

INTRODUCTION

The most endearing and inspirational quality of the human spirit is our ability to overcome hardship, personal tragedy, and insurmountable odds. Webster's dictionary defines an overcomer as a "person who overcomes something. One who successfully deals with or gains control of a problem or difficulty." There are no secrets or a "how-to manual" to help us become an overcomer. Our personal storms, emotional heartbreak, setbacks, and the resistance we experience will groom us into an overcomer. For I am trained in the secret of overcoming all things whether in fullness or hunger. And I find that the strength of Christ's explosive power infuses me to conquer every difficulty. Philippians 4:13 TPT.

The adversity, betrayal, or setback you are living through will not defeat, destroy, or take you out! Hardships in life will stretch and make us uncomfortable. The purpose of the discomfort is not to make our lives difficult or to make us angry, but it should nudge us to make a "*U-turn*" inward for self-examination and reflection. God's grace will empower us to overcome our problems, struggles, and obstacles. But He said to me, "My grace is sufficient for you [My lovingkindness and My mercy are more than enough always available regardless of the situation]; for [My] power is being perfected [and is completed and shows itself most effectively] in [your] weakness." Therefore, I will all the more gladly boast in my weaknesses, so that the power of Christ [may completely enfold me and] may dwell in me. So I am well pleased with weaknesses, with insults, with distresses, with persecutions, and with difficulties, for the sake of Christ; for when I am weak [in human strength], then I am

strong [truly able, truly powerful, truly drawing from God's strength]. 2 Corinthians 12:9-10 AMP.

At this moment, what is your greatest challenge? Do you struggle with a fear of failure? Have you been diagnosed with an illness and you don't believe God can heal you? Could it be that you are trying to bounce back from an unexpected life event? Do you want to conquer your thoughts of shame or unworthiness? Maybe you are reliving the past, or is it possible that you don't know how to begin rebuilding your life after a spouse's death or ending a relationship? Are you an empty nester or newly retired and moving into a new season of life is intimidating? Whatever you are going through, God created you to be an overcomer! For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. 1 John 5:4 ESV.

The daily grind of life and the challenges we face can wear us down, chip away at our confidence, rob us of our joy, and gradually erode our will to fight. In this eBook, I am going to share with you the characteristics that I believe are essential to overcoming fear, a negative mindset, adversity, setbacks, and obstacles in life. I'm also going to share the strategies that have helped me overcome my own challenges. The characteristics and strategies I share are not comprehensive, but is a good starting point. As you continue on your journey of overcoming, you will discover new strategies that work for you. Refer back to this eBook when you are stuck and don't know what to do, your body cannot take another round of treatment, rejection is getting the best of you, or when you feel like you are up against a wall and you don't know how you are going to make it through.

I want you to know that you are not alone. We all go through tough times, have struggles, and experience a set-back, but we can overcome them. I hope that by reading this eBook, you'll be able to find some inspiration and guidance as you face your own challenges.