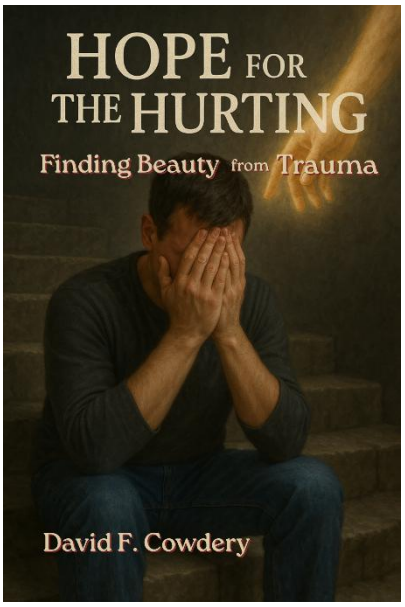
Welcome, Beautiful Soul.

Hope for the Hurting: Finding Beauty from Trauma



Author, Artist, Redeemed Soul

Thank you for downloading this exclusive sneak peek from my heart. You're holding a glimpse of Hope for the Hurting — a book born out of pain, redemption, mercy, and grace. I walked through trauma, loss, and even became someone I never thought I would — one who harmed others. I was transformed by the healing power and love of God. His mercy set me free from a life of pain and suffering and opened doors of healing that were life-changing.

If you're hurting or on your own road towards healing, this journey is for you. You're not alone, and the beauty of it all is: you never were and you never will be again. God constantly reaches out to the hurting, to give them the gift of healing, but He can only heal those who accept His gift. There's beauty on the other side of brokenness, and I pray this preview will be a small spark of that hope.

With love, David F. Cowdery

About the Book

Hope for the Hurting: Finding Beauty from Trauma is a raw, unflinching memoir by a survivor of childhood physical, emotional, and sexual abuse. Written from the perspective of the angry, unchurched young man David once was, it traces four defining seasons of his life — the *Years of Innocence*, *Years of Silence*, *Years of Rage*, and *Years of Wandering* — and culminates in a transformative encounter with God on the night of his twenty-sixth birthday: what David calls his *pendant* moment.

This isn't a polished Christian testimony. It's an honest account of what abuse does to a child, what rage does to a young man, and what grace does to a person who has stopped believing grace is possible.

Who This Book Is For

This book was written specifically for people who are **unchurched, deeply wounded, and possibly hostile toward God** — those who feel trapped in the cycle of abuse and who may have passionate hatred for Christianity. It's intentionally written in the raw voice of the wounded person David once was, so that readers who're in that place today will recognize themselves on the page and know they're not alone.

The Companion Study Guide

A fully developed 22-module Companion Group Study Guide is also available to work with this memoir. Each module of the study guide includes an opening thought, five key scriptures, six discussion questions, a personal reflection exercise, a "Going Deeper" exercise, and a closing prayer. This companion group study guide is designed for closed small groups of 22+ weeks and includes a complete framework for group confidentiality, the role of leaders and helpers, and guidance on when to refer members to professional care.

What Makes This Work Unique

Survivor voice, not clinical voice. David isn't a therapist. He's a man who survived severe childhood abuse and, decades later, felt called to write his story honestly enough that others still in that darkness might find a way through.

Designed for the unreachable. Most Christian recovery materials are written for people already open to faith. This book is written for people who aren't — and who need to see someone who was exactly where they are.

Theologically grounded without being preachy. The memoir testifies rather than lectures. The study guide is deeply scriptural without requiring prior faith from participants.

Excerpt from Hope for the Hurting: The Fate of the Toddler

...I saw the battered and bruise toddler laying in front of me. A deep sorrow, which was greater than any I was able to experience in the past, gripped my heart. He was dying and I could see he was slipping into nothingness. I reached down and picked him up to cradle him in my arms.

My heart broke for him. As I held him in my arms, I gently caressed my finger across his cheek. I was surprised to see the ooze stream down his cheeks as it raced to the floor. As the ooze raced down his cheeks it seemed to scream in agony. I also noticed he was no longer gushing blood. As the slime dissipated, I could see the imprisoned toddler once again. *I'm so sorry* was all I could say to him.

I could see he was dying, and I knew his death was imminent. As I looked him in the eyes, I could see that he knew it as well. For the first time in about two decades, a smile of gratitude crossed his face and his eyes shone with newfound hope. With tiny fingers, he gently caressed my cheek. A tiny and frail voice squeaked from his mouth. *Thank you*, was all he said. When he spoke those words, I noticed that he wasn't just talking to me. He appeared to be looking at the father figure as well.

That realization allowed me to notice the fatherly figure standing beside me. His arm was over my shoulder. The fire that encompassed his body was now surrounding me and the toddler. As the little boy saw the fatherly figure his smile deepened. I was so overjoyed that the toddler was accepting Him. I turned to the fatherly figure and said with excitement "You were right! He came to you!" as I spoke those words, the fatherly figure removed his arm from my shoulder and shifted his position. Even though he removed his arm, the fire never left. That fire was a part of me now. It was His gift to me!

He moved to face both me and the scarred toddler. The wounded little boy was now surrounded by the fatherly figure on one side of him and me on the opposite. With a smile of love, he placed a hand on the chest of the toddler. As he did that, the fire intensified across His hand. I marveled as I noticed the black ooze escaped the light by racing to the floor, screaming in agony. Once the ooze departed from his body, I noticed the gashes started to come back together. It was amazing to watch the child's wounds seal back up leaving no marks or scars. I was watching a healing – a miracle! In short time the disfigurations were replaced with smooth skin. I saw the toddler of old times. The fatherly figure then whispered to the toddler, "It's time."

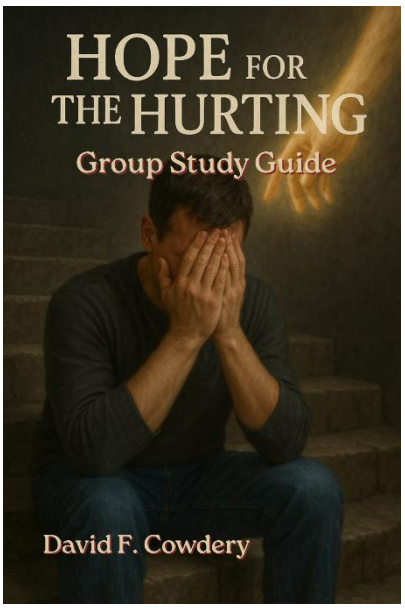
With that, the child started to disappear. As I watched the toddler, he turned to the fatherly figure and peacefully said "Thank you." Once he finished his words, he was gone. My heart broke to see him go, but I was completely grateful his nightmare was over. I remember thinking how sad it was that he was gone, but I knew there was a reason he had to leave; and in the way he did. As I cried for him, I could feel a gentle hand lift my chin. The fatherly figure spoke in a powerfully loving whisper, "It's alright. I have him in my hands. His nightmare's over. Now it's your turn. We'll walk it out together." As He spoke those words, the famous quote from Charles Dickens came to my mind:

"It is a far, far better thing that I do, than I have ever done; it is a far, far better rest that I go to than I have ever known."

With tears of sorrow and gratitude, I looked up and said my last goodbyes to the little boy. I knew he was now in heaven. I promised him that I would always remember him with endearing love. When people talk about being born again, I can honestly say I **really** know what that means. That night, as I said goodbye, I realized that I experienced a death and was reborn as a new creation: a new life!

Hope for the Hurting: Group Study Guide (Now Available):

by David F. Cowdery

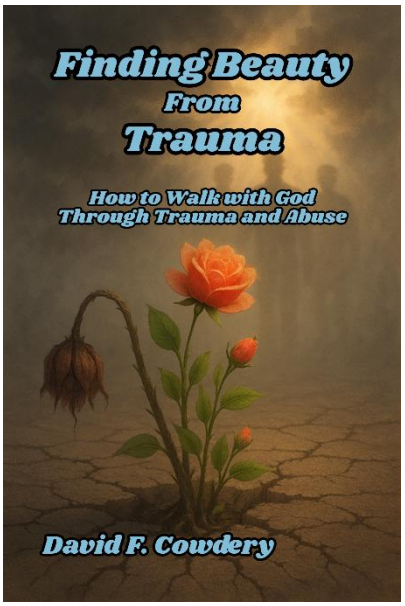


You've read the story. Now walk through it.

The companion study guide to *Hope for the Hurting: Finding Beauty from Trauma* is here — twenty-two weeks of guided discussion, reflection, and prayer, built to help you or your group process the book chapter by chapter, at a pace that respects how heavy this material can be.

Requires: *Hope for the Hurting: Finding Beauty from Trauma* (the study guide is built directly from the book and won't make sense without it — grab both if you haven't already).

Finding Beauty from Trauma: (Coming Soon)



How God Walks with Us Through Trauma and Abuse

by David F. Cowdery

Hope for the Hurting was only the beginning.

David Cowdery is returning with the book readers have been asking for since the last page — the one that takes everything you learned about hope and shows you how to actually walk it out. *Finding Beauty from Trauma* goes further than survival. It's about what comes after.

This one isn't just for abuse survivors. It's for anyone still carrying what trauma left behind, wherever it came from.