

Excerpt From Workforce Champion – Breaking Through

Before reviewing the free excerpt below, from the book *Workforce Champion: Breaking Through*, I would like to share a few thoughts and practical suggestions for overcoming.

Overcoming hurtful experiences is necessary if we want to see the bright future we have imagined. Ask yourself “what offense or unforgiveness is standing in the way on my journey to *better?*”

Below are the steps that I took, and the outcome has been worth every bit of trouble. Like a practice test, I have found myself repeating some of the steps for the same problem until I finally got it right. With every new setback, I use the same cycle. I encourage you to embrace this part of the process to see the joy awaiting you.

- 1) Acknowledge how you feel and why.
- 2) Pray for your own healing and wholeness.
- 3) If someone offended you, pray for them and forgive.
- 4) Prepare yourself for your future and keep pushing.
- 5) Expect double for your trouble.

*Disclaimer: This book is written from a Christian worldview. The ideas and beliefs are not intended to represent those of anyone besides the author and do not take away from the principles shared herein, but are used as a fundamental basis for thought, belief, and self-view. **The following is a prayer, followed by practical examples of overcoming.***

Chapter 5

Are you in need of healing and restoration?

LaTonya Darneish McElroy

I want to take a moment to speak to those who have been in the workforce and have endured workforce hurt. This may be as a result of unreasonable oppression by a supervisor or a person in leadership. It could be your own sense of insufficiency in comparison to others. Maybe you have not been granted or offered opportunities, being unfairly overlooked. As a result, the pain has caused you to draw back from your dreams and the things that you have imagined yourself to accomplish and be. There could be a multitude of other examples of workforce hurt, even those not named here.

In this moment, still yourself and allow God to minister to your heart and spirit. Do you know He can heal and restore? Right now, let us not only talk about how you *should* feel, or tell you to ‘shake it off’ and ‘get over it,’ but instead let us face the offense, the hurt, and the pain – the sore, unhealed places. Let us pray that the oil (love, care and compassion) of God would begin to flow. ‘Lord, we know that you are our healer. And we know that You mend broken pieces. You know the hurt that has been endured. You even know the secret lies and the manipulations. You know, Lord, the times when a person has smiled while their heart was hurting, the times when they endured a conversation and were being spoken down to or treated as if they were nothing, but they had to endure it for the sake of a paycheck and because they were thinking about their families. I thank you God for your healing and power to undo and restore every broken piece and every hurting, wounded heart.’

‘Father, in the name of Jesus Christ, we ask that you restore their vision, restore their imagination, remove the smudges, and even heal the wounds so that they are whole and in no more pain. We ask that you would heal the wounds to the point that

Excerpt From Workforce Champion – Breaking Through

they are as if no hurt was ever there. Make them whole, leaving nothing – except maybe the scar or memory of the healing itself, to remind them just how far you have brought them. In the name of Jesus, I thank you that in this moment you are causing the healing to take place. In the future I pray that you would recover and restore them in such a way that no weapon or strategy against them will succeed. I also pray that you would not allow contrary words or disparaging statements to deter or hinder their success.’

‘I thank you for touching the person reading and hearing this message. I pray that you would empower them with a force, a strength, and a tenacity that no evil person, thing, or thought can shake them – let there be a force on the inside that can resist and exceed any negative influence, words and actions. Thank You for being a restorer. I thank you that you are not only a restorer, but you give back in multiples, two and even ten times recovery of any losses. I thank you that losses caused by burdens and hardships, losses as a result of obstacles that were placed in their way, losses as a result of the constraints that were placed upon them, and losses caused by the real or perceived ceilings and walls that surrounded them, would be restored. I pray for restoration to even greater heights than that which they might have accomplished had they not been hindered. In the name of Jesus.’

‘And as we pray, we ask for those who were the perpetrators and who trespassed against us, who even *caused* these hurts (spoke the negative words and put barriers in the way). Father, you know their hearts and do not desire for them to suffer. That is why we pray for restoration for that person. Heal them in the area that has caused them to do wrong toward others, and as they ask forgiveness from you, may they also

LaTonya Darneish McElroy

repay their debtors. May they give back or pay it forward. They may not be able to undo what they have done, but in their future, let them run into opportunities to help or lend a helping hand—to somehow serve You better in their business or in their career, in the name of Jesus.’

‘We thank you for the restoration, and we know it is only by your grace, Jesus, that we made it this far. It is only by Your grace that we accomplish dreams in spite of everything, and we know your grace will lead us on to greater heights and deeper depths—that greater horizons are on the way. We thank you in this moment for the preparation that is taking place in Jesus’ name.’

If you agree with this prayer, it is my belief that you should express that agreement. Whether you say ‘I agree’ or ‘Amen,’ I hope that you have joined your faith with mine for total restoration.

As a personal life story to support this occurring, I had a difficult season of life and career setbacks. All of the above hurts were my true reality during this time. I thought that I would not be able to endure it. Yet, during this time, I prayed very similar prayers (not all at once). At first, I especially was unable to pray for the offenders. However, I felt inspired to journal my prayers. I would read scriptures and see how God restored others who had suffered. He always seemed to give them much more than they had lost. I began hoping for double of everything that I had lost. Because I wrote them down, I was absolutely blown away as each inconceivable wish came true.

Since that life season, I have faithfully lived by that principle of restoration. Staying focused on preparing myself for my future, and less focused on my obstacles, I gained strength to keep pushing forward to my imagined future, until I looked

Excerpt From Workforce Champion – Breaking Through
around and realized I was standing in it. My imagined future had become my ‘present.’ You can and will do the same. You will experience double (or even more) for your troubles. Trust God to heal your hurts, to handle your enemies, and to restore you completely.

Request Your Full Copy of the Book: Workforce Champion: Breaking Through

www.latonyamcelroy.com

Use Coupon Code **HEALED** for \$5.00 Off Your Order

While there, SIGN UP to receive updates and stay connected!

Copyright © 2022 by LaTonya Darneish McElroy

All rights reserved including the right of reproduction in whole or in part in any form.