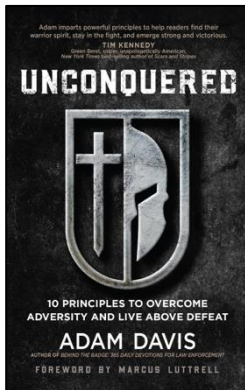


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## UNCONQUERED

10 Principles to Overcome Adversity and Live Above Defeat  
Former Police Officer on Healing from Sexual Abuse & Trauma Through Christ



Minneapolis, MN: 70 percent of adults in the US have experienced a traumatic event in their life. That's 223.4 million people, or roughly two-thirds of the American population. If left unaddressed, trauma-related pain can prevent us from leading happy, fulfilled lives.

Former law enforcement officer **Adam Davis** knows what it's like to feel victimized and defeated. His life today proves that we do not have to be prisoners of our past.

At five years old, Adam was sexually abused and exposed to pornography. As a teenager, he was seduced by a married woman. Adam buried the shame, guilt, and confusion from these traumatic experiences and chose to become a police officer to protect others. However, he neglected his mental health, which damaged his marriage and led to self-destructive behavior and suicidal thoughts.

### In *Unconquered: 10 Principles to Overcome Adversity and Live above Defeat*

(BroadStreet® Publishing), Adam bravely shares his battles with trauma and feelings of worthlessness and illuminates how biblical truths free us to choose faith over fear, truth over lies, and action over defeat. Each chapter offers personal examples, biblical counsel, discussion questions, a prayer, and a battle action step centered around ten practical principles, including:

- **Acknowledge the Pain:** Running from trauma makes it more difficult to overcome and adds more layers to our pain. Satan uses this pain to create distance between us and God, but God's strength will guide us to forgive those who have deeply hurt us. Healing starts when we see ourselves as conquerors, not victims.
- **Control Your Actions:** Trauma does not have to define our lives and can ultimately bring us closer to God. When we fully surrender to him, take responsibility for our actions, and accept that we cannot control the actions of others, we begin to heal and live victoriously.
- **Surrender to Christ:** Pride is the center of our carnal desire for self-sufficiency but removes God as our source of strength. To defeat our pride, we can pray to God for his direction and ask him to keep us from temptation and deliver us from evil (James 4:8).
- **Resolve to Live Unconquered:** Living unconquered means that when we face trouble, we choose to fight and win. To develop uncommon resolve, we should not isolate ourselves but find others who will fight beside us. We also need to equip ourselves with the armor of God, the power of his Spirit, and a lifestyle of prayer.

Adam recalls that it was at a time he considered ending his life that he cried out to God turn his life around. He now has discovered authentic joy and a more resilient version of himself. Through his commitment to counseling, prayer, and Bible study and with the support of others, he shares with others his journey of moving through the pain of trauma and pursuing God's calling in life.

"The problem is not the pain and trauma but more so the mindset and the outlook. Many people are so used to living as victims that they are too scared to do the healing work," says Adam. "The addiction to comfort is killing our ability to reach our maximum potential. Remember you are not a prisoner of your past."

Adam hopes that readers of *Unconquered: 10 Principles to Overcome Adversity and Live above Defeat* will find the courage to surrender their pain and trauma to God. When we commit to renew our mindset and nurture healthy relationships, we can discover God's healing, which leads to a victorious, abundant, and resilient life.

### About the Author:



**Adam Davis** knows the unique challenges that law enforcement officers and their families face. As a former patrol officer, criminal investigator, and hostage negotiator, he has become a highly sought-after motivational speaker for law enforcement audiences across the nation, speaking about his experiences with a strong message of faith.

He is the author of five books, including two bestsellers: *Behind the Badge: 365 Daily Devotions for Law Enforcement* and *Bulletproof Marriage: A 90-Day Devotional*, which he coauthored with Lt. Col. Dave Grossman (US Army, Ret.).

His official website is [www.TheAdamDavis.com](http://www.TheAdamDavis.com). Find him on Facebook @theofficialadamdavis and on Instagram @officialadamdavis.

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### Suggested Interview Questions:

1. Adam, what prompted you to write *Unconquered*? How did you decide on the title?
2. You are brutally honest about the trauma you experienced as a child and later as a teenager. Why is it important for you to share these details, as painful as it must be?
3. You tried to bury the shame, guilt, and pain from the traumatic experiences you endured, but it eventually caught up with you as an adult. Looking back, what prevented you from seeking healing sooner?
4. You pursued a career in law enforcement, which placed you in physical danger. What motivated you to put the safety of others above your own?
5. You write that at your lowest point you considered suicide. What stopped you? What would you say to others considering this same decision?
6. One of your principles for overcoming adversity emphasizes the importance of self-control. Why is it important?
7. Surrender is often considered failure, but you write that surrender leads to freedom and healing. How so?
8. Share a few elements of the Unconquered Code.
9. Healing is a journey, not a one-and-done deal. What signs can we look for in our personal lives that indicate we are healing?
10. God has called you into ministry and speaking. What are you hearing from audiences when you share your message? Where can we learn more about you and your ministry?

## Notable Quotes:

We are limitless in our potential when we depend on the power of God to be our source of strength, the foundation of our endurance, and the light that leads us down the path of victory.

If you quit when it gets tough, you forfeit all the hard work, all the pain, the sacrifice, and the potential. If it's worth suffering for, it's worth enduring, and walking away from the battle to overcome adversity simply isn't an option. There are no great victories without great adversity, and our legacies are either going to be that we quit when things were overwhelming, when we were outnumbered and outmanned, or we will be remembered as being tenacious, relentless, and enduring. It's something we must decide in our minds, in our hearts, that we will absolutely do (p. 22).

When we experience the hard places in this life, it can feel like we have been thrown into an empty pit with nobody to lean on and no real knowledge of how to escape it. It can feel like taking a hike in the woods and getting lost, not knowing how to find our way back to where we started. When we carry the effects of these events without seeking help, it is not uncommon to feel like we have become enslaved to those past events, like we now belong to the woods instead of on the path to healing and victory. When we choose to address these symptoms in our own ways, we enslave ourselves to a lifestyle of defeat. Sure, you can find some temporary reprieve from the pain, but deep down, those issues are fermenting and continuing to grow (p. 48).

Living unconquered isn't determined by the number of wins or losses in life. It's determined by your resolve to keep fighting even when you're outnumbered, out of ammo, out of breath, out of energy, and out of resources. No matter what, you keep taking the fight to life. Trying to live in the past isn't always about holding on to the painful experiences you've endured or the failed relationships, businesses, or dead dreams...When you get to the point where you are ready to begin living the life he created you to live, it means dying to who you used to be. No longer burdened by the past, no longer shamed by sin, no longer a prisoner of a victim mentality. No, you are now more than a conqueror and his child. It's time to learn how to live victoriously (pp. 64, 67).

We have the option to choose, even taking into account what Jesus said in the book of Matthew. We can choose to reject God's grace, forgiveness, and love. It's a painful place to live, and it's a hard way to live, but it is our choice. However, if you want to live unconquered and to the fullest, if you want to experience forgiveness for yourself, it means taking the first step: not forgiving because someone is deserving but, rather, doing so out of obedience to God and doing so in faith. You don't have to understand it or agree with it, but you must take the first step and let God do what only he can do with the rest...We cannot judge the offenders and forgive them at the same time. We must choose whether we will be the judge or submit those asks to God, and we do what he commanded us to do by forgiving and loving them (pp. 86–87)

There's no one-size-fits-all guide for every battle in life, but there is a one-size-fits-all approach to salvation, and that's through Jesus...As I thought about what really matters in life, it all boiled down to serving God, loving my family well, and loving others. Finding the point of surrender seldom comes easily, and it is often discovered in the heat of battle, just when you are ready to walk away from the fight. Instead of quitting, surrender. That's the key. And there will be times when you may still lose your way, even when you think you have it all together and figured out. Live each day like it is your last because you could leave this life today. Surrender often (p. 115).

Loyalty is rare. So is authenticity. If you want to develop real meaningful relationships, it requires vulnerability, authenticity, and loyalty. Expanding your circle of friends means stepping outside of your comfort zone and into arenas of like-minded people, where you can meet others who will challenge you and vice versa.

When it comes to relationships, they will either empower you or tear you down. It is your responsibility to protect your peace, protect your joy, and not allow others to rob you of those things. It is imperative that you set boundaries and stick to them. Cherish the healthy relationships you have, be grateful for them, but use discernment when associating with toxic people (p. 141).