

FREE FAITH & WELLNESS RESOURCE

Transforming Heartache into **H.O.P.E.**

A practical guide to help, offer support, provide education, and
encourage

TARRENT 'AUTHUR' HENRY

Christian Author • Pastor • Transformational Coach • Inspirational Speaker

Where you began does not determine where you will finish.

Pain can make you believe that the hardest chapter of your life is the whole story. It is not. God can meet you in the broken place, restore your vision, and use what hurt you to help reveal what He placed within you.

This guide is an invitation to pause, tell the truth about where you are, and take one courageous step forward. H.O.P.E. is not pretending that pain never happened. It is choosing to believe that pain will not have the final word.

Use this guide slowly. Pray before you begin. Write honestly. Choose one action you can take today. Growth does not always begin with a giant leap; sometimes it begins with one faithful step.

- Tarrent 'Authur' Henry

THE H.O.P.E. PATH

H

Help

Respond to real needs with compassion and practical care.

O

Offer Support

Stand with people so they do not face the journey alone.

P

Provide Education

Share knowledge that replaces stigma and fear with understanding.

E

Encourage

Speak hope, courage, and possibility into the next step.

Help

Help begins with noticing a need and responding with compassion. It may be practical assistance, prayer, a listening ear, a referral, or simply staying present. Healthy help respects dignity and does not try to control another person.

Who around me may need help right now?

What kind of help can I realistically and safely give?

When should I involve a pastor, counselor, or trained professional?

One helpful action I can take is: _____

Offer Support

Support reminds people that they do not have to walk alone. Offering support means listening without judgment, checking in consistently, respecting boundaries, and helping someone connect with appropriate resources.

How can I listen before trying to solve the problem?

What words or actions would help this person feel less alone?

How can I support someone without neglecting my own wellness?

This week, I will offer support by: _____

Provide Education

Education challenges misinformation, fear, and stigma. Clear, reliable information helps individuals, families, churches, and communities understand mental wellness and make wise decisions about prayer, care, and professional treatment.

What misunderstanding or stigma needs to be addressed?

What trustworthy information or resource can I share?

How can I make this information clear, respectful, and practical?

One truth or resource I will share is:

Encourage

Encouragement speaks hope without dismissing pain. It reminds people of their worth, recognizes progress, and helps them believe that another chapter is possible. Encouragement can be a word, a prayer, a call, or continued presence.

Who needs to hear a sincere word of hope from me?

What strength or progress can I affirm in that person?

How can I encourage action as well as offer comforting words?

Within the next 48 hours, I will encourage:

Small faithful steps create momentum.

Choose one simple action for each day. Keep the actions realistic, specific, and kind to yourself.

DAY 1	Notice the need Identify one person or group that may need care.	My action: _____
DAY 2	Listen first Have one conversation without judging or rushing to fix.	My action: _____
DAY 3	Offer support Make a call, send a message, pray, or provide practical help.	My action: _____
DAY 4	Find a resource Locate one trustworthy educational or wellness resource.	My action: _____
DAY 5	Share knowledge Pass along helpful information with respect and clarity.	My action: _____
DAY 6	Encourage action Affirm someone and help them choose one healthy next step.	My action: _____
DAY 7	Reflect and follow up Review what helped, check in again, and keep showing up.	My action: _____

God, use me to bring H.O.P.E.

Father, open my eyes to people who need help. Give me compassion to offer support, wisdom to provide helpful education, and words that encourage without dismissing pain. Teach me to listen well, respect healthy boundaries, and connect people with safe and appropriate care. Let my faith become visible through practical love. Use me to create a culture of H.O.P.E. in my family, church, and community. In Jesus' name, amen.

MY H.O.P.E. DECLARATION

I will Help with compassion. I will Offer Support without judgment. I will Provide Education that replaces stigma with understanding. I will Encourage people to believe that healing, growth, and a greater future are possible.

What I want to remember from this guide:

KEEP MOVING FORWARD

Where you began does not determine where you will finish.

Books • Coaching • Speaking

Tarrent 'Authur' Henry

tarrenth365@gmail.com • authurhenry.com • 1-347-926-3458