

## The Hendersons

Men's Ministry  
through  
Unleashed.men

2025 Update

## Dear Family, Friends, and Partners,

September brought something we never saw coming. What began as routine testing turned into the discovery of a severe heart condition that led to quadruple bypass open-heart surgery. The doctors told me this wasn't caused by poor diet or lack of exercise — it was a genetic issue that had gone undetected. When they performed the heart cath, the cardiologist looked at me and said, *"I can't believe you walked in here. We usually only see this kind of blockage in autopsies."* That moment alone felt like a miracle. When we were told I needed immediate open-heart surgery, we were devastated. In the midst of that shock, I kept hearing my mom's voice from childhood saying, *"This too shall pass."* God carried us through those days minute by minute.

I had to cancel all of my fall speaking events so we could focus fully on recovery and healing. Every one of those events showed incredible grace and rebooked me for 2026, which we are deeply thankful for. Even during the hardest moments of that season, we watched God's people rise up from all across the country with prayer, encouragement, and practical support. Seeing the body of Christ move like that was humbling beyond words. Your prayer covering through World Renewal truly mattered to us during this difficult time — we felt it. Being connected with World Renewal has truly helped carry us this year.

Earlier this year, before surgery, I was able to speak at events across the United States and continued recording the Unleashed Podcast each week — missing only the week of the procedure itself. And now, more than three months post-surgery, I'm back to exercising five days a week, driving and traveling fully again, and even getting to take Stacy out for a weekly date night — something that means more to me now than ever. God has been unbelievably faithful in this recovery.

One of the greatest gifts of that unexpected slowdown was time. The Lord used those months to allow me to complete the writing of *The Big 5 Mankillers*, a discipleship book and guide created from more than a decade of coaching and ministry with men. This resource is designed to help men grow in true discipleship and to equip leaders who want to disciple other men. The book is now complete and scheduled for release in 2026, and we're believing it will be used to bring freedom and purpose to many lives.

This year strengthened our faith in ways we never saw coming — from how the heart issue was discovered, to the provision God brought through others, to the steady recovery process, and the deeper surrender He worked in our hearts. We didn't even realize how tightly we were still holding onto certain things until God invited us to fully release them to Him. Out of that surrender has come renewed humility, a deeper love for the Lord, and a strengthened purpose to step back into the battle for the hearts of men. I especially want to honor Stacy. During my recovery, she took three full weeks off work to care for me around the clock. She became my nurse, my advocate, and my steady support while also caring for our youngest daughter, managing the house, paying the bills, and holding everything together. After all of that, she returned to work without complaint. Watching her strength, tenderness, faith, and relentless love through that season gave me an entirely new understanding of the gift she is to our family — and to me personally. In a season when my body was healing, God was also healing my heart. This experience marks a true new beginning for both of us and has deepened our shared trust in God more than we could have imagined.

Thank you again for walking with us through prayer and partnership. Being connected with World Renewal truly helped carry us this year, and we're so grateful for the mission we share together.

With so much gratitude,  
Brent & Stacy

