



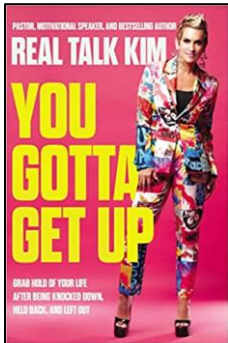
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## YOU GOTTA GET UP

### *Grab Hold of Your Life After Being Knocked Down, Held Back, and Left Out*

World-renowned ministry leader reminds that life can knock us down,  
but God never counts us out.



Atlanta: GA: Popular author and podcast host **Kimberly Jones**, known as **Real Talk Kim**, boldly shares the times when she has felt knocked down and like a failure, but how God has always been faithful in His presence and blessings to her.

At 36 years old, Real Talk Kim was forced to reevaluate her life when her marriage of seventeen years came ended. Having completely run out of money, Real Talk Kim and her two sons were forced to move in with her parents.

Real Talk Kim did not easily accept responsibility for her poor choices but instead blamed others and questioned God's presence. It would be several years before she owned her mistakes and the negative self-labels (failure, learning challenged, estranged daughter) were preventing her from experiencing spiritual freedom and God's blessings.

In her new book, ***You Gotta Get Up: Grab Hold of Your Life After Being Knocked Down, Held Back, and Left Out*** (Nelson Books), Real Talk Kim boldly shares the painful experiences that left her feeling worthless and ashamed. When she surrendered herself to God's will through prayer, bible study, and community, she discovered God's forgiveness and renewal. Today, she travels the world and speaks to others on how to break free from feeling stuck and boldly live out their God-given purpose.

*You Gotta Get Up* offers personal reflections from Real Talk Kim, biblical examples of flawed people whom God used for good, declarations of freedom, and motivational prayers. Some of the topics that Real Talk Kim addresses include:

- **Getting Stuck:** It is easy to get stuck in our own disobedience, bitterness, and pride. When we realize our identity is rooted in Christ, we can find purpose in our pain, and our greatest frustrations can become our greatest elevations. We can find comfort knowing God wants to bless us and give us hope and a future (Jeremiah 29: 11–13).
- **Ushering in a New Season:** If we want to usher in a new season, we need to decide, define, detox, delete, and discipline. This may require us to separate from whatever controls us or creates obstacles in our lives, including harmful relationships and environments (Psalm 40:1–3).
- **Healing:** Regret and fear produce isolation and keep us from enjoying life in the present. Everyone makes mistakes, and those mistakes can teach us lessons. The pain we experience may not be our fault, but it is up to us to seek God's healing. God has given us the strength to overcome any challenges we encounter (1 Peter 2:9).
- **Hindering Baggage:** Baggage is baggage if we choose to carry it, and baggage can be regret, fear, comparison, and unforgiveness, and can block God's will and blessings for us. Past failures cannot define our future if we learn to get back up (2 Timothy 4:2).
- **Getting Up:** We find strength when we get up, commit ourselves to the Lord, surrender our own desires, and open ourselves to His direction. Moving forward in our purpose happens when we love and serve others, pray to make good decisions, replace negative thinking, and make one positive decision each day (Psalm 37:4–5).

Real Talk Kim also discusses the importance of holding ourselves accountable, reading God's Word, praying over our decisions, listening to spiritually edifying music and teachings, and purging social media to remove anything and everything that leaves us feeling discouraged or defeated.

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“When you know that God sees you in your brokenness and has grace for you, you can be encouraged that He is close to you,” says Real Talk Kim. “And through God’s truth, you can rest assured that He will use your mess for your message and your devastation to fulfill your destiny. But first, you gotta get up! It’s the secret to freedom and to allowing God to work in your heart.”

Real Talk Kim notes that, too often, people who proclaim to be Christians do not live in service to others or as examples of empathy, forgiveness, and maturity. Her hope for *You Gotta Get Up* is to help readers identify obstacles hindering their God-given potential, learn to demonstrate the authenticity of Christ, and claim the promise that God will never leave us or forsake us.

## About the Author



Kimberly Jones, known as Real Talk Kim, travels the world fulfilling her passion and purpose of loving people back to life. She is a mother, pastor, entrepreneur, mentor, motivational speaker, entertainer, and best-selling author of several books including *You Gotta Get Up: Grab Hold of Your Life After Being Knocked Down, Held Back, and Left Out*, *Shut Hell Up: When the Enemy Brings Up Your Past, Remind Him of Your Future* and *When Your Bad Meets His Good: Find Purpose in Your Pain*

Real Talk Kim uses her influence to mentor people all over the world with her mentorship program, RTK Inner Circle, and is an advocate for GIVE Culture Foundation for Impact, a nonprofit organization that teaches mindfulness and generosity to the next generation of leaders.

Real Talk Kim also has a successful weekly syndicated podcast and has appeared on *Preachers of Atlanta* on Oxygen, *The Dr. Oz Show*, *Your World with Creflo Dollar* on BET, ABC's *Nightline*, and numerous podcasts, webinars, and radio programs. Real Talk Kim is a true worshiper after God's own heart and a testament of His redemption plan in action. She is the senior pastor at Limitless Church, which has campuses in both Fayetteville and Atlanta, Georgia. Learn more about Real Talk Kim on her website, [www.realtalkkim.com](http://www.realtalkkim.com), and on Instagram and Twitter @realtalkkim.

## Suggested Interview Questions

1. What gave you the idea to write *You Gotta Get Up*? Who is your intended audience?
2. Many live with pain and regret but feel too ashamed to share their pain with others. How can they come to understand that their identity is not rooted in their past or their mistakes? What do you mean when you say there is purpose in our pain?
3. What are some things that cause us to get stuck? What should we do when we realize we are stuck?
4. You share that you and your children moved in with your parents after your marriage ended, which made you feel like a failure. Why do you believe God used this time as your greatest testimony?
5. How does the abuse and pain that Jesus endured reassure us that He understands us when we go through troubles?
6. You write about people in the Bible who were flawed but used by God for good, such as David, Jacob, Solomon, Paul, Lot's wife, and the woman at the well. How do they serve as reminders of God's grace and love for us?
7. You speak to people around the world. Why do you believe so many people feel unhappy or without purpose? What is your advice to them?
8. Even when we get back up, how can we avoid falling back into old habits?
9. What five descriptions found in 1 Peter 2:9 help us express our faith to others?
10. What kind of baggage hinders our growth, and how do we release it?
11. What is the value of creating a purpose statement or taking one small step?
12. Where can we find more information about Real Talk Kim and your ministry?

## Notable Quotes from *You Gotta Get Up*

Pain can break you into a thousand pieces—and no one wants that; however, God can take those broken pieces and create a beautiful mosaic that shines. Even though the pain we walk through may not be our fault, the healing is our responsibility. And if we don't heal, we will bleed on people who never cut us. I really believe that God sometimes breaks our spirits to save our souls. When you've been praying for something, you may feel discouraged because the enemy is lying to you, telling you that God isn't there for you and that you will never receive your heart's desire. But you must remember that God's timing is very different from ours (p. iv)

In my worst moment of despair, Jesus let me know that I was to live as though I had no past and He would justify me. I realized that I would need to get up every day and face life instead of allowing failure to hold me hostage. There was no one in my past who would bail me out of my life losses, yet, I was allowing those people to determine my present decisions. As I slowly began to let go of the influence of my past, it became easier each day to look toward the future. The miracle was that when I did meet some of my childhood friends, I could look them in the eye and speak with all sincerity because I knew God had forgiven me and I had also forgiven myself. (p. 14)

I had no idea what my new season would look like, and I was afraid of the unknown—just as most of you are. I had left the comfort of home at eighteen because I wanted independence; however, independence had not served me well. My idea of independence was to live emotionally disconnected from home and family and prove to the world that I was capable of succeeding on my own. It's amazing how the enemy can set you up for failure, and you walk along in agreement without even realizing you are on a destructive path. It may not take you as long as it did me to come to the end of yourself. It took me thirty-six years of trying to prove my worth to finally realize that everyone needs someone to help them along. That someone needs to be on your side and ready to fight with you until the very end. That someone must be honest and tell you the truth about yourself for you to begin your journey of freedom. (p. 34)

You are not what you've been through—that was only a season you walked through. But if you keep labeling yourself by the messes from your past, you will remain broken and trouble will keep returning again and again. You will be stuck in the same cycles for the rest of your life. I lived thirty-six years trying to take care of me and mine. I only reached out to God when there were no other answers, and then God became a real presence to me. He became the Lord of my life, and now I have an experience with my God unlike anything else. You cannot buy peace. There have been seasons when I could not figure out the ending, yet I knew that God would take care of me. I no longer bring relationships from my past into my present unless God specifically instructs me to do so. I no longer need to figure out my tomorrow because I know that God has my tomorrow in His hands. (p. 73)

Everyone makes mistakes. Until we fully grasp this concept, we will continue going through life looking for change but finding none. It's time to let go of your regrets. Use your mistakes as a teaching tool. You can bounce back and not repeat cycles—I've seen people do it over and over. When I became transparent and began taking the world with me on my daily journey, it changed me. I no longer had skeletons in my closet nor was I afraid to reach out to others. People knew my story and still loved me. I no longer live in fear of someone knowing my secrets. I have no secrets to hide. I am no longer embarrassed that I am a divorced mother of two. It's time for you to stop worrying about what others think about you. Instead, use your failures and mistakes to help others. When you realize that what you are going through may make a difference for others, it changes you. God trusted you with your mess so you can impact others with His message. (p. 114)

Sometimes God has to expose what's inside of us in order to expand and heal us. For God to give you a new life, He has to disrupt your old one. You probably would like immediate freedom from the bad memories, but that would only happen in a world of make-believe. We want a balanced world but we live in a world filled with chaos and confusion. It's easy to blame everyone and everything for our mayhem while expecting change to be on the horizon. However, change cannot take place until we determine that we are ready to do what it takes to change. Each of us is responsible for our decisions, yet we can spend a lifetime blaming everyone else for our mistakes. We've all been hurt, rejected, and betrayed. If you live in the fallen world long enough, you will be lied to and abused, whether physically or emotionally. But what you do with that hurt is more important than the hurt itself. Holding on to the hurt will cause you pain that will keep you from being something new. The choice is completely up to you. (p. 139)

When you are feeling the pressures of life, feeling ill-equipped and weak, don't be so hard on yourself. God knows you are human, He knows life is hard and sometimes it just hurts. Some things in life will break your heart and take your breath away. Some things will knock you on your butt and make you feel like you don't have the strength to get back up. Some situations can be so devastating that you can't even think about tomorrow, so how on earth can you plan for next week? You are doing well to survive moment by moment. It's easy to feel tempted to quit, throw in the towel, and lose faith. That won't get you anywhere! But you can also choose to see the glass half full and know that God has already provided the way out. (p. 155)

Either we grow together or we outgrow each other. Sometimes you grow apart and love those people who had been with you in your stuck season from a distance. You can walk in forgiveness without having to walk by their sides. At some point you must stop being available to those you have outgrown because their weight, whether mental, emotional, or physical, will stunt your own growth. It's so easy to offer excuses for why we can't walk out our purpose while remaining in unhealthy relationships. The sooner you detach yourself from anything or anyone no longer assisting you in growing emotionally, mentally, and physically, the sooner you will become the person of purpose God called you to be. Sometimes it's hard for us to leave certain people or situations in order to grow because we want them to succeed with us, but to go where we are destined to be, we may need to detach and move forward without them. You are allowed to change relationships as you enter new seasons. Some friends cannot grow where you are going. (p. 191)

Unnecessary baggage can be made up of the emotional hurts we've never dealt with, regrets, betrayals, you name it. It takes intentionality to live free of the baggage that would try to weigh us down and keep us from reaching God's destination for us. Sometimes we get so used to carrying around pain, rejection, and betrayal that we no longer feel their weight. We cannot allow our past failures to define our futures or we will never reach the heights and depths God has for us. Whatever we do with the pain of the past determines who we become. Who we become affects how we walk out our lives! Scars are evidence of overcoming; scars do not equal failure! If we're always looking back, we'll never be able to see what's ahead. (p. 215-217)

At some point, you have to quit asking all the questions and just start doing. You gotta get up! Take a step and do it afraid, do it with your knees knocking! Remember that failure isn't failure unless you don't get back up. A "failure" is just proof that you are trying, you are moving, you are putting feet to your faith and doing something. Look at failure as a part of your success story. You don't even have to take a huge leap right out of the gate. Even just one small step is still a step forward in the right direction. Fear will try to paralyze you, but we've been given the power to overcome! Stepping into something new will always require us to do something new. Change requires us to change. We cannot expect a different result if we are unwilling to do things differently. God will show us changes that need to be made in order for us to walk victoriously through life. (p. 229)