

JOHN JARMAN



John Jarman is a professional fitness coach and men's discipleship leader with a passion for seeing lives changed by Jesus Christ. A former football coach and Marine Corps veteran of Desert Storm, John's life was radically transformed from a self-destructive trajectory to one of life, wholeness, and a dynamic walk with Christ, a story that is told in the pages of Broken and Redeemed. John holds a Master's Degree in Physical Education from Ohio University, and, as of this writing, is close to completing a Master's degree in Theology from Faith Seminary in Tacoma, Washington, where he resides.



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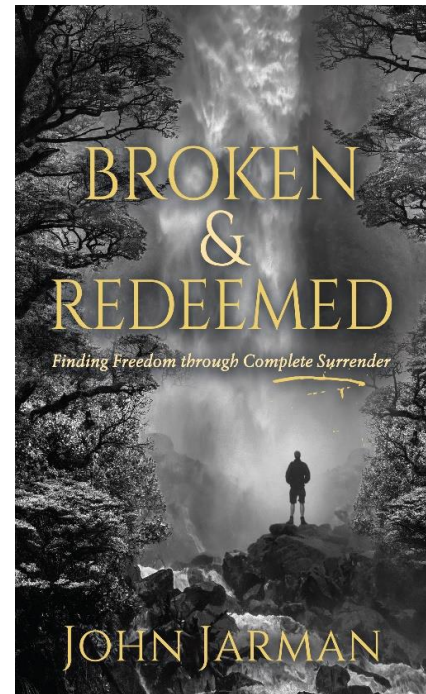
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***Broken and Redeemed* is the story of one man's journey, beginning with John Jarman's troubled childhood and challenges as an adult, and resolving as he finds redemption in the grace of God.**

John Jarman openly writes of his challenges, failures, losses, and blessings on the pages of *Broken and Redeemed*. While exploring himself through counseling and mentorship, John was led to completely surrender his life to Jesus, finding strength in faith and power through the presence of the Holy Spirit in his life. He shares with readers what helped him reach this critical juncture and transformation in his life, along with relevant self-reflection and discussion questions for group or personal use.

It is John Jarman's desire that *Broken and Redeemed* guides readers through a deeper examination of their faith—one that exposes how accepting Christ is easy but walking in true obedience will place them in situations they never thought they would encounter. John knows that listening to God's voice and following it will lead willing believers on the path He wants to take them; when they get on board with Him, that is when they truly begin to live!



AUTHOR: John Jarman
PUBLISHED: Aug. 16, 2022
PAGE COUNT: 240
ISBN: 978-1631958298
PAPERBACK: \$16.99
HARDCOVER: \$27.99



Morgan James Publishing

REVIEWS



“I’ve known John Jarman for almost ten years. Over that time, I have seen him navigate the pain and suffering of his youth with great humility and Holy Spirit-driven persistence. He has persevered through very difficult psychological and emotional landmines while at the same time navigating challenging life circumstances, desperate to get to the bottom of his life story. What a holy journey it has been! This raw and honest depiction is written in simple terms easy for anyone to digest. Divinely inspired, a book worthy of your review, I couldn’t be prouder of John and his autobiographical testimony.”

~ Scotty Kessler, Sports Ministry and Discipleship Leader, Honorary Doctor of Human Letters, Faith Seminary

“In a culture that expects a Marine and football coach to be brash and ever-strong, it is refreshing to find a sharing as vulnerable as John Jarman’s Broken and Redeemed. Challenge, failing, and loss are expressed openly as the reader is invited to follow his path towards discipleship. Especially meaningful are the chapter reflection questions which invite us to enter into a personal examination. In preaching a message of surrender, John Jarman instructs us effectively in how to find true strength in faith.”

~ Mary Beth Haynes, Christian Educator

"Broken and Redeemed is a robust testimony to the unlimited power of God to change lives through the gospel of Jesus Christ. John's story reveals the overarching truth of the Bible, which is that there is no level of brokenness or pain that God cannot heal and redeem for His greater honor and glory. If you are looking for an inspirational story that is also a practical guide for growing your faith in Christ, then Broken and Redeemed is a must-read for you!"

~ Dan Shaw, Master of Divinity, Active Reserve Lieutenant Commander Navy Chaplain (Iraq War Veteran), Sr. Pastor Emmanuel Lutheran Church, Tacoma, WA

INTERVIEW TOPICS



- Mental Health Issues That People Face
- The Benefits of Mental Health Counseling
- My Walk with Christ
- What Is Surrender?
- Giving up Control
- Walking by Faith
- Coaching Football

SAMPLE QUESTIONS

- Although you talked about it in the book, what truly prompted you to write this book? What was the deciding factor, that made you say, "I'm going to do this?"
- What was one of the most difficult subjects to write about during your "book writing journey?"
- What's your favorite part of the book?
- What's your least favorite part of the book?
- In your recommended reading list which one is your number one favorite and have you read any of them more than once?
- Do you think your book could be made into a movie? Why or Why not?

PUBLIC SPEAKING/PODCASTS



John presents “You Haven’t Been Where I Am” – a presentation for high school-age kids. John addresses audiences in these areas:

- Challenges that face teenagers from a broken home
- Overcoming abuse
- Seeking counseling
- Paradoxical commandments
- Listening to your elders

John presents “Mental Health Awareness” – a presentation for all ages. John addresses audiences in these areas:

- What is mental health?
- Overcoming shame and guilt
- The vulnerability needed to find freedom
- Counseling stigma and benefits

John presents “Finding Freedom Through Complete Surrender” – a presentation is for all ages. John addresses audiences in these areas:

- Discipleship
- Daily spiritual practices
- Building a relationship with Jesus
- Seeing God’s work and hearing God’s voice
- Invisible warfare

Podcast Appearances

- Winning Words
- Victorious Souls Podcast
- Kingdom Crossroads

- Inspirational Journeys: Stories that Matter
- Bleeding Daylight
- Bible Jazz
- Catholic Life Coach for Men
- The Wounds Of The Faithful
- Linda's Corner: Faith, Family, and Living Joyfully
- Inspired Stewardship