS

- Has served as a keynote speaker around the world
- Conducted [a 30-year study](#) on what today’s teens are facing
- Dean’s videos have received over 150 million views online
- Author of 33 books, including:
 - [Everything’s Fine: Finding Hope When Life Really Hurts](#)
 - [Hope Updates: 30 Years of Sharing Hope with Teenagers Across America and Around the World](#)
 - [HOPE 365: A Daily Reminder from the Word of God that You Matter](#)
 - [Discover Your Destiny: A Proven Formula For Students Who Are On a Journey to Discover Their Purpose in God](#)
 - [The Holy Spirit: Counselor. Helper. Friend](#)

MEDIA

Watch Dean discuss his ministry on podcasts and television in the clips below.



TO BOOK AN INTERVIEW, CONTACT:

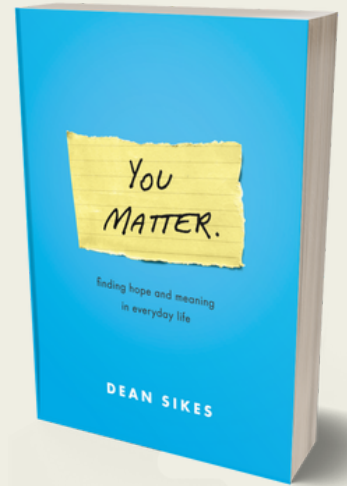
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ABOUT THE BOOK

- Available August 5, 2025
- ISBN: 978-1964508429
- Paperback, \$15.99 USD
- E-Book, \$9.99 USD
- 104 pages
- [Click the image for more](#)



Since the beginning of time, God has had His mind on you. Why? Because *You Matter*.

In a world where anxiety, depression, and loneliness are on the rise, there is a distinct struggle taking place as people fight to feel seen, heard and valued. But the truth is, your life has purpose—right now, as you are. In *You Matter*, Dean Sikes shares his powerful testimony alongside honest reflections and empowering insights to help you:

- Break free from hopelessness
- Recognize where your value comes from and find a firm foundation of self-worth and confidence
- Find meaning and purpose in your everyday life

Whether you're navigating self-doubt, longing for deeper connections, or simply in need of a reminder that you belong, *You Matter* offers the encouragement and perspective to help you embrace your value in a world that sometimes makes it hard to see.

Your journey to embracing your God-given value starts here. No matter where you've been, what you've faced, or how you feel today—*You Matter*.

WHY IS IT RELEVANT?

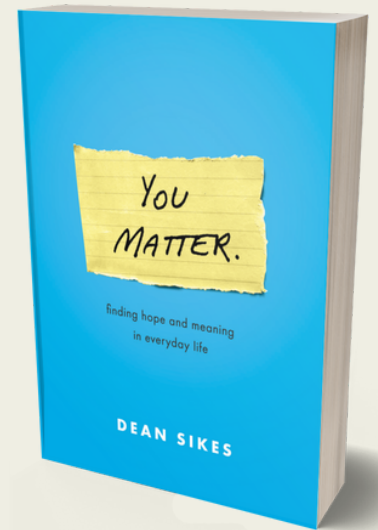
- In 2022, the U.S. surgeon general warned of a “**devastating**” **mental health crisis among young people**. 2024 bestselling book *The Anxious Generation* outlined how the spread of smartphones, social media and overprotective parenting have led to a “rewiring” of childhood and a rise in mental illness. **We know the problem.** Dean’s story is about how his life experiences led him to focus his ministry on teen mental health, and **Jesus’ transformative role in young lives**.
- Youth depression and anxiety has doubled in recent years. We must do our part to eradicate hopelessness, and also **teach the next generation how to build up and inspire hope into their peers**. People need to know that **irrespective of anything that has happened, they matter**. If people, young or old, do not feel seen or heard, by default they believe the lie that they do not matter. This wrong belief gives birth to hopelessness which oftentimes leads people into the depths of despair.

READERS WILL:

- **Gain tools for overcoming hopelessness**, including how to recognize its quiet influence and replace it with unshakable hope anchored in Job 33:4.
- **Understand how trauma—whether from what happened or didn’t happen—shapes self-worth**, and how to replace shame with hope through God’s love.
- **Learn how to identify and confront buried emotional pain** before it erupts, using honest self-examination and God’s truth to heal from past trauma.

SUGGESTED QUESTIONS

- Can you describe the state of the **youth mental health crisis** today?
- You heard the voice of God say, “Call mom,” and when you did, your mom was attempting suicide. How did you handle that phone call, and your relationship with her?
- What is the single defining moment of your life?
- When was the first time you said, “YOU MATTER” to a group of students?
- Part of your message is that God has never made a mistake and He hasn’t made one in giving you His breath. How do you encourage teens who feel that God has made a mistake with their **brain chemistry or sexuality**?
- How does God free us from **shame**?
- How can communities and family members support teens?
- How do families heal from the trauma of a child’s **suicide** attempt?
- Why root your message in Job, one of the Bible’s most challenging books?
- How do you help teens who feel purposeless due to mental health struggles or **social media** comparison discover their unique God-given purpose?
- How did you navigate the journey from surviving **sexual abuse** to healing, and what role did your faith play in reclaiming your sense of value?
- How do you encourage teens to build meaningful connections in a disconnected world, and what role does **community** play in your message?
- How do you guide teens who haven’t experienced a clear spiritual encounter to trust in God’s presence and purpose for their lives?
- How do you respond to critics who might argue that your message oversimplifies the complex realities of mental illness or systemic issues?
- How do you balance delivering a faith-based message of hope with the practical need for mental health interventions like **therapy or medication**?
- How have you adapted your message to resonate with **diverse audiences**, such as **non-religious teens** or those from different cultural backgrounds?
- How do you use the story of Job to help teens process their own pain and find hope when life feels unfair or overwhelming?



Sitting in the high school lunchroom my freshman year, all I wanted to do was disappear. I would dread those thirty minutes, the same terrifying thirty minutes so many students live through every day. It didn't matter that I went to a Christian school. Lunch was never fun for me because I was the target of daily bullying by some of my so-called Christian friends. I just tried to blend into obscurity and quickly eat my lunch without anybody noticing me.

The thought that I mattered as a fifteen-year-old freshman. was ludicrous to me in both my mind and in my heart. I was lonely and didn't have much positive self-esteem—the bullying certainly didn't help. Little did I know that trauma was waiting for me like a thief in the night.

It was an ordinary Wednesday, and I could hardly wait to make my exodus from my last class period of the day. Wednesdays were always such long days: up by a quarter to seven and at school by 7:45 a.m. Classes began at 8:00 a.m. with our weekly chapel service commencing right after first period. But with another day mercifully and thankfully behind me, I chose to forget about the silent pain of high school and focus on the fun that was scheduled that afternoon. I hopped into a sports car belonging to a good friend of mine from church. He was sixteen. Our plan was to run over to his house, play some sports, and be back at church in time for family dinner at six o'clock.

After we arrived at his family's very large home and said hello to his mom, my friend invited me to his room to show me the latest gadget he had been given the previous weekend. When he shut his bedroom door, I remember thinking that was a little weird, but the new gadget had my full attention. My friend invited me to sit down on his bed, and as I did, my naïveté must have been on full display.

I never could have predicted what happened next.

Like a masterful magician who moved like the wind, my abuser's hands were all over me. They were too strong, and I was too stunned to fight back. In fact, I had no idea what was happening or what I should or even could do to stop this assault.

Sixty seconds later, it was over.

My abuser looked at me, smiled, and said, "Want to go downstairs now and play ping pong?"

I didn't say anything back but instead followed him out of that room. As I played ping pong that afternoon and then went to church that evening, an unimaginable guilt filled me. I felt broken and ashamed and alone.

That night, as I stared into the mirror and saw to see someone I didn't recognize, I made two vows to myself. I will never tell anyone—not a single soul—what happened to me. And I'll never be hurt like that again. In sixty seconds, the trajectory of my life changed. I decided to bury the truth of what happened and promised never to reveal it to anybody. I didn't realize that I also buried the real me that day.

My replacement was a non-feeling and arrogant young man who cared for no one and nothing . . . except himself. This arrogance within me would become the tool the devil deployed again and again in my mind and my heart to lead me further down into a deceptive hole.

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