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Outline

Draft Title: Empowered Through Adversity: A Christian Woman’s Guide to Resilient Living

Introduction

* 1. Purpose: To understand that not all life-altering pain or setback that you go through is bad. Going through a major adversity or challenge in your life is often the conduit that leads you through the process of discovering your purpose, activating or regaining your power, gaining wisdom and maturity. It helps you to build your character of perseverance which lead to the fulfillment of God’s plan for your life that leads to a hope and a future. (Jeremiah 29:11)
  2. What would my reader gain or what would be their call to action:
     1. They will identify how going through their specific challenge help them to build up their faith in God and how it helps them to strengthen their comeback muscle as an overcomer.
     2. The tools and strategies that will be shared throughout each chapter of the book will serve as a guideline that would equip my reader with a simple practical way on how to thrive while still going through adversity. Each chapter will highlight my specific journey on how prayer, God’s Word and faith and total surrender to Holy Spirit guidance helps me to live day to day with three Chronic illnesses and yet still thrive.

**Empowered Through Adversity**

**Chapter 1: Adversity for Food: Understanding Adversity**

1. Meaning of Adversity
2. The joy of trials and tribulations (James 1:1-2)
3. Characteristics of Adversity
4. Reflect/Recite/Call to Action

**Chapter 2: Not a victim but a Victor**

1. Redefining your identity through Adversity
2. Divine purpose
3. Self-worth is not defined by circumstances
4. Reflect/Recite/Call to Action

**Chapter 3: So as a Man Think**

1. Killing your inner critic
2. Healing thoughts
3. Kingdom mindset
4. Reflect/Recite/Call to Action

**Journey to Resilient Living**

**Chapter 4: Defining Resilience: A biblical perspective**

1. Resilience: What does mean?
2. The Big Bounce Back
3. Courage to Walk it Out
4. Reflect/Recite/Call to Action

**Chapter 5: Thriving in the midst of Adversity**

1. Pushing Past Pain into Power
2. Promises over Adversity
3. I have, I am, I can
4. Reflect/Recite/Call to Action

**Chapter 6: Blueprint to becoming Resilient**

1. Self-awareness
2. Self-care
3. Mindfulness
4. Positive Relationship
5. Reflect/Recite/Call to Action

**Chapter 7: Resilient Living**

1. Be Strong and Courageous
2. Promise over Adversity
3. Trusting God in the Wilderness
4. I have, I am, I can
5. Reflect/Recite/Call to Action

**Changing the Game**

**Chapter 8: Turning trials into triumph**

1. All things working for my good
2. No weapons formed shall prosper
3. Reflect/Recite/Call to Action

**Chapter 9: Thriving in Your Finances: From Scarcity to Abundance**

1. Financial Stewardship
2. Kingdom Giving
3. Wealth Mindset
4. Reflect/Recite/Call to Action

**Chapter 10: Rebuilding Relationship**

1. Learning to Trust again
2. Reconciling Faith and Friendship
3. Reflect/Recite/Call to Action

**Chapter 11: Empowered for Purpose**

1. Living Testimony
2. Discovery your Uniqueness
3. Reflect/Recite/Call to Action