

Introduction

I never imagined myself writing this book, yet here I am, called to share my journey. The idea that my words—and even my life—could hold meaning for someone else is both humbling and overwhelming. Still, I believe that God has assigned me this task, and I trust He will provide the way for it to be accomplished.

There is so much I didn't share about my life, and that was on purpose. This book is not about pity, nor is it meant to be a source of gossip. Instead, it is a testimony—a raw and honest reflection of my past, my struggles, and the transformation that only God could bring. To be honest, I don't even know how much of my life I am ready to share. But one thing I do know is this: when the Lord speaks, He makes a way. And as He leads, I will follow.

Argue Back...the woman left is more than a book. Argue Back is a tool for inner healing—and a movement for those who have been silenced by life and lies. A voice silenced. A soul shattered. A woman who chose to fight back. It's Raw, authentic storytelling with purpose. Bible-based but accessible to a wide range of readers, and offers Hands-on healing through journaling, reflection, and actions. The Journaling and Repetition are intentional. It's a battle cry for every person who's been dismissed, overlooked, abused, or abandoned. Through pain and powerful reflection, I'm writing as The Woman Left and reclaiming my voice. Step into the raw, unfiltered truth of a woman who refused to stay broken. I dare others desiring freedom and healing to do the

same. No more silent wars. Silent pain is not our portion. It's time to Argue Back.

I must warn you—the woman I am now is not the woman I once was. If you know me today, parts of this story may come as a shock. But I share it not to dwell in the past, but to reveal the power of change, healing, and redemption. My hope is that through these words, you will see that transformation is possible and that no matter where you are in your journey, God is still creating your story.

Who is The Woman Left?

Good question. You may see pieces of her throughout this book. Sometimes, I had to revisit the same truths more than once to believe them. And maybe, so will you. As I'm writing this, I'm exactly where you are reading this...Lost, Unsure, Confused, Lacking. Right now, I don't even know who she is. What she looks like. What she likes. What she dislikes. What she feels. What she wants. Why is she still here? Where is she going? When will she heal? What does the process of healing look like for her? What will the Lord create her to be? Will she ever make it "over" ...make it "through" ...

All I know is that she is here. She exists in the present. She is alive, and she wants something better than what she has experienced. If you can acquaint yourself with this, then you are in a wonderful place for the right kind of growth. It's time for a whole new wiring. A whole new outlook. A whole new focus. A whole new you with the right tools to be the best version of you, you can be.

When I first felt led to create the Woman Left, I thought only of the physical woman who had been abandoned. I saw the woman left as this great prophetic mother for all abused women, recovering women, re-building women, that now can take the pieces of her left-over heart, her left over mind, her left over soul, her left over life and let the Lord rebuild, remake, redirect, heal, and grow what she has left. She was strong, resilient, and courageous; she stood up against the enemy and won, even in her pain, even in her loss, even in her failure. And all of this is absolutely true. She is great and needed in the kingdom of God. Yes, she is anointed; she is mighty in prayer and praise. She lives and breathes God's

word. She loves the Lord. She fears the Lord and accepts correction. She would never say that the word is not true. But I've realized that the Woman left can't just be talked about after she is healed, or after her life is in order, like everything just fell into place miraculously. The Woman left should be used to show others there is a WAY to freedom. She should be used to help you not feel ashamed of your thoughts and actions that may not always reflect faith or strength while walking through your valley. The Woman left is full of thoughts. She relives her experiences over and over. Sometimes the outcome is good, sometimes the outcome is bad. The Woman Left should be used to show others that true healing is messy, its highs and lows, it gives up and moves forward, in other words, real healing starts pulling at the root, and that, my friends, is painful and relieving all at the same time. Over the years, so many other things have been built into her life, her mind, and her emotions. How can she possibly think any other way than the way life has programmed her to think? The constant battle between the mind of Christ and the mind of your circumstances is real, and if you don't expose it and handle it, it will handle you. Your circumstances will dictate every avenue and area of your life. Like garbage in, garbage out.

So, you ask, how can the Lord rebuild what she has now left when it looks unusable, destroyed, and lonely? I found there are some other things left that the Lord can't rebuild or use for rebuilding; it would be against his word to rebuild or allow her to keep them. Those things should never have been allowed to be left in the first place. The Lord can't rebuild until He tears down those things. SO yes, the Woman left in her rebuilding state has another level of demolition in her future, before the ground can be rebuilt on. The Woman left is overwhelmed with uncertainties, and the only way she can

make it, the only way she *IS* making it, is by wrenching, shoving, fighting, and arguing with every fiber of her being against the thoughts raging war in her mind, whether it is her voice or the voice of others. In this struggle, the Lord is removing the emotions and programming of the past. Not just once or twice, but every time the thought or emotion rises, even if it's the same thought, she allows the Lord to attack that thought every single time, over and over, and she joins the fight with the Lord for her life. The Woman left knows that the forming of the thought is not the issue but allowing it to gain a voice is what brings a separation between her and God; her and life; her and the future.

Give me my Hope

*This section speaks directly to those who feel overwhelmed by life's burdens—when pain seems endless, and hope feels out of reach. It acknowledges the deep emotional and spiritual battles that can make even the thought of continuing feel unbearable. Yet, it offers a powerful reminder: **hope is not just a feeling—it's a lifeline.***

Journey Entry: What is Hope? What do I have to hope in? DO I have hope or am I hopeless? I feel so lost right now. Why hope when nothing I asked God to fix is fixed. It's all destroyed, and I don't know what to do. I don't know who to trust and I don't have anything to look forward to.

- ❖ **Hope** - to cherish a desire with anticipation: to want something to happen or be true. To expect with confidence, trust.
- ❖ **Hopeless** - having no expectation of good or success: despairing, alone, incapable of redemption or improvement.

When you feel your strength has left and you don't know how you will ever make it, you search for a way out. You cry out to God, praying and fasting for an escape, but there never seems to be an uncomplicated way. You are running out of options because it feels like nothing is happening on your behalf. You just want it all to stop.

You believe that continuing to endure your current situation is a fate worse than death. Some people may wonder how anything could be worse than death, but for you, knowing that you may be required to continue living in your own little piece of hell on earth—that fear and unrest could stay with you every day for the rest of your life, and that you are destined to be unhappy and in bondage forever—is enough to make death seem like the better option.

But I challenge you to keep hope alive. Anticipate and trust with confidence that the answer to your hope is coming.

I know it's so easy to just give up, to let it all go, and take your chances with death—death of your dreams, death of

your relationships, and death of your life. But we all know what death brings. It brings judgment, and for anyone to choose judgment knowingly over the chance that the worries of this world might last a little longer than they want—it's unthinkable.

As long as you have light, you have hope for direction and restoration. There is a season for everything, and everything lasts only for a season. Always remember, this season will end as long as you keep hoping for better—hoping for more. Nothing in your life is permanent unless you give it a permanent place. Hold on. Pain ends!

If someone has taken your hope, it is almost like they have taken your lifeline. Without hope, we have nothing to look forward to. Without hope, we have nothing to strive toward.

We become stagnant, sitting in the same place, afraid to move. Too tired to move. Pretty much done trying to move. When we feel like this, we start making permanent decisions instead of decisions based on the hope deep inside us—the hope of glory. Those small wins that remind us of the bigger victory. But if we just sit back, we let the enemy control our future.

The enemy will always seek to destroy you. He comes to steal, to kill, and to destroy. He wants you to feel like a sheep led to the slaughter—kicked, abused, and looked upon as if you are nothing. He wants you to be a mat for someone to wipe their feet on, a piece of filth scraped from their shoes, trash burned and discarded. He wants you to feel unwanted and disrespected.

He wants you to know what it's like to hear words like “*B*” —the female dog and “*W*” the street walker—to be degraded and humiliated in front of others. He wants you to be

constantly attacked for anything and everything, to be at someone's every beck and call without receiving a single word of gratitude. He wants to strip you of your freedom to make decisions, to have your opinions belittled, and to take away your ability to laugh and enjoy time with family and friends.

His goal is to make sure you feel so stressed and depressed that you withdraw from human interaction. His job is to make you feel weak, lost, and alone every single day—to remind you, again and again, that you're not good enough, that no one wants or loves you.

Does this sound familiar?

It's a game to him. All these things are set in motion to distract you and destroy your hope. The question is: ***Are you going to let him keep winning, or are you going to be a game-changer?***

The Power of Hope

What is this hope that is so important that the enemy is trying to destroy it?

It is the hope you have placed in God—for love, protection, and freedom from oppression and disrespect. A life free from constant hurt and pain. Hope for whole, healed relationships. Hope for courage under fire. Hope for prosperity. Hope that through salvation, you can experience love.

The good news? ***If you are reading this, you have already decided to take back your hope.***

You don't want to be an empty shell, barely existing. You want to thrive and live! And for that, I say: ***Let's goooo!*** Go

get what belongs to you. Don't give up. Keep hoping until everything you long for is right in front of you.

The fact that you didn't just settle and say, "Oh well, it is what it is. This is my miserable life," shows that deep down, you haven't accepted your current situation as permanent. I even hate calling it your current situation because this is not where you are destined to stay.

Remember the Word:

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up." – Galatians 6:9

The enemy is attacking your desire because he knows how important your hope is. If he can keep you distracted—if he can make you doubt—you may never see what you are hoping for come to pass.

Redirecting Your Feelings

When you start to question your hope and feel hopeless, remember this: ***Feelings can be redirected, changed, and controlled.***

- Feelings of incompleteness should lead you to find what truly completes you. As you examine your life through God's Word, you will discover where you fit, and your hopes will align with His plan. Be careful—do not let just anyone or anything attach itself to you while you are searching. Ungodly soul ties will not make you whole. They will only bring more confusion. Tying your life to the wrong people will not fill the void inside you. And sitting around wondering what to do is not an option either. Seek it out! Try new things. Don't let your mind be idle—it will only create a playground for the enemy.

- Feelings of loneliness should push you to get involved and make a difference. Stop sitting at home alone, dwelling on what's missing. Create your own space and fill it with the things of God. Do something positive—help someone else. But be careful not to lose yourself in the process. Remember, you can't make anyone change. Change is a personal decision.
- Feelings of uncertainty and doubt should drive you to seek truth. When we walk in the truth of the Word, our hopes align with God's plan. The Word helps us avoid false hope for things God never intended for our lives. When our prayers line up with His will, our lives become better because we are following the right path to our destiny.

You can't predict the future. Maybe what you are hoping for won't happen exactly as you imagine—but you can start creating a life that leads to the future you want. *"All things came into being through Him."* – *John 1:3a*. Stop focusing on the thing causing your hopelessness. Instead, look for what is missing.

What is it that you need to lift your head? To dry your tears? To feel important and needed? ***You must seek what is missing—that's how you take back your hope!*** I remember when Hope clicked in for me. I saw what could be. I saw the restoration before it happened. The vision is what was missing for me. I just needed to see it again to strengthen my hope. You will recognize it within yourself as well.

"And in Him, you have been made complete, and He is the head over all rule and authority." – *Colossians 2:10*. God has the final say in your life. That's how you will learn to

live again—not wishing for life to end, but looking forward to change. Look for respect, courtesy, support, consistency, edification, calmness, peace, joy, understanding, and emotional stability. You can't seek these things from the same mouth that is tearing you down and stripping away your worth. You must shift your focus to voices of encouragement and love. Everything you need to truly live was breathed into you by God Himself. And because He knows you are human; He will send people into your life to reinforce His truth:

You will live and not die! They will reinforce your hope, your vision, your goals.

Journal Exercise

As you finish this section, take time to reflect.

- 1. Write down the things you hope for.
- 2. Identify what hinders them. (Be specific.)
- 3. Realign your hopes with the Word. Find scripture that confronts the hindrance.

My Hopes	What is Hindering my Hopes	Aligned Hope to the Word

For example, one of my biggest hopes was to be loved the way Christ loves the church. Looking back, I realize I should have prayed that my spouse would love Jesus more than his sin and that I would find in Christ what I was seeking from him.

People can't make you happy. You have to find joy within yourself and then connect with someone who enhances it. If you are hoping for happiness through someone else, you need to realign your thinking with the Word. "*This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.*" – Nehemiah 8:10b It is in this strength that you can push past negativity and experience true happiness. This is where you receive direction and meaning for life. This is where hope lives. Hope creates a mindset that overflows with optimism, resilience, and strength—even in the midst of trials and tribulations.

Now, it's your turn. Take back your hope!

Prayer: Heavenly Father, I thank you for being my hope and helping me to see all the potential I have for greatness in my life. I thank you for taking every uncertain, confusing thing in my life and shining the light of your glory in those situations so I can see the good. I thank you for being the author and finisher of my faith. Today, I put all my faith in you. And I ask you to put people in my life that reinforce the hope I have in you and remove those that are hindering me. That my every action led me to see all that I hope for. Help me to believe with confidence and trust in you to lead me through this life and possess the riches of your glory. I will hope in you when all else falls apart, I will believe in your work in me. In Jesus Name. Amen.

Personal Reflections

A series of horizontal lines for writing, with a large, light gray "SAMPLE" watermark diagonally across the center.