Excellence & Execution

Presents

THE REJUVENATE FRAMEWORK™



A STRATEGY FOR SPIRITUAL ENCOURAGEMENT

By: Harold Dangervil

WELCOME

HELLO FRIEND!

As a Kingdom focused entrepreneur, you have decided that the Word of God has the solutions to everything you go through in life. However, you also know that you don't get the answers by reading a verse a day and then going back to your day. To truly grasp all that scripture has to offer we must study it and find ways to practically implement was it shows us.

That is why I created the Rejuvenate Framework. It is a means of taking the everyday challenges we face as business owners and processing it through scripture so that we can take action despite the emotions we are feeling.

I pray this Framework blesses you as it has blessed me and clients. I look forward to hearing about you progress.



Harold Dangervil

Owner of Excellence & Execution

But they that delight in the law of the Lord, meditating on it day and night. They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do."

-Psalm 1:2-3

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INTRODUCTION



INTRODUCTION

The Problem:

Throughout the process of starting, building, and growing your business, certain emotions can keep you in a mindset of lack and discouragement instead of being in a mindset of power and resourcefulness.

The Solution:

Spiritual Rejuvenation is like recharging your cellphone. There are moments when business and life challenges drain you of your power and you require an infusion of energy to keep you moving forward.

In the pages that follow, you'll discover a transformative exercise titled **The Rejuvenate Framework.** It is designed to help you induce profound reflection on bible verses we read everyday. By reminding ourselves of God's promises, His awesome power, His purpose for our lives, and His unwavering provision, you'll discover the power source you need to conquer your fears and boldly confront the very things that challenge you.

This journey is about more than just reading words; it's an exploration that will empower you to embrace life's uncertainties with renewed strength and conviction.

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

But his delight is in the law of the Lord; and in his law doth he meditate day and night.

And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Psalm 1:2-3 (NLT)

USING THIS E-WORKBOOK

In the upcoming pages, you will have a comprehensive guide to navigating the stages of the **Rejuvenate Framework**. It starts on the next page where we will provide you with an illustration of the Rejuvenate Framework to get an overview of the process. After that, in **Part 1: An Explanation of the Rejuvenate Framework**, we will provide a breakdown of each step in the process for further understanding. Following that, we'll present a selection of impactful promises from the scriptures. You can employ these promises either as a guiding light through the framework or as inspiration to uncover your very own passages for the journey.

Furthermore, in **Part 2: Using the Rejuvenate Framework**, we'll dive into the Rejuvenate Framework's application using the Rejuvenate worksheet. We will provide real-life example of using the framework so that you gain valuable insights into the transformative potential of this practice.

By embracing and mastering this process, you'll learn to meditate on God's word and use it practically in your life. Your relationship with scripture will become a source of power, filling you with renewed strength and unshakable purpose.

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

Joshua 1:8 (KJV)

THE REJUVENATE FRAMEWORK

STEP 1: **THE PERPECTIVE**	**Clearly Identify the emotion that is keeping stuck.** **"I am experiencing a feeling of** ~~Name the Emotion~~ **because of** Describe the Circumstance **_____.**
STEP 2: **THE PROMISE**	**Choose One Promise from Scripture that addresses that particular emotion.** **Use a Concordance, Bible Application, or Internet Search**
STEP 3: **THE PURPOSE**	**Identify the personal message God is sending you through this promise?** – **Context** – **Content**
STEP 4: **THE POWER**	**Apply God's promise to this emotion and situation by Identifying an action you can take to keep you moving forward.** – **Personalize The Promise** – **Internalize The Meaning** – **Align Your Behavior**
STEP 5: **THE PROVISION**	**List three ways God has given you what you need to make that promise a reality in your life.** – Visualize – Gratitude
STEP 6: **NEW PERSPECTIVE**	**Clearly Identify how you will us the emotion to remind yourself that God is with you so you can keep move forward.** **"I am experiencing a feeling of _____ but God is with me, so I will _____.**
STEP 7: **TAKE ACTION**	**Now take some quiet time to think , reflect and Pray. You will ask the Holy Spirit for guidance by looking at your emotions and circumstances through the lens of your promise and ask God for the following:** **Based on this promise .....** 1. **How can I look at this situation differently?** 2. **What can I do differently to tackle this challenge?**

PART 1

AN EXPLANATION OF THE REJUVENATE FRAME WORK



STEP 1:
PERSPECTIVE

CLEARLY IDENIFY THE EMOTION THAT IS KEEPING STUCK.

The first step in the Rejuvenate Framework is gaining **perspective** by recognizing and naming the emotion that is keeping you stuck. This requires honesty and self-awareness so let's start by considering the **circumstance** that triggered the emotion. Circumstances are simply the events or situations we face in everyday life, but our emotional responses to them can vary widely.

While one person might feel energized by a challenge, another may feel anxious or overwhelmed. That's because emotions are deeply personal and subjective. What matters most is identifying *your* emotion in *your* situation—without judgment or self-criticism.

Take a quiet moment to acknowledge what you're feeling and reflect on what brought it on. Use the sentence below to help you clearly name the emotion and its trigger:

"I am experiencing a feeling of **Name the Emotion** because of **Describe the Circumstance**."

Some examples are as follows:

- "I am experiencing a feeling of **Anxiety** because of **the presentation I have to give in an hour**"
- "I am experiencing a feeling of **Sadness** because **I think my partner is breaking up with me**."
- "I am experiencing a feeling of **Overwhelm** because **I have a lot of unfinished tasks**."

STEP 2:
THE PROMISE

CHOOSE ONE PROMISE FROM SCRIPTURE THAT ADDRESSES THAT PARTICULAR EMOTION.

The Bible is a rich source that addresses a wide spectrum of human emotions and experiences. Whether in times of joy, sorrow, fear, or uncertainty, there are promises within its pages that provide comfort, guidance, and hope.

The next step in helping you find rejuvenation through the wisdom of the Bible involves a deliberate search to find a promise that resonates with your specific emotions or circumstances.

There are many ways to do this. Some suggestions are:

1. Use a Strong's Concordance to look up the emotion and its's corresponding place in the bible.
2. You can search through biblical devotionals on the subject of your emotion in a bible app or website.
3. You can do a web search with the phrase "What does the bible say about _____Enter Emotion Here_____."

Once you find a promise, write it down.

STEP 3:
THE PURPOSE

IDENTIFY THE PERSONAL MESSAGE GOD IS SENDING YOU THROUGH THIS PROMISE

When searching for rejuvenation through the Bible, understanding both context and content is essential for finding it's purpose and applying its teachings to your circumstances. The following is a brief description of context and content.

Context: There are two areas to look for when it comes to context:

1. **Historical Context:** Consider the historical setting, cultural background, and the audience to whom a particular passage was written. Understanding the context helps to grasp the original meaning intended by the author.

2. **Literary Context:** Examine the surrounding verses and chapters to discern the flow of thought. This ensures that you don't isolate a verse from its intended message or misinterpret its meaning.

Content: There are three areas to focus on when it comes to content:

1. **Literal Meaning:** Pay attention to the literal meaning of the text. What is being said, and how does it contribute to the overall message? This involves understanding the language, grammar, and the intended meaning of the words used. I recommend using a Strong's Concordance or the Strong's KJV App. It will tell you the word intended meaning to that audience which will open up the scripture more.

2. **Genre Consideration:** Recognize the literary genre of the passage—whether it's historical narrative, poetry, prophecy, or epistle. Different genres have different rules of interpretation.

3. **Thematic Consistency:** Check if the content aligns with the broader themes of the Bible. Ensure that your interpretation is consistent with the overall message of God's love, redemption, and guidance.

To complete this step, you must study the promise for it's context and content and decern what it's purpose was for the audience. Afterwards, you must look at your circumstances and decern how that purpose applies to what you are going through right now.

Write down the purpose of this promise in your life.

STEP 4:
THE POWER

APPLY GOD'S PROMISE TO THIS EMOTION AND CIRCUMSTANCE BY IDENTIFING ACTIONS YOU CAN TAKE TO KEEP YOU MOVING FORWARD.

Now that you have clearly identified your **Problem**, identified a **Promise** , and studied it's **Purpose**, it is now time to claim it's **Power**. Finding the power in a Bible verse and applying it to yourself in this moment means we have to personalize the promise, internalize it's meaning, and behavioral Alignment.

1. **Personalize the Promise:**
   You can personalize the promise within the verse by replacing pronouns or specific names with your own. For example, I personalize Isaiah 43:1 whenever I feel unloved like this; "But now, O' *Harold*, listen to the LORD who created you. O *Harold* the one who formed you says "Do not be afraid for I have ransomed you. I have called you by name; you are mine."

   By personalizing a promise, you make it your own, tailored to your unique journey and relationship with God. This process helps deepen your spiritual connection and allows the power of the promise to resonate more profoundly in your life.

2. **Internalize the Meaning:**
   You can internalize the meaning of the promise by reflecting on how it resonates with your beliefs about who God is and what he can do, which is the essence of faith. Remember, God does not lie (Numbers 23:19), God is Almighty (Exodus 6:3), and God loves you (John 3:16). Therefore, based on God's character and His promise we can come to a conclusion on how this promise is moving in our lives right now.

3. **Align Your Behavior:**
   Does your behavior align with this promise? To gain real power from this promise means allowing it's message to influence your decisions. This means based on your inferences, how is the new found perspective of the promise going to guide you toward choices that reflect the principles you've just discovered.

By personalizing the promise, internalizing it's meaning, and aligning your behavior to meet the promises standard, you will begin to shift into a mindset that will allow you to decide what must be done about your circumstances.

STEP 5:
THE PROVISION

SEARCH FOR THREE WAYS GOD IS MAKING THIS PROMISE A REALITY IN YOUR LIFE.

No matter how you are feeling at this point, we know most assuredly that God does not lie (Numbers 23:19), God is Almighty (Exodus 6:3), and God loves you (John 3:16). Therefore we can accept his promises with faith whether we see them at this time or not. So, since we have identified the **Problem**, found a **Promise** that speaks to that problem, discovered it's **Purpose** through study, and have claimed it's **Power**, we can now search for and list three ways that God is giving you **Provision** for that promise.

Provision is the act of supplying or providing something that is needed or required. Provision is also a derivative of the verb provide, and we know that one of God's characteristics is that he is a provider. In fact, one of the names he is known by is Jehovah Jireh (Genesis 22:14).

"Jehovah" in English translations of the Bible, means "The LORD". "Jireh" is a Hebrew word that means "will provide" or "to see" in the sense of foreseeing or providing for the future. That means "Jehovah Jireh" can be understood as "The LORD Will Provide" or "The LORD Who Sees and Provides." This name emphasizes God's role as the ultimate provider, foreseeing and meeting the needs of His people.

Accepting all of this, we can say with faith and confidence, "God is providing for me right now". Therefore, in this step we will search for the provision of this promise in our lives. If we do not see it, then act like you do and declare that promise over your life as if it were already their. This is how we learn to exercise our faith and grow by focusing on gratitude for what we know God will do.

List 3 ways that God is providing for you right now and spend time in gratitude for these things. If you don't have it physically, then visualize the promise and it's intended affect in your life. List three things you see in your vision that God is providing and thank Him as if you are already in possession of it.

STEP 6:
NEW PERSPECTIVE

CLEARLY IDENTIFY HOW YOU WILL US THE EMOTION TO REMIND YOURSELF THAT GOD IS WITH YOU SO YOU CAN KEEP MOVE FORWARD.

Now that you've identified your emotion, explored God's promise, and reflected on His provision, it's time to shift your focus. In this step of the Rejuvenate Framework, you'll write a New Perspective as a statement that reframes your emotion in light of God's presence, truth, and faithfulness.

This step isn't about ignoring how you feel, it's about realigning your mindset with what God says is true. The goal is to use the emotion that once held you back as a reminder that God is with you and that you are not navigating your circumstances alone.

Think of your New Perspective as a declaration of faith and a way to turn your emotion into forward motion. Use the following sentence format to complete this step:

"I am experiencing a feeling of **Name the Emotion**, but God is with me,
so I will **Describe Your New Perspective**."

This is more than a statement—it's a spiritual reset. Let it serve as an anchor you can return to whenever doubt, fear, or discouragement resurfaces. Keep it somewhere visible or repeat it aloud when you need to remind yourself that, no matter how you feel, God is present and leading you forward

STEP 7:
TAKE ACTION!

Turning Reflection Into Movement

With your New Perspective in hand, the final step of the Rejuvenate Framework is to Take Action both spiritually and practically. This is where you pause, reflect, and invite the Holy Spirit to guide your next steps.

Taking action doesn't always mean doing something big. Sometimes, it simply means thinking differently, praying with renewed focus, or taking one small, courageous step in a new direction. This step is about intentionally responding to your situation through the lens of God's promises. Its like James says, Lets not be hearers of the Word, but also doers (see James 1:22).

Spend some quiet time in prayer and reflection. Ask the Holy Spirit:

- How can I look at this situation differently?
- What can I do differently to face this challenge with faith and purpose?

By taking action rooted in scripture and spiritual insight, you allow God's Word to move from your heart into your execution. This is where you intentions become you reality so that emotional healing and spiritual growth can begin to take shape in your daily life.

Keep your response practical, personal, and spirit-led.

Let your next step, no matter how small, so that it KEEPS YOU MOVING FORWARD!!

PART 2

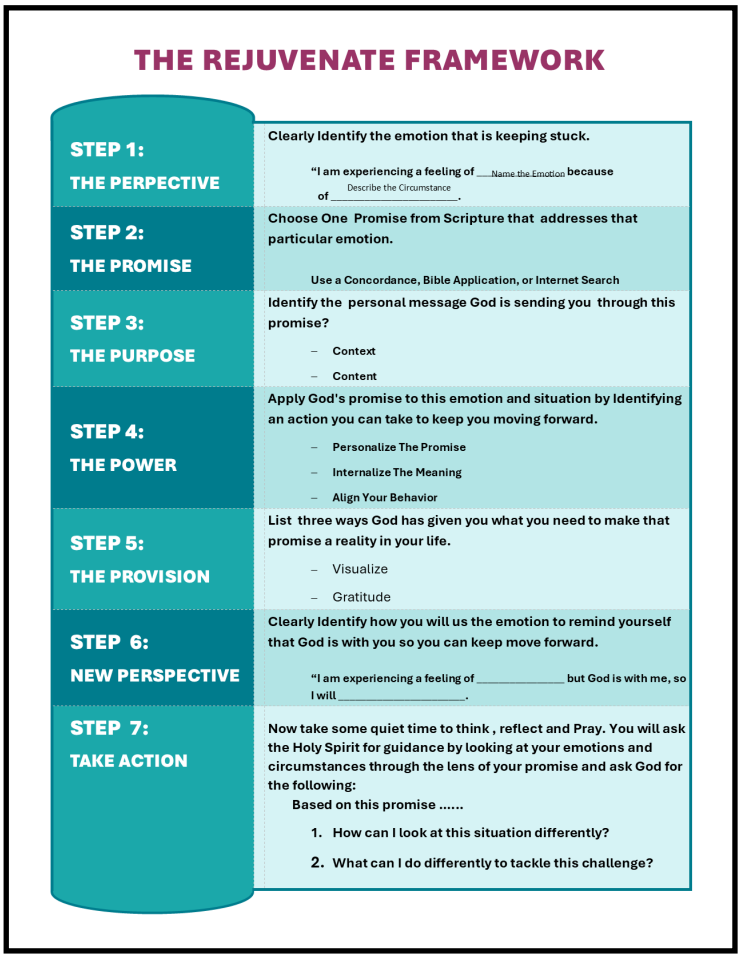
USING THE REJUVENATE FRAME WORK



USING

THE REJUVENATE FRAMEWORK

The **Rejuvenate Framework** is a practical, faith based tool designed to help you process life's challenges through the truth of God's Word. Whether you're facing emotional overwhelm, difficult decisions, or moments of spiritual dryness, this framework gives you a structured way to reflect, refocus, and realign your thoughts and actions with God's promises.



In the next section, we will walk you through each step of the Rejuvenate Framework in detail. Each step is designed to help you slow down, tune in to your emotions, and allow scripture to speak directly into your situation. You'll learn how to identify what you're feeling, connect it to biblical truth, and take practical steps toward growth and healing.

To help you fully engage with the process, we've also included a short list of scripture passages that you can use as you move through the framework. You're welcome to choose from these or select a verse that personally resonates with you. The goal is to center your reflection on a promise from God's Word that brings hope, clarity, or direction.

Take a moment to prepare your heart, choose your scripture, and get ready to explore how each part of the Rejuvenate Framework can help you not just read the Word but live it.

On the next page, you'll find a **visual flow chart** that outlines the Rejuvenate Framework step by step. Use this chart as a quick reference and reminder of the overall process as you work through each phase. Once you've chosen a scripture that speaks to your current situation, we'll begin applying the framework—turning biblical truth into intentional action and meaningful change.

THE REJUVENATE FRAMEWORK

STEP 1: **THE PERPECTIVE**	**Clearly Identify the emotion that is keeping stuck.** **"I am experiencing a feeling of** ~~Name the Emotion~~ **because of** Describe the Circumstance **_____.**
STEP 2: **THE PROMISE**	**Choose One Promise from Scripture that addresses that particular emotion.** **Use a Concordance, Bible Application, or Internet Search**
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STEP 5: **THE PROVISION**	**List three ways God has given you what you need to make that promise a reality in your life.** – Visualize – Gratitude
STEP 6: **NEW PERSPECTIVE**	**Clearly Identify how you will us the emotion to remind yourself that God is with you so you can keep move forward.** **"I am experiencing a feeling of _____ but God is with me, so I will _____.**
STEP 7: **TAKE ACTION**	**Now take some quiet time to think , reflect and Pray. You will ask the Holy Spirit for guidance by looking at your emotions and circumstances through the lens of your promise and ask God for the following:** **Based on this promise .....** 1. **How can I look at this situation differently?** 2. **What can I do differently to tackle this challenge?**

GOD HAS PROMISED YOU THE FOLLOWING...

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.

-Jeremiah 29:11 KJV

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee .

-Isaiah 43:2 KJV

And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

-Romans 8:28 KJV

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

-Philippians 4:6 KJV

Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee

- Deuteronomy 31:6 KJV

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

-Romans 8:38-39 KJV

Now faith is the substance of things hoped for, the evidence of things not seen

- Hebrews 11:1 KJV

I can do all things through Christ which strengtheneth me.

- Philippians 4:13 KJV

WORKSHEET EXAMPLE

The following is an example of how to use the worksheet to take you through the Rejuvenate Framework.

STEP 1: PERSPECTIVE

CLEARLY IDENTIFY THE EMOTION AND CIRCUMSTANCE THAT IS KEEPING YOU STUCK.

What is the emotion and circumstance that is keeping you stuck?

Use the following sentence format to help you describe the problem in simple terms. *(See page X)*

"I am experiencing a feeling of *Name the Emotion:* Discouragement

because of *Describe the Circumstance:* The fact that I have too many tasks to Complete and I don't know how to get everything done.

."

STEP 2: THE PROMISE

CHOOSE ONE PROMISE FROM SCRIPTURE THAT ADDRESSES THAT PARTICULAR EMOTION.

What passage from scripture speaks to your emotion or circumstance ?

Use a Strongs concordance, internet search, or any Bible app devotional.

He giveth power to the faint; and to them that have no might he increaseth strength.

- Isaiah 40:29

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STEP 3: THE PURPOSE

IDENTIFY THE PERSONAL MESSAGE GOD IS SENDING YOU THROUGH THIS PROMISE

What personal message is God sending you through this Promise?

Study the context and content of the passage to gain complete clarity of the message.

This passage is God speaking to the remnant of Israel to assure them that he will help them survive and overcome their current circumstances. This passage means that even though I feel week, God has the ability to give me the strength I need for today.

STEP 4: THE POWER

APPLY GOD'S PROMISE TO THIS EMOTION AND CIRCUMSTANCE BY IDENTIFING AN ACTION YOU CAN TAKE TO KEEP YOU MOVING FORWARD.

What specific action can you identify to propel yourself forward?

Envision applying God's promise to your current emotion and circumstance.

1. **Personalize the Promise:**
   Rewrite the promise and replace pronouns or specific names with your own.
   He giveth power to Harold when he is faint; and when Harold has no might he increases Harold's strength.

2. **Internalize the Meaning:**
   Based on God's character, what conclusion can you come to on how this promise is moving in your lives right now.
   God loves me and wants to support and empower me so I must have the strength to get these things. I need to focus on just one thing at a time.

3. **Align Your Behavior:**
   Based on your inferences, what decisions can you make that reflect the promise you've just discovered.
   - I can be grateful for responsibilities because it means business is happening.
   - I will go through my responsibilities one step at a time.
   - I will do my absolute best with every task because God is helping me.

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STEP 5: THE PROVISON

SEARCH FOR THREE WAYS GOD IS MAKING THIS PROMISE A REALITY IN YOUR LIFE.

What are areas that God is providing for you right now?

Put yourself in a place of gratitude and think about the resources you possess.

1. I am aware of the time management techniques that I can use to manage my responsibilities.
2. I have people in my life who love me and who can help me complete these tasks
3. I have the help and support of my Heavenly Father who knows when I am weak and gives me strength when I need it.

STEP 6: NEW PERSPECTIVE

CLEARLY IDENTIFY HOW YOU WILL US THE EMOTION TO REMIND YOURSELF THAT GOD IS WITH YOU SO YOU CAN KEEP MOVE FORWARD.

How can I look at this situation differently?

What can I do differently to face this challenge with faith and purpose?

Use the following sentence format to help you describe the problem in simple terms. *(See page X)*

"I am experiencing a feeling of *Name the Emotion:* Discouragement, but God is with me, so I will *Describe the New Perspective:* Move forward in the strength I do have, and remember my purpose for doing this."

Next Page

STEP 7: TAKE ACTION

- **Take time to Think, Reflect and Pray.**
- **Ask the Holy Spirit for guidance.**
- **Look at your emotions through the lens of your promise.**

Based on your promise .....

1. How can I look at this situation differently?

God promises to strengthen me so I will move forward with the strength I have and will give me more as I go.

2. What can I do differently to tackle this challenge?

I am going to prioritize the most important tasks and ask my family and friends to help me.

BLANK WORKSHEET



YOUR WORKSHEET

The following is an example of how to use the worksheet to take you through the Rejuvenate Framework.

STEP 1: PERSPECTIVE

CLEARLY IDENTIFY THE EMOTION AND CIRCUMSTANCE THAT IS KEEPING YOU STUCK.

What is the emotion and circumstance that is keeping you stuck?

Use the following sentence format to help you describe the problem in simple terms. *(See page X)*

"I am experiencing a feeling of *Name the Emotion:* _____

because of *Describe the Circumstance:* _____

_____

_____."

STEP 2: THE PROMISE

CHOOSE ONE PROMISE FROM SCRIPTURE THAT ADDRESSES THAT PARTICULAR EMOTION.

What passage from scripture speaks to your emotion or circumstance ?

Use a Strongs concordance, internet search, or any Bible app devotional.

_____

_____

_____

_____

_____

STEP 3: THE PURPOSE

IDENTIFY THE PERSONAL MESSAGE GOD IS SENDING YOU THROUGH THIS PROMISE

What personal message is God sending you through this Promise?

Study the context and content of the passage to gain complete clarity of the message.

_____

_____

_____

_____

_____

STEP 4: THE POWER

APPLY GOD'S PROMISE TO THIS EMOTION AND CIRCUMSTANCE BY IDENTIFING AN ACTION YOU CAN TAKE TO KEEP YOU MOVING FORWARD.

What specific action can you identify to propel yourself forward?

Envision applying God's promise to your current emotion and circumstance.

1. **Personalize the Promise:**
   Rewrite the promise and replace pronouns or specific names with your own.
   _____
   _____
   _____

2. **Internalize the Meaning:**
   Based on God's character, what conclusion can you come to on how this promise is moving in your lives right now.
   _____
   _____
   _____

3. **Align Your Behavior:**
   Based on your inferences, what decisions can you make that reflect the promise you've just discovered.
   - _____
   - _____
   - _____

Next Page

STEP 5: THE PROVISON

SEARCH FOR THREE WAYS GOD IS MAKING THIS PROMISE A REALITY IN YOUR LIFE.

What are areas that God is providing for you right now?

Put yourself in a place of gratitude and think about the resources you possess.

1. _____
_____
_____

2. _____
_____
_____

3. _____
_____
_____

STEP 6: NEW PERSPECTIVE

CLEARLY IDENTIFY HOW YOU WILL US THE EMOTION TO REMIND YOURSELF THAT GOD IS WITH YOU SO YOU CAN KEEP MOVE FORWARD.

How can I look at this situation differently?

What can I do differently to face this challenge with faith and purpose?

Use the following sentence format to help you describe the problem in simple terms. *(See page X)*

"I am experiencing a feeling of *Name the Emotion:* _____,
but God is with me, so I will *Describe the New Perspective:* _____

_____

_____."

Describe the Circumstance:

STEP 7: TAKE ACTION

- **Take time to Think, Reflect and Pray.**
- **Ask the Holy Spirit for guidance.**
- **Look at your emotions through the lens of your promise.**

Based on your promise .....

1. **How can I look at this situation differently?**

   _____

   _____

2. **What can I do differently to tackle this challenge?**

   _____

   _____

THANK YOU!!!!!!



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