

The Real Hope

Real Struggles.
Real Feelings.
A Reminder That
You Are Not Alone.



DAMILARE Oloko-Omogunsoye



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ABOUT

the Author

Damilare is a lover of God, a wife, a mum, a sister, a daughter and a professional accountant. She is passionate about helping others grow in faith and find hope through Scripture. Alongside the Holy Spirit, she leads the @thedaily_reminders community on Instagram and The Reminders channel on YouTube.

FIND ME

Email :
the_reminders@outlook.com

Instagram:
[@thedaily_reminders](https://www.instagram.com/thedaily_reminders)

YouTube:
[@reminderswithus](https://www.youtube.com/reminderswithus)

Website:
[click link to follow](#)



Introduction

Real Hope was born out of a desire to speak into the everyday struggles we all face.

Everyone has something they're dealing with—it's simply part of life in a broken world. But here's the truth: you are not alone.

This book is a reminder that even in seasons of waiting, God is present. The question is, how do we live fully while we wait?

We can't spend our lives feeling helpless or hopeless. Instead, we can find peace and deep rest in the One who holds our future.



Real Hope invites you on a journey—one of trust, faith, and renewal—as you learn to wait well and live anchored in the promises of God.

Romans 8:28 (NKJV) says, "And we know that all things work together for good to those who love God, to those who are the called according to His purpose".



THE FIRST STEP IS THE HARDEST

You are here because you still trust God and His promises. You have taken the first step which is the hardest.

You've turned to the right source of hope—your Heavenly Father Who makes all things work together for your good.

You are right to trust Him. God does not leave His own.

In Isaiah 43:2, He promises that He will be with you in any situation. So, cheer up, **you are not in this alone.**

If you look back at all the seasons you have gone through up until now, you would see that you never had to go through those seasons alone.

Even if they were tough
seasons, God was in it with you
and He came through for you.

***This season is no different. The
same God who saw you
through before will do it again.***



Take a moment to
breathe, reflect, and
remind yourself: My
God is faithful, and
He's with me—even
now.

GIVING

Thanks

In this chapter, I want you to be thankful. Giving thanks has a way of increasing your joy. If you take a moment to reflect, you'll realize there's much to be thankful for. The enemy wants you to believe otherwise. However, you are blessed and you should be grateful for your daily blessings.

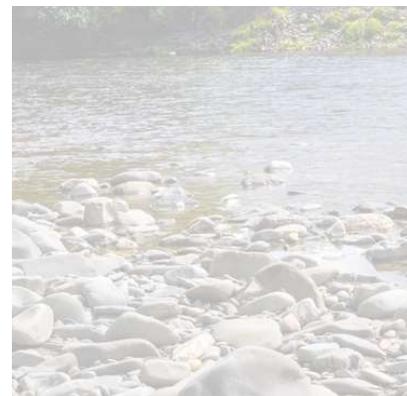
Psalm 103:2 (AMP) says, “do not forget any of His benefits”. Each day comes with a blessing.



THE GRATITUDE ATTITUDE

Thank God for the ‘little’ you have right now.

If you would shift your focus from what isn't working right now, you will see that there are things actually working.



You also should thank God because those things that **seem** like they are not working are actually **working together** for your good according to Romans 8:28. If you choose to see through God's Word, you will be thankful.



Let go of worry and complaints, and choose to cultivate a heart of gratitude instead.

***You are now on Chapter 3.
Your faith is getting
stronger.***

You have chosen to stay close to God in this season.

Waiting on God can only make you stronger. In Isaiah 40:31, God promises strength even for those who wait on Him. Staying patiently and holding on to His promises come with great reward.

The time spent waiting is not a waste. This is the time God prepares you for the next season.

The preparation period can be hard, but this is not the time to give up. It is the time to stay in the Word of God and to get excited about His promises.

It is the time to keep your focus on the Author and the Finisher of your faith.



STRENGTH IN YOUR WAITING

I pray that you will find the strength to wait on the Lord. The truth is your own strength will fail you, but you can count on the Lord to strengthen you in this season.

When He says in Matthew 11:28 (NIV), "Come to Me, and I will give you rest", He means it.



COME TO ME

Come to me, He says. Why are you delaying in calling on Him?

Have you truly given your worries to Him, or are you still trying to fix things on your own? Are you afraid He cannot handle it?

Let me assure you: God is not capable of failing. He never fails to keep His Word.

Handing over your worries to Him, is the surest path to true rest. Yet as Christians, we sometimes forget this truth and turn to God only as a last resort. But going to Him with your plans, desires, and even your worries should be your default setting—your first response, not your fallback.

Make the decision today to
surrender everything to Him.
Ask Him to help you trust Him
completely.



God has both the
ability and **capacity**
to care for you.

God's work often unfolds through a process because **He only creates what is perfect and beautiful**. And while His process may seem slow, Habakkuk 2:3 (NIV) reminds us:

"Though it lingers, wait for it; it will certainly come and will not delay."

IT TAKES A PROCESS

You are half way through, and your faith is growing stronger!

I know it may feel like nothing is happening right now. It might seem like there is no visible progress in your plans or expectations. But that is not the case—God is definitely working.

Think of the refining process that gold goes through before it becomes the beautiful jewellery people admire. That process is intense—even harsh—but the result is something precious and glorious.

In the same way, **God is actively working on your behalf**. So keep your eyes on Him. **Trust the process.**





SHIFT YOUR FOCUS

BEING

Still

Why not take a break from worrying? Stop focusing on what isn't working—because when you do, you'll begin to see what is actually working. And when you see that, you can be truly grateful.

You'll also be reminded that God is still God—the Most Powerful One.

Psalm 46:10 (NIV) says, *"Be still, and know that I am God."*

But you can't be still if your mind is constantly consumed by worry.

Stillness requires a clear heart and a quiet mind—so you can recognize God at work in your life.



I pray that you will see Jehovah
as Lord over your situation
and that you will know with
confidence: **There is nothing**
too hard for Him.



If you know how to
worry, then you
already know how to
meditate—just shift
your focus to God’s
ability to come
through for you.



GOD IS TRUE

FAITHFUL

GOD

Others may have lied to you. They may have failed you in many ways. But God is true.

You cannot measure God's faithfulness by the unfaithfulness of people.

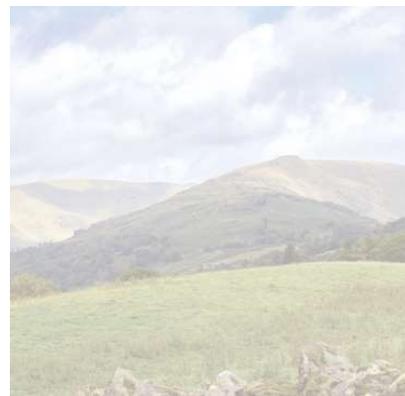
You cannot stop trusting God just because a human acted like—well—a human.

In a world full of disappointment, God can still be trusted. He is not like man.

Numbers 23:19 (ESV) says: "God is not a man, that He should lie".

The choice is yours:

Will you trust a **faithful God**, or will you continue to rely on people who are limited and fallible?



Don't try to figure out how God will do what He's promised—just trust that He will. That alone is enough.

Our God brings dead things back to life and creates something out of nothing.

The entire world was formed from nothing. He is unlimited by nature and unbound by the restrictions we often place on Him.

I've personally seen God turn hopeless situations around—so completely, it was as if the challenges had never existed.

Romans 4:17 (NLT) reminds us: *"This happened because Abraham **believed in the God who brings the dead back to life** and who creates new things out of nothing."*

*Like Abraham, what matters most is not the size of your challenge—but **Who** is handling it.*



DON'T OVERTHINK IT

Trust that God is more than enough for you—right here, right now. The enemy doesn't want you to hold on to this truth, which is why he burdens you with worry and distraction.

Congratulations—you've made it to the final chapter!

I want to remind you once more: **God can be trusted to keep His Word.** Hold on to Him tightly—because the truth is, your life really does depend on it.

God is not in the habit of going back on His promises, and He is certainly not about to start now.

"Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep His promise."—**Hebrews 10:23 (NLT)**

This is the God you serve—a faithful Promise-Keeper.

Stay rooted in His promises. He will never fail you.



GOD CAN BE TRUSTED

I encourage you to make this your prayer:

Lord, I thank You that Your promises are ever true. I choose to hold on to You with all my heart, all my life. In Jesus' name, Amen.



THANK YOU

Thank you for taking this journey with me. I pray these words have reminded you of God's faithfulness and encouraged your heart. You are never alone—He is always with you, working all things out for your good.

With love and gratitude,

FIND ME
Damilare

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Feel free to reach out with questions, to share your testimony, or simply to connect—using any of the channels below.

Email :
the_reminders@outlook.com

Instagram:
[@thedaily_reminders](https://www.instagram.com/thedaily_reminders)