



Jesus

GOD'S GREATEST GIFT

Hello, We are TruHope

Freedom, Restoration,
Healing

MISSION STATEMENT

We foster emotional, physical, and spiritual healing through our unique, God-centered approach to restoration.

OUR HISTORY

"To see individuals fully restored and empowered to live with joy, peace, and purpose, walking in their God-given calling, impacting their communities and the world with hope and transformation."

PROGRAMS

- Healing Prayer Ministry for Adults and Children
- Parent and Children Workshops
- Equipping and Empowering Workshops
- Partnerships with Churches

CONTACT

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Ministry@mytruhope.com

www.mytruhope.com



VISION

In 2014, Dr. Jack Sheffield and Jan de Chambrier reached out to Nancy Cook, which led to the creation of TruHope, a nonprofit dedicated to physical and inner healing. Despite challenges during COVID-19 and Nancy Cook's passing in 2021, TruHope adapted and thrived. Now led by Michelle Nance, TruHope continues to expand its support through multiple prayer sessions, workshops, and training, addressing the community's pressing need for emotional, spiritual, and mental healing.

CORE VALUES

Compassion
Freedom
Honor
Courage

SCHEDULE A HEALING SESSION

Call 832-791-8612

Email:

Prayer@mytruhope.com

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The Gift of Jesus Devotional

Scriptures

Spend time each day reading the Scripture passage and asking the Lord what He wants you to know about the gift He gave in Jesus.

Breath Prayers

Stillness is where God does “heart surgery.” In the absence of work and distraction, you can create space for God to minister to you through His Word.

Not sure what Breath Prayer is? See the next page for more information

Reflection

After reading the scripture and spending time listening to the Lord, write down what you hear, sense, feel or notice.

Ornaments

After spending time with the Lord, hang your ornament on the tree to remind of the gift we have in Jesus.

www.mytruhope.com



Breath Prayer

What is it?

Breath prayer is a discipline of stillness and deep breathing in the presence of God. You can pray God's Word with each inhale and exhale.

Why?

We believe your body is an integral part of your faith. Why? Because you are an embodied creature made by God, you can use your body to connect to Him. Breath prayer is a physical act of worship that engages your whole body to connect more deeply with God's Word.

The Practice

Stillness is where God does "heart surgery." In the absence of work and distraction, you can create space for God to minister to you through His Word. in God's Kingdom, our value comes entirely from the work of Jesus on the cross.

Your value and identity and belonging to the Kingdom of God is a gift from God Himself!

Measured Breath Prayer

Inhale to the count of 5
Exhale to the count of 5
12 breaths/minute

Box Breath Prayer

Inhale to the count of 5
Hold for the count of 5
Exhale for the count of 5
Hold for the count of 5
Repeat



Breath

Genesis 2:7 “And then the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life, and man became a living being”

The first time, the word for breath means inflated, blew.

The second time, the word, breath, means gift.

God came close to man, to us; He was intimate enough, close enough to breathe the gift. He desires to be this close to us.

Isaiah 42:5 “GOD's Message, the God who created the cosmos, stretched out the skies, laid out the earth and all that grows from it, Who breathes life into earth's people, makes them alive with his own life: “I am GOD. I have called you to live right and well.”

His Breath, His very Life, He has breathed into us.

Sit face to face with Him, get close to Him, be intimate with Him. Spend time looking at Him, looking at you, and delighting in you.

Breathe in His presence and allow Him to fill you with new life.



Hope

DECEMBER
1ST - 6TH

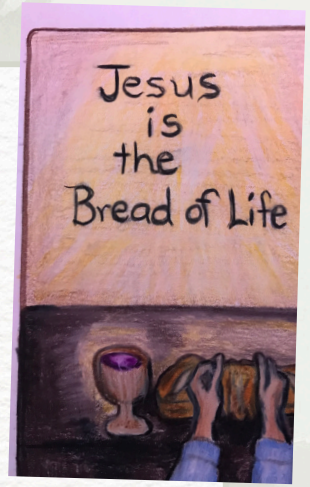


Bread of Life

SCRIPTURE:

Jesus said to them, "I am the Bread of Life. Come every day to me, and you will never be hungry. Believe in me, and you will never be thirsty.

John 6:35



BREATH PRAYER

Bread of Life/ You're All I Need

REFLECTION:

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Truth

SCRIPTURE:

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me." John 14:6



BREATH PRAYER

Your Truth / Brings Hope

REFLECTION:

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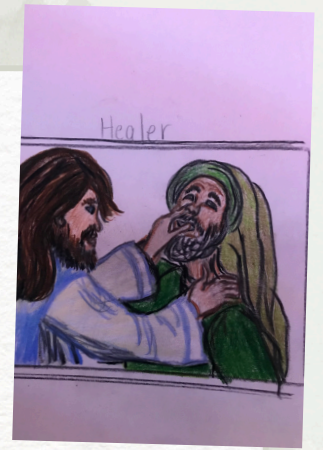
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Healer

SCRIPTURE:

Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases. Psalm 103:2,3



BREATH PRAYER

Bless the Lord/ Who Heals

REFLECTION:

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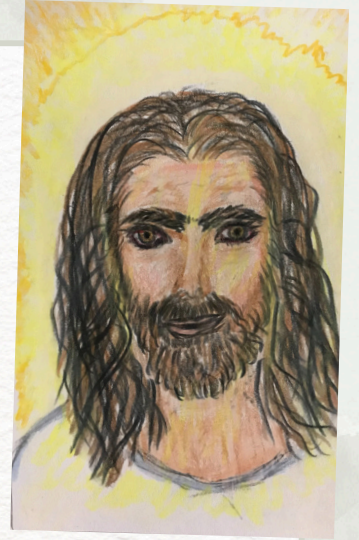
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Light

SCRIPTURE:

Jesus spoke to them again: “I am the light of the world. Anyone who follows me will never walk in the darkness but will have the light of life.” John 8:12



BREATH PRAYER

Jesus, I See You in Light/ I Will Find You in the Dark

REFLECTION:

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Hope

SCRIPTURE:

In bringing many sons and daughters to glory, it was fitting that God, for whom and through whom everything exists, should make the pioneer of their salvation perfect through what he suffered. Hebrews 2:10



BREATH PRAYER

My Deliverer/ My Captain/ My Pioneer/ My Hope

REFLECTION:

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Conqueror

SCRIPTURE:

A sound of joy and gladness, the voice of the groom and the bride, and the voice of those saying, Give thanks to the Lord of Armies, for the Lord is good; his faithful love endures forever.
Jeremiah 33:11



BREATH PRAYER

Thank God/Lord-of-the-Angel-Armies /He's so Good! /His Love Never Quits

REFLECTION:

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Peace

DECEMBER
7TH - 13TH





Comforter



Scripture

I, even I, am he who comforts you.
Isaiah 51:12



Breath Prayer

Prince of Peace/ Comfort Me

Reflection

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Lion of Judah



Scripture

But one of the twenty-four elders said to me, "Stop weeping! Look, the Lion of the tribe of Judah, the heir to David's throne, has won the victory. He is worthy to open the scroll and its seven seals." Revelation 5:5

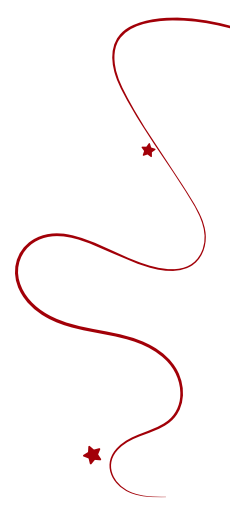
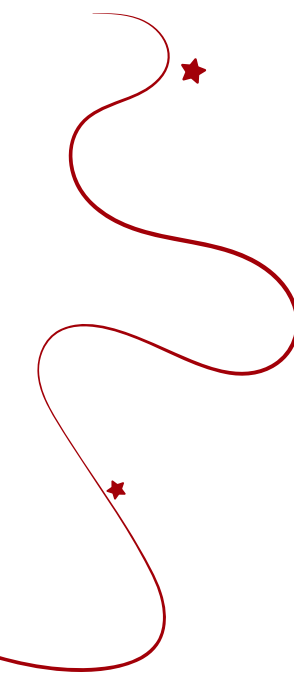


Breath Prayer

Lion of Judah/ You are Worthy/
You Defend Me/ I Rejoice

Reflection

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Intercessor



Scripture

For there is one God, and there is one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all, which is the testimony given at the proper time.

1 Timothy 2:5-6



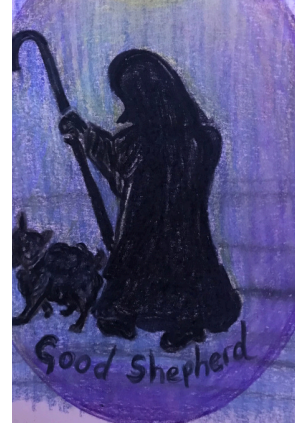
Breath Prayer

Thank You Jesus/ My Intercessor

Reflection

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Good Shepherd



Scripture

I am the Good Shepherd. The Good Shepherd puts the sheep before himself, sacrifices himself if necessary.
John 10:11

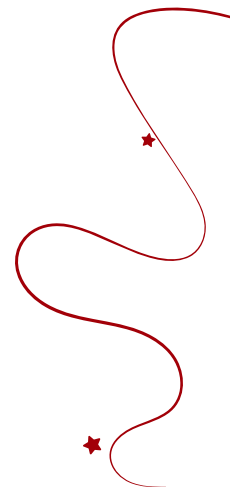
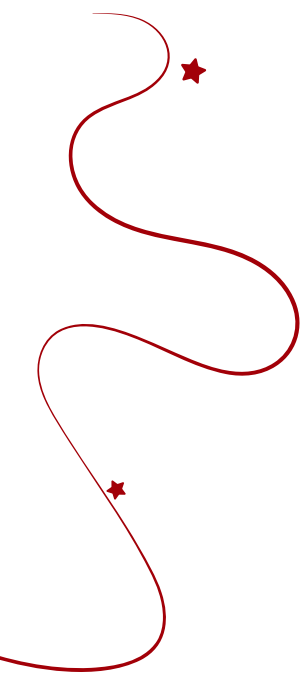


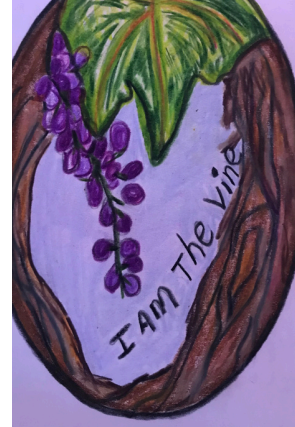
Breath Prayer

Good Shepherd/ Guide me/
I Hear Your Voice/ I Will Follow You

Reflection

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Vine



Scripture

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

John 15:5



Breath Prayer

Abide in Jesus/ He is Glorious

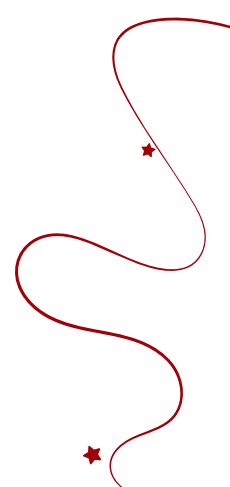
Reflection

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Counselor



Scripture

For to us a child is born, to us a son is given,
and the government will be on his shoulders.
And he will be called Wonderful Counselor,
Mighty God, Everlasting Father, Prince of
Peace. Isaish 9:6

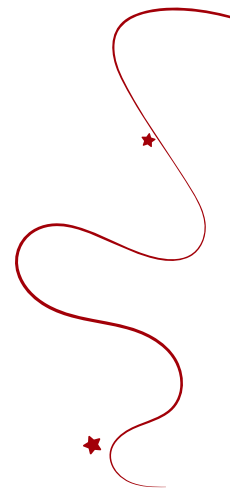
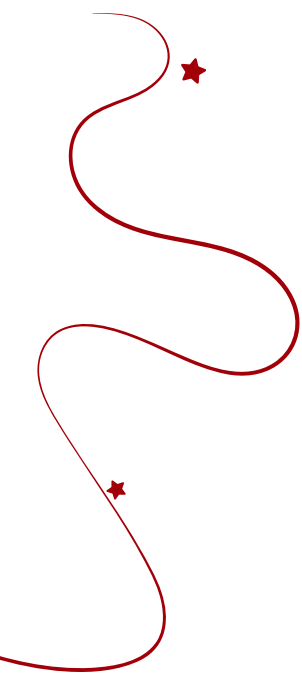


Breath Prayer

Wonderful Counselor/ Mighty God

Reflection

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Living Water



Scripture

Jesus answered, "If you knew the generosity of God and who I am, you would be asking me for a drink, and I would give you fresh, living water."

John 4:10

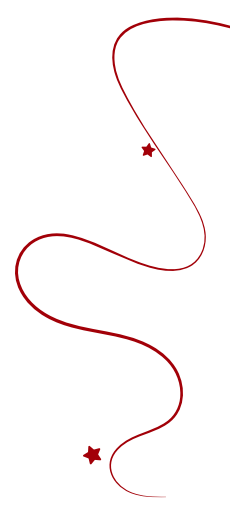
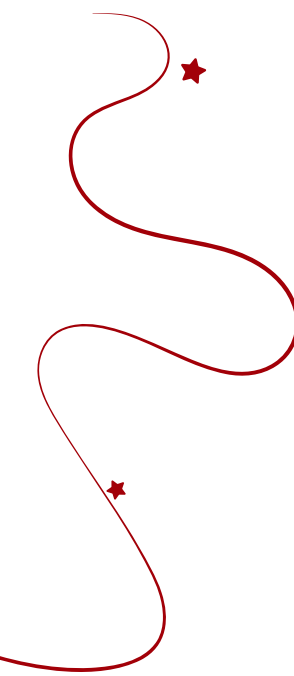


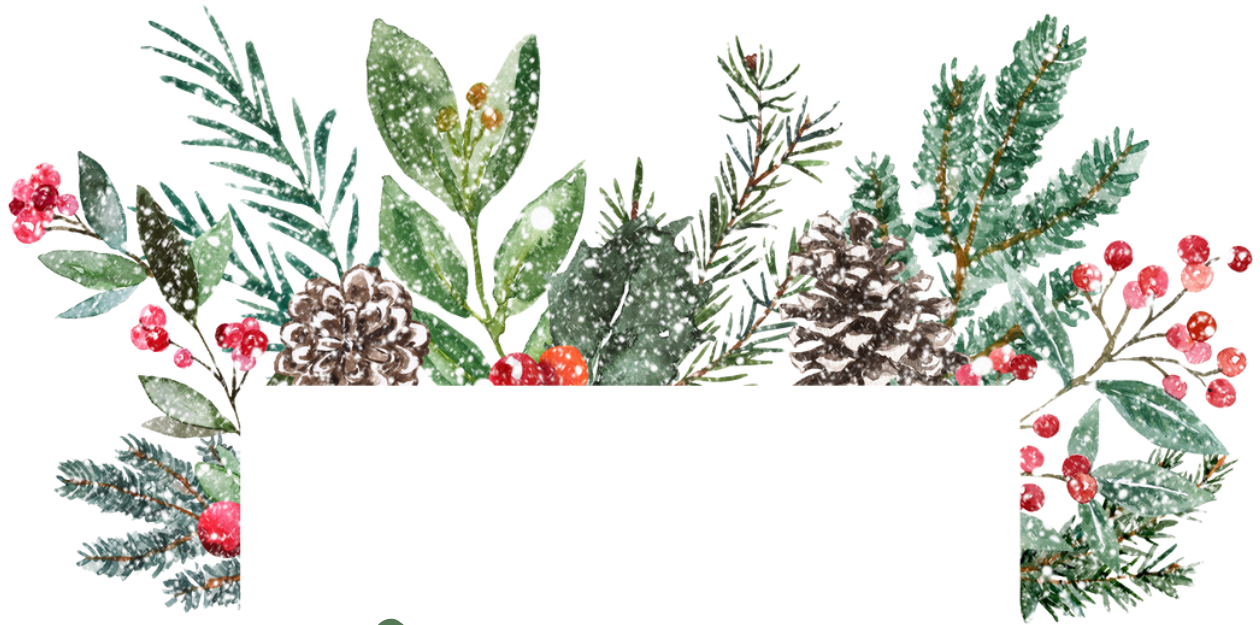
Breath Prayer

Jesús, You Give Generously/
Refresh Me

Reflection

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joy

DECEMBER
14TH - 20TH



Restorer

SCRIPTURE:

He offers a resting place for me in his luxurious love. His tracks take me to an oasis of peace near the quiet brook of bliss. That's where he restores and revives my life.

Psalm 23:2-3



BREATH PRAYER:

Jesus, Take Me/ To Your Oasis

REFLECTION:

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Loving Kindness

SCRIPTURE:

Love is limitless, how extravagant is
your cherishing love, unfailing
Psalm 36:6,9



BREATH PRAYER

Jesus Wrap Me/ In Your Extravagant Love

REFLECTION:

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Extravagant

SCRIPTURE:

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us...

Ephesians 3:20



BREATH PRAYER

Jesus You Are / Extravagant/ Merciful/
Gracious

REFLECTION:

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Committed



SCRIPTURE:

Know that the Lord your God is God,
the faithful God who keeps his
gracious covenant loyalty for a
thousand generations with those who
love him and keep his commands.

Deuteronomy 7:9

BREATH PRAYER

Gracious Loyalty/ to a Thousand
Generations

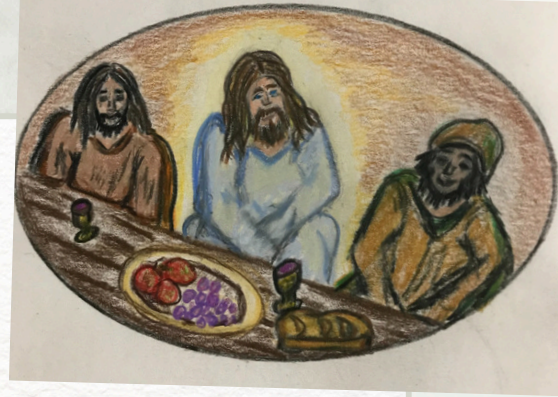
REFLECTION:

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Faithful



SCRIPTURE:

The One who called you is completely dependable. If he said it, he'll do it! | Thessalonians 5:24

BREATH PRAYER

You Said/ You'll Do It/ Period/ Exclamation!

REFLECTION:

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Compassionate

SCRIPTURE:

When he saw the vast crowds of people, Jesus' heart was deeply moved with compassion, because they seemed weary and helpless, like wandering sheep without a shepherd.
Matthew 9:36



BREATH PRAYER

Jesus You Have / Deep Compassionate for Me

REFLECTION:

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Living Word

SCRIPTURE:

The Word became flesh and dwelt among us. We observed his glory, the glory as the one and only Son from the Father, full of grace and truth. John 1:14



BREATH PRAYER

We See Your Glory/ Full of Grace

REFLECTION:

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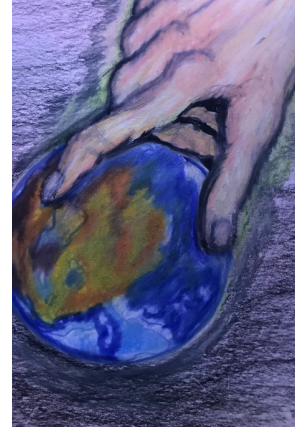


love



DECEMBER

21ST - 25TH



Creator



Scripture

And through his creative inspiration this Living Expression made all things, for nothing has existence apart from him! John 1:3



Breath Prayer

Thank You For/ Your Creative Inspiration

Reflection

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Joyful / Playful



Scripture

He will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing. Zephaniah 3:17

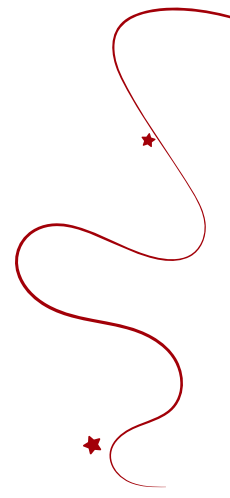
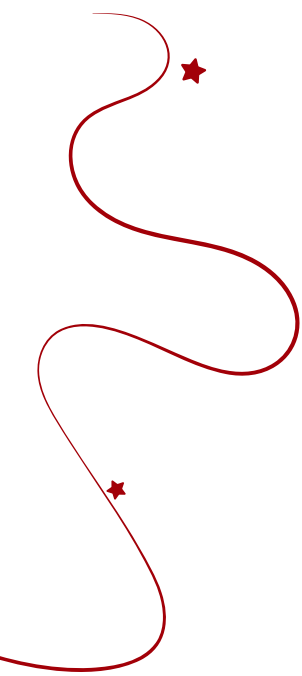


Breath Prayer

Remind Me / To be Playful

Reflection

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Freedom



Scripture

Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you. Galatians 5:1

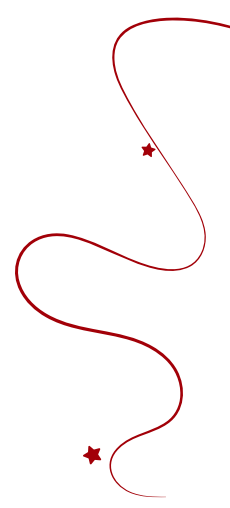
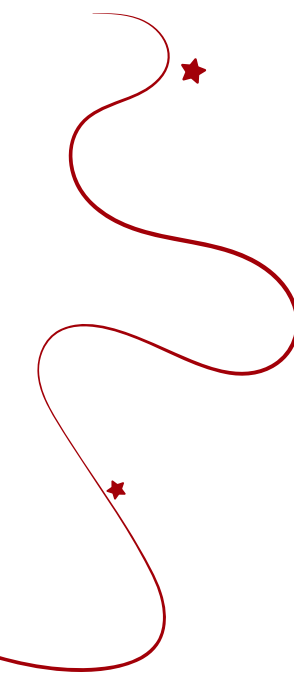


Breath Prayer

Jesus Freed Me/ I Choose to /Live a Free Life/ I am Taking a Stand

Reflection

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Redeemer



Scripture

“ You have taken up my cause, O Lord; you have redeemed my life. You championed my cause, Lord; you redeemed my life”. Lamentations 3: 58

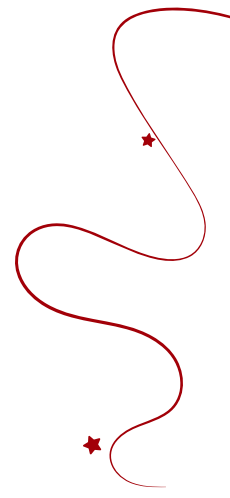
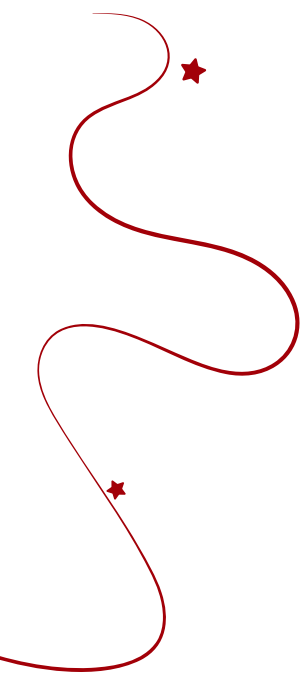


Breath Prayer

Jesus, You Champion/ My Cause

Reflection

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Immanuel



Scripture

Watch for this—a virgin will get pregnant and bear a son; They will name him Immanuel

Matthew 1:23

The Son is the image of the invisible God, the firstborn over all creation. Col. 1:15.



Breath Prayer

Jesus, You Are/ The Image of God

Reflection

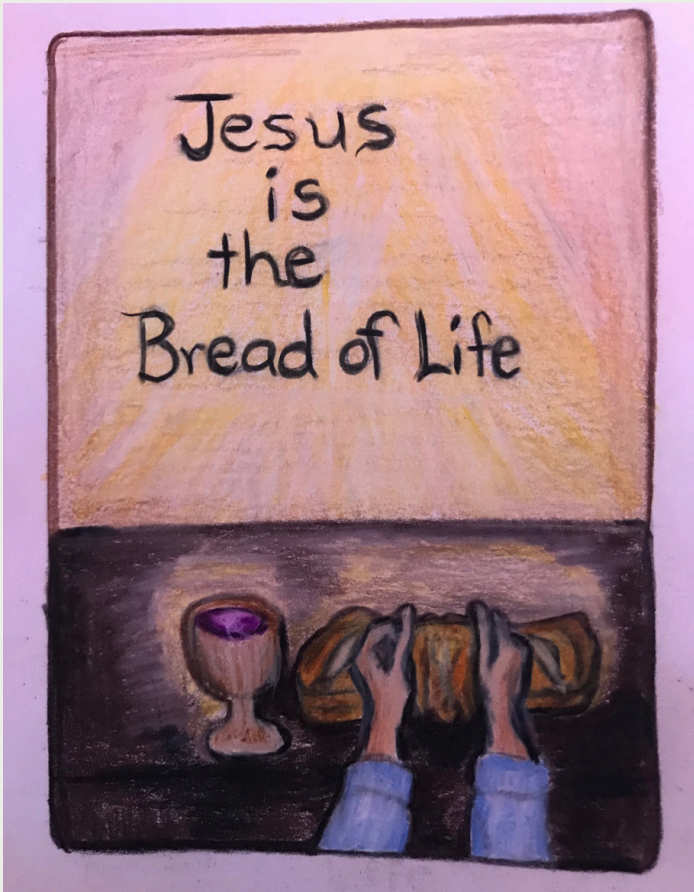
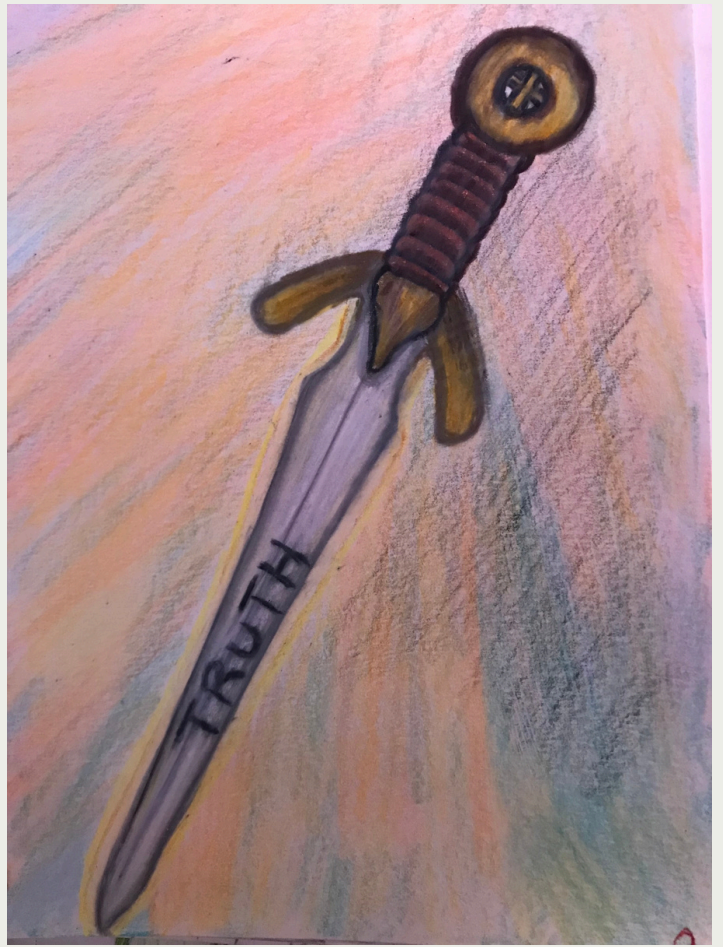
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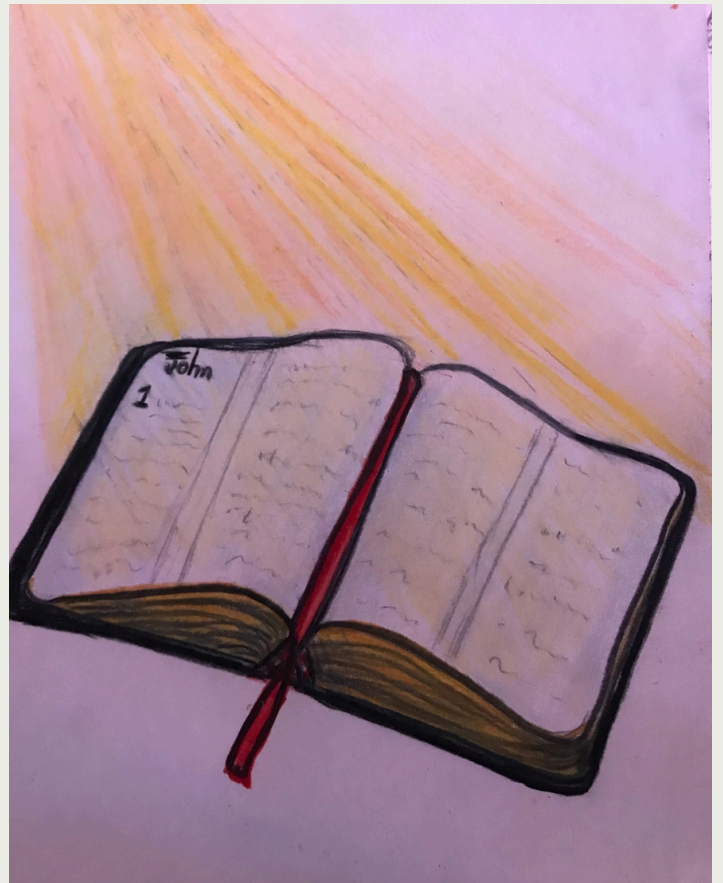
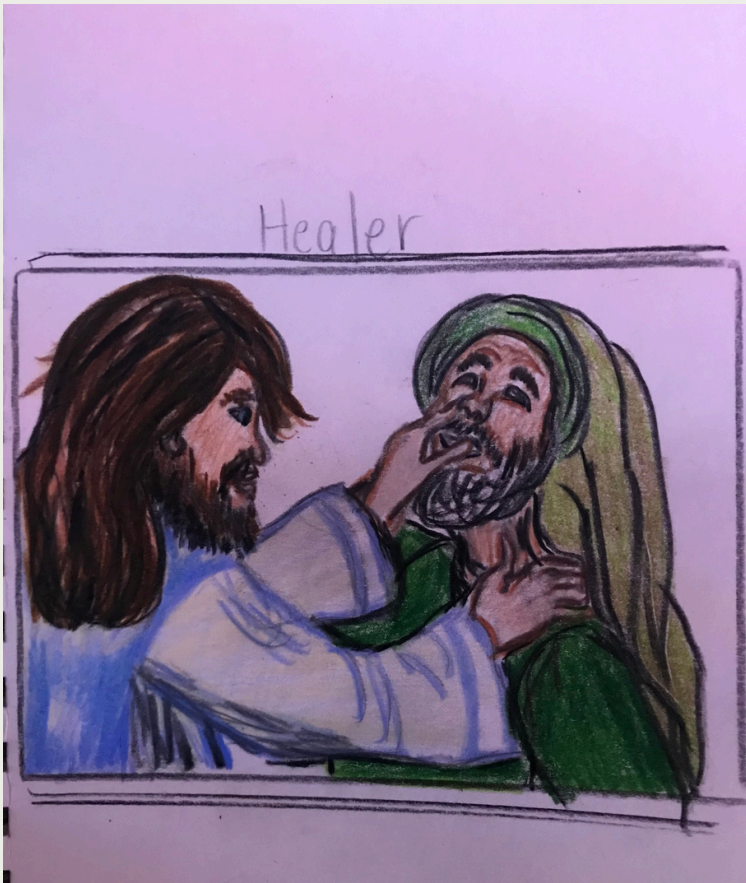
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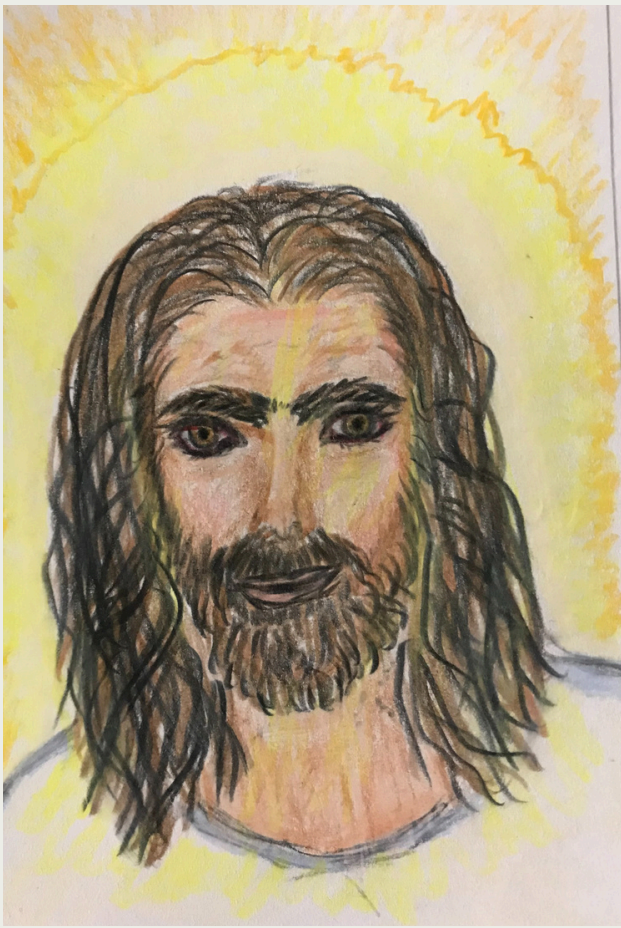
















*Hello, I'm
Brenda Cox*

Brenda's Creative Blends



I am an artist passionate about Jesus and seeing people set free. I love serving at TruHope and creating art that magnifies the Lord.

BRENDA'S CREATIVE BLENDS OFFERS:

- Art
- Tea Blends
- Spice Blends
- Dehydrated Foods

CONTACT

936-499-3302