

RENITA D. DAVIS

A teal egg with the word "Hope" written on it in white cursive. The egg is surrounded by several seashells of various sizes and colors, including a large white one and a smaller brown one. A glass of water is visible on the left side of the image. The background is a soft, out-of-focus light color.

Hope

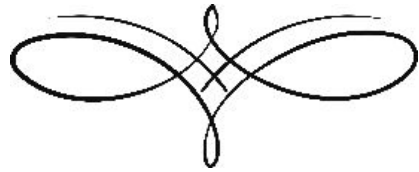
The Book of H.O.P.E.

HELPING YOU OVERCOME,
PLAN AND EXECUTE

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Helping, Overcome, Plan, Execute



Renita D Davis

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For details email
joan@victoriousyoutpress.com

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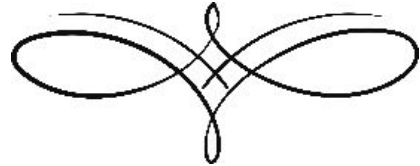
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Introduction



Iwrote this book to help others rethink the situations they are experiencing. To not see them as always unfavorable but as steps to identify how they can grow and learn from the experience while viewing it as an opportunity for social-emotional growth. When we view adverse or stressful events differently, it creates space for expanding the mindset. We focus on what is ahead instead of dwelling on what is happening now or in the past.

Helping



Iwould never have thought that I would be in a place of experiencing a trial while writing a book about overcoming. But here I am, trying to hold on to what sustains me and tell you about it.

My "must-have" is a foundation of faith to overcome in life. It believes in that which God has promised. "Right now, faith. "The faith that will move the mountains we experience. Mountains? Yes, mountains, I have learned, are those things that require tools, proper equipment, knowledge, and courage. But, of the two, faith is more challenging than mountains. So, where to begin?

"Now faith is the confidence in what we hope for and assurance about what we do not see" Hebrews 11:1 N.I.V. Our past experiences are a great indicator of how we respond. Our responses help us navigate the space we call life. I have always said that how we respond determines our next. To

take it a step further, how we think determines our responses. Our responses determine what happens next. Adjusting the mind can be incredibly challenging because there are so many components to thinking and why we think the way we do. One thing I know is that we do not control our destiny. What God has for us will happen because His word does not return void. He gave us the ability to choose. We possess the capacity to know right from wrong. When we submit ourselves to Him, the Holy Spirit will arise within us, and we hear His voice, so we do not follow strangers.

What does all that mean? Simply put, we have a say in traveling the path that God has planned for us. This book gives you guidelines to follow so that you will be equipped to make sound choices, and you will also be able to focus and understand the magnitude of the choices you make.

Overcome



Scripture tells us repeatedly how we must guard what we think. It tells us that we need to think about the things that are positive and uplifting: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." Philippians 4:8 N.I.V.

So, let's start with the mind. Does this mean that our thoughts should always be rainbows and sunny days when adversity comes? The answer is absolutely not. What it means is when those thoughts come into our minds, and they will, we have an arsenal ready to combat negative thinking that gets us back on the right track. What does an arsenal look like, you may ask? Well, it can vary from person to person. It's your opportunity to decide what works for you. So, let's ask a different question. What is in an arsenal?

Now we are getting to the core of solving our thoughts problem. An arsenal can be scripture, people you trust who are believers, quotes from authors you admire, exercise, or simply taking deep cleansing breaths. Anything that helps you turn away from the negative when you feel bombarded with toxic thoughts.

For me, I created an affirmation jar. In the beginning, I used it with the students where I worked. Each day, they could pull out an affirmation to keep. When the students started paying attention to those thoughts in their heads, the sayings provided the focus they needed. The assertions became so popular and effective that students would come to my office and ask for one. I even had staff come by before their day started to get an affirmation. Another suggestion would be to listen to music that encourages you. Notice I did not say anything about food. Although it can bring comfort, food can also create a negative behavior pattern. Since it only provides momentary comfort, it's a bandage. You may be thinking, "what is working for you since you are right now in a trial"? My arsenal is people, scripture, and speaking. Let me explain deeper on my arsenal.

One of the lessons I learned from the church is identifying who your sisters in Christ are that you can count on to pray with and support you. These can also be male friends. For me, I choose to focus on women. The instruction was to find five people. Unfortunately, I could only find four at the time. To this day, I can count on one hand the true worshippers and prayer warriors that I can call on for spiritual support as well as sound advice. When you have an abundance of people you talk to about what you are experiencing, you can fall into a space of rehearsing the situation. You are, therefore, continuing in the negative thinking pattern.

"Prepare plans by consultation and make war by wise guidance."
Proverb 20:18 N.I.V.

"For by wise guidance, you will wage war, and with an abundance of counselors, there is victory." Proverbs 24:6 N.I.V. Always understand we are most assuredly in a battle for a sound mind. Victory is ours when we listen and humble ourselves to the good counsel of believers. I understand that God sends you people for such a time in your life with the right word and action to ease your concerns.

Have you ever been in a group of people, and the conversation helped ease a problem or a need? In my circle, we call that moment in time confirmations. What you have been thinking about has been answered. Only you and your Heavenly Father know about those thoughts.

As you can see, I use scripture to help me stay focused and close to God. I do not try to concern myself with the troubles I see before me. If knowing all scripture in the bible is not you, search the internet for scripture topics. Find the ones that resonate with you and your need. For example, Jesus used scripture against the devil. When Jesus was in a weakened state, the devil tried to use His weakness to alter His focus. If you don't know this story, I implore you to read Matthew chapter four, verses 1 – 11. Jesus was tempted three times by Satan. If our Lord and Savior can do that, being an heir with him affords us that same ability. Remember, we have his D.N.A.



I mentioned earlier not to tell too many people about what you are going through, having only your faithful few to lean on for support. Let me explain why I caution you about this and help you understand just how powerful your words are. Scripture tells us that life and death are in the power of the tongue; how we speak can be a double-edged sword. There is even scripture that talks about foolish speaking. "The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly." Proverbs 15:2 N.I.V. We must be careful about what we say and with whom we communicate. When you begin to tell everyone about your troubles, you must examine yourself.

Why are you doing so? What is it fulfilling in your life? Is this getting you closer to overcoming, or is this foolish talk? Yes, we can be the purveyors of foolish talk.

Foolish talk is the attempt to gain the attention of others. It is the world's way of finding allies; our flesh wants consoling. When we are troubled or going through a stressful situation, we want to find anyone who will agree with our way of thinking. This behavior is desperation at its highest because you are frantically trying to find that one voice that says what you want to hear because you are in your flesh, and you are in your head. These thoughts cause you to consider stepping out of the person you are, the child of the King.



*Who is in your
tribe?...*

Your faithful few are your tried-and-true cohorts, your tribe. They are the ones that have proven you can trust them; they pray for you; without the need to know the details. They help bring you back to yourself, sometimes, it's a hard pill to swallow, but you know their words will nourish you. They will go into their prayer space and pray for you and not communicate it to others. Those who are not in your tribe tell others, and they are not mindful of your heart; their conversation is folly. When operating in foolish talk, you are in the flesh, and you are not with those who have the discipline to remain silent and pray.

Plan



Faith without works is dead. Meaning there is an action we must put in to get our desired result. Your actions must be thoughtful and strategic. Formulating your arsenal so you can war against those negative thoughts the enemy will try to use to derail you is a crucial step.

Pause and create the arsenal that will assist you in building a solid foundation of faith.

- Identify your faithful few in which you can confide. Who will be your support and give wise counsel? Be open to who God sends you as a buffer in your time of need.
- Find scripture that will speak to your situation. Use quotes by authors, pastors, faith leaders, or your elders. Listen to songs that speak to your situation and encourage and empower you.

- Speak only to those who have proven themselves to be a cohort and laborer in faith. Assess your intentions for your words and with whom you communicate. Speak the scriptures you have chosen for yourself. When those negative, poisonous thoughts creep in, pause and tell yourself, "That is not what the Word says about my situation." What words can you come up with that will bring you back to the place that allows you to stand on your faith?

Because you are a spiritual being, Christ lives in you. You have His D.N.A., what you speak will be activated in the atmosphere. God spoke and it was. The earth, the water, the sun, and the moon. Every living thing was brought into existence by His words. Jesus spoke to a fig tree; He commanded the sea to calm down. Guess what? This same law works for those of us who are in the Kingdom. Kaleo is a Greek word that means to speak out, call aloud, utter in a loud voice, and invite. When we speak, we are calling forth and inviting something into existence. What are you sending out into the atmosphere? Is it the situation you are struggling with, or is it the promise of God? Think about this and make that shift. When I stated that having a foundation of faith is more challenging than the mountain, I'm referring to this.

Execute



You have just read a plan now; let's talk about using it. If you noticed, identifying those you can depend on takes time. Take a moment to reflect on who your connections are and how they help you move forward in life. It's not that you have to say goodbye to people; you have to understand their role. Yes, there are certain people I talk to about what's going on in my life, but there is not one single person who knows all there is to know about me. If you find that your relationship is toxic in your assessment, you may want to back away slowly. The bible speaks of knowing who labors among you. "Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord." 1Thessalonians 5:12. N.I.V

Go back to our earlier conversation about people. The Greek word "acknowledge" or "foreknow" is Eidenai which means to have perceived.

You can recognize who is not for you; however, you may choose to stay connected for some other purpose.

- Decide what you will do daily to combat the stress and worry you are experiencing, but make sure it's something you can maintain. For example, if you want to lose weight, you have to make practical decisions. So, if you don't like running, getting up in the morning and running won't work for you. I have found that early morning prayer for others works for me—thanking God for the day, life, and health. You are worshiping and praying scripture, maybe clearing your mind, meditating, walking, singing, writing, cleaning, reading, and perhaps even creating something. There are so many routines that you can make for yourself that will help rid yourself of stress.
- Decide how you respond to the negative thoughts that may come your way. What will you do to overcome when you find yourself focused on the negative? Remove yourself from the situation? Quote a scripture, tell yourself to "stop and refocus?" Or will you talk directly to the thought, knowing that whatever the negative thinking affects how you show up? I have learned that the negative thoughts we think can be our way of protection. Listening and acting on what we have in our head keeps us safe in the "familiar." The unknown can be very intimidating at times. Creating a plan of action will help you move past the thought and focus on what you should do next. Pick as many solutions as possible that you can use and be honest with yourself. Depending on the situation, you might find that your action may need to be adjusted. The goal is to move away from thinking about your problem instead of letting it overtake you.

Now comes the time to make it work.

- Try what you have identified and step out on faith.
- Identify the timeframe it takes for you to move away from the negative thought. The more you practice the action, the easier it will be. For example, when I became angry, I would hang on to whatever I was mad about for hours. Now I give myself 15 minutes, and then I release it.
- If something didn't work the way you planned, recalibrate, and try again. You may find that what you thought was a good plan isn't, and that's okay; when you stop trying, you stop moving forward.

Let's summarize what is needed to facilitate a different mindset about responding to negative situations in your life.

- **Helping** – Identify the change needed to assist you in your walk with facilitating your foundation of faith. Make the choices for change; you are equipped for it already.
- **Overcome** – Utilize resources to facilitate a mindset shift. Your "next" requires it of you.
- **Plan** – Be strategic by examining your situation and deciding what works best for you. What's in your arsenal?
- **Execute** – Act on the steps. If something doesn't go as planned, regroup, adjust and start again.

To obtain more guidance on how changing your mindset can impact your focus and walk with Christ, you can contact me at Email

renitadavis@ichpmove.com

or my website

<https://www.ichpmove.com>

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