

MARK BROUWER

WRITER • SPEAKER • LIFE COACH • PASTOR

ABOUT MARK

Mark Brouwer is a spiritual teacher, writer, and speaker. He serves as the pastor of Bethel Church in Princeton, MN.

He is also the director of Renew Resources, which provides teaching, retreats, and support for leaders who struggle with anxiety, depression, or addiction.

Mark has served as the lead pastor of churches in Austin, Texas, Minneapolis, MN, Chicago, IL, and now Princeton, MN. In two of these, Mark was the founding pastor.

For five years, Mark worked with Dr. Mark Laaser as the director of training for Faithful and True Ministries, which focuses on addiction, recovery, and marriage restoration. Over time, the work Mark did with Dr. Laaser shifted to focus more on providing coaching and guidance to spiritual leaders, and eventually back into pastoral ministry.



“Mark brings credibility and knowledge about his subject. He talks about his experiences – in leadership and life – with a straightforward courage that is admirable. He put us at ease while talking about very difficult subjects, diffusing our discomfort with humor and honesty.”

Pastor Kyle Haak / Pastor of Living Stone, Rochester, MN

SPEAKING TOPICS

SUSTAINABLE LEADERSHIP

Leaders often face high expectations from themselves and those around them, which can lead to isolation. However, Mark provides practical approaches to help leaders balance the needs of others with their own well-being. His strategies include managing stress and negative emotions, establishing habits for sustained high performance, and offering support to those who support and sustain others. Mark's goal is to empower leaders to thrive both personally and professionally.

FIGHTING & WINNING – MEN'S SECRET WARS

Mark offers seminars or retreats which helps confront critical life areas, including battling isolation (by choosing community), disillusionment (by choosing faith), lust (by choosing love), and stress (by choosing serenity). This approach provides a framework for communities to address sexual struggles in our society without stigma or making sex the primary focus.

DOUBT, FAITH, AND RECOVERY

Spiritual doubt, confusion, and disillusionment is often overlooked in mental health. Mark examines the unique challenges addiction poses for people of faith, the importance of spirituality even for non-religious individuals, and the difficulties of undergoing a spiritual revolution. His aim is to ensure that those seeking recovery receive comprehensive support by assessing and addressing their spiritual life.

FACING THE TRUTH ABOUT SEXUAL STRUGGLES

Sexual struggles are notoriously difficult to discuss and address. Mark addresses this issue head-on. Drawing on his expertise in sex addiction and experience as a pastor, he explores the challenges people face in today's world, including the impact of technology on "artificial sex." He also discusses the difficulties churches have in providing assistance and offers potential solutions.

CREDENTIALS

Jan 2019 - Present

Bethel Church | *Pastor*

June 2011 - Jan 2019

Jacob's Well Church | *Pastor*

Aug 2006 - Aug 2014

Recovery Journey | *Director*

Mark is a dynamic speaker who is well-versed in the issues surrounding mental health challenges. He has a wealth of experience counseling individuals who are struggling with anxiety, depression, and addiction, and he is passionate about helping others find hope and healing.

Mark's presentations are tailored to the specific needs and concerns of each audience. Whether he is speaking to faith-based leaders, men's groups, or college groups, he offers practical strategies for coping with and finding recovery.

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“Thanks for sharing your story, encouraging me, and reminding me how much God will always love me! Thank you so much for being real...and truly caring! My life is changed because of your Workshop!”

-Seminar Attendee

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MARK'S BOOKS & OTHER OFFERINGS

RISE ABOVE

Rise Above by Mark Brouwer is a practical guide for overcoming obstacles and achieving lasting success. Drawing on his years of experience as a spiritual teacher and leadership mentor, Brouwer shares a step-by-step process for managing stress, overcoming limiting beliefs, and finding motivation. Through inspiring stories and practical exercises, readers can tap into their inner strength and rise above their circumstances to create a life of purpose and fulfillment. This book is a must-read for anyone looking to unlock their full potential.

LEAVING YOUR MARK WITHOUT LOSING YOUR MIND

Most of us want to leave our mark in the world, but it's hard! Stress and overwhelm have taken many people out of the game, and kept others from getting started. Interpersonal conflicts, unrealistic expectations and crushing demands often derail our best intentions. Spiritual teacher and leadership mentor Mark Brouwer understands how life can keep us from going the distance, or at least rob us of our joy along the way.

SOLID FOUNDATION JOURNAL

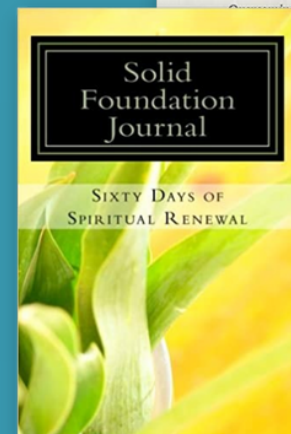
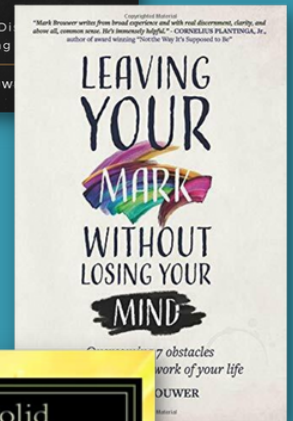
The Solid Foundation Journal is a spiritual tool that prompts daily reflection and provides space for recording thoughts, questions, and insights. It helps improve your connection with God without prescribing a particular spiritual practice.

RENEWED MAN COMMUNITY

If you're looking for a community to support you in your recovery journey and achieve long lasting results in the struggle for sexual integrity, Mark offers just such support through Renewed Man.

OTHER OFFERINGS

Be sure to visit markbrouwer.com for Blog Articles, YouTube Videos on Spiritual and Mental Health, email Newsletters, and information on Recovery Groups and Programs with Mark Brouwer.




RenewedMan