

REBUILT REFLECTIONS

MEDIA & SPEAKER KIT

— Rebuilt Reflections —

A Journey of Faith, Surrender, and Transformation



A Life Rebuilt — Not by Strength, but by Surrender

by *Dave Hall*

A Life Rebuilt - Not by Strength, but by Surrender

Dave Hall

Author • Marine Veteran • Technology & Security Leader

PRIMARY MEDIA HOOK

“He wrote about surrender. Then life asked him to live it.”

BUY THE BOOK THAT STARTED THE CONVERSATION
RebuiltReflections.com

CONTINUE FOLLOWING THE STORY OF SURRENDER
Rebuilt Reflections from the Road
Facebook.com/RebuiltReflections

Media / Interviews / Speaking: dave@rebuiltreflections.com

Dave Hall + Rebuilt Reflections

Everything a producer, host, editor, or event organizer needs at a glance.

He wrote about surrender. Then life asked him to live it.

Marine veteran and longtime technology and cybersecurity leader Dave Hall spent roughly 25 years rebuilding after neurological and spinal injury. In 2025, he wrote Rebuilt Reflections around faith, identity, false armor, trust, and surrender. The manuscript was completed in December 2025 and published in April 2026. Then 2026 tested the message: Hall underwent his fifth spinal surgery in February and his sixth in August - two spinal operations in less than seven months.

Today, Hall is not promoting a finished recovery story. He is living an unfinished testimony: what happens when perseverance alone is no longer enough and rebuilding becomes an act of surrender.

Strong interview conversations

- Surrender versus giving up
- When strength, achievement, and self-reliance become false armor
- Faith when the story is still unfinished
- Identity after injury, disability, career change, or loss
- A Marine veteran's journey from endurance toward stewardship and surrender

Two simple calls to action

BUY: RebuiltReflections.com - buy the book that started the conversation.

FOLLOW: Facebook.com/RebuiltReflections - continue the story of surrender through Rebuilt Reflections from the Road.

Why Dave. Why Now.

The book came first. Then came the test.

Dave Hall spent roughly 25 years learning how to rebuild. A United States Marine Corps Reserve veteran whose life trajectory changed after a neurological and spinal injury, he went on to build a family, a demanding technology and cybersecurity career, and a life shaped by perseverance through chronic physical adversity.

In 2025, during a season of professional transition and reflection, Hall began writing *Rebuilt Reflections: A Journey of Faith, Surrender, and Transformation*. The manuscript was completed in December 2025 and published in April 2026. Its themes were already set: identity, false armor, faith, trust, transformation, and surrender.

Then 2026 tested the ideals he had already written. Hall underwent his fifth spinal surgery in February and his sixth in August at Duke - two spinal operations in less than seven months. At age 50, amid major changes in health, work, independence, and plans for the future, the reflections became more than words on a page.

The message that emerged was not that perseverance had failed. It was that perseverance alone was never the final answer. Hall's testimony is that rebuilding is not ultimately about becoming strong enough to carry everything again. It is about surrendering the outcome, the identity, the plans, and the need for control.

Rebuilt Reflections started that conversation. *Rebuilt Reflections from the Road* continues it in real time as Hall shares what surrender looks like while recovery, faith, and the next chapter are still being written.

“I spent 25 years learning how to rebuild my life. The Lord is teaching me that sometimes rebuilding begins when you finally stop trying to rebuild it yourself.”

About Rebuilt Reflections

A Journey of Faith, Surrender, and Transformation

Rebuilt Reflections is a collection of 17 personal reflections rooted in Scripture, testimony, imagery, and guided reflection. It is not presented as theology or doctrine. It is testimony: an honest account of where Hall believes the Lord met him and how those encounters changed his understanding of faith.

The book moves through five seasons - Brokenness to Self, Surrender to God's Timing, Beginning the Walk, Discernment on the Journey, and Identity of the Rebuilt Life - tracing a progression from self-reliance toward surrender and identity in Christ.

Its organizing framework is the Cord of Three:

COME AND SEE	Pause and recognize what is true - where God may already have been present.
WALK WITH ME	Build trust as Scripture, testimony, and reflection reveal deeper meaning.
FOLLOW ME	Consider the invitation to surrender, discipleship, and the next faithful step.

A central image is the “false armor” created by worldly pressure, fear, expectation, achievement, shame, identity, and self-reliance - and the invitation to lay down what was never given by God and stand instead in the Full Armor of God.

This is not a book of answers. It is a mirror.

One Story. Multiple Conversations.

Primary hook: He wrote about surrender. Then life asked him to live it.

Faith & Christian Media: How faith changes when prayer moves from asking God to bless our plans to allowing our hearts and plans to align with His.

Veteran Story: A Marine veteran's 25-year journey of adapting after injury - and the difference between endurance, perseverance, and surrender.

Chronic Pain / Disability: Six spinal surgeries across nearly two decades: rebuilding identity when physical capability, independence, and expectations repeatedly change.

Leadership & Technology: A career spent solving complex systems and security problems meets a season that cannot simply be engineered, controlled, or fixed.

Men's Ministry: When strength becomes false armor: examining achievement, self-reliance, provision, identity, and what biblical surrender can require of men.

Human Interest / Local: At 50, after two spinal surgeries in less than seven months, a Western North Carolina author is living the message he completed before he knew what the year would bring.

Author / Book: Why Rebuilt Reflections is not a memoir of a finished recovery, but an invitation to recognize God's presence in an unfinished life.

Signature Topics & Questions

Signature topics

- Surrender versus giving up
- The false armor of strength, achievement, and self-reliance
- Faith when the story is still unfinished
- Identity after injury, disability, career change, or loss
- The Cord of Three: Come and See, Walk With Me, Follow Me
- Daily bread: trusting God without certainty about tomorrow
- The warrior's heart transformed from control to stewardship
- How testimony can invite reflection without pretending to have every answer

Suggested interview questions

- What does “A life rebuilt - not by strength, but by surrender” mean to you now?
- You completed the book before your two 2026 spinal surgeries. What was it like to realize you were being asked to live ideas you had already written?
- How has your understanding of perseverance changed after 25 years of rebuilding?
- What is “false armor,” and how can strength, achievement, career, or even resilience become part of it?
- What is the Cord of Three - Come and See, Walk With Me, Follow Me - and why does surrender come last?
- How did your Marine experience shape the way you approached adversity, and where did that approach eventually reach its limits?
- What happens to identity when career, independence, and physical ability change at the same time?
- How do you distinguish surrender from giving up?
- What does “But God” mean in the context of Rebuilt Reflections?
- What would you say to someone whose life has not turned out according to plan?
- Why do you describe Rebuilt Reflections as testimony rather than theology or doctrine?

Dave Hall

50-word bio

Dave Hall is the author of *Rebuilt Reflections: A Journey of Faith, Surrender, and Transformation*. A Marine veteran and longtime technology and cybersecurity leader, Hall writes from a 25-year journey of injury, perseverance, six spinal surgeries, faith, and rebuilding - discovering that the deepest rebuilding may come not through strength, but surrender.

100-word bio

Dave Hall is a United States Marine Corps veteran, husband, father, technology and cybersecurity leader, and author of *Rebuilt Reflections: A Journey of Faith, Surrender, and Transformation*. For roughly 25 years, Hall has navigated the consequences of neurological and spinal injury while continuing to rebuild family, career, identity, and purpose. His journey has included six spinal surgeries, including two in 2026. Hall completed *Rebuilt Reflections* in December 2025, before the latest medical crisis tested the themes he had already written about: faith, false armor, trust, identity, and surrender. His message is simple: a life rebuilt not by strength, but by surrender.

Full bio

Dave Hall's adult life has repeatedly required rebuilding. After serving in the United States Marine Corps Reserve, a neurological and spinal injury changed the trajectory of his military service and eventually led to medical separation. Hall nevertheless built a family and a long career in technology, systems architecture, and cybersecurity while living with progressive spinal disease and chronic physical challenges. Across nearly two decades he underwent six spinal surgeries - in 2007, 2017, 2018, 2021, February 2026, and August 2026.

In 2025, during a season of professional transition, Hall began writing *Rebuilt Reflections*. Completed in December 2025 and published in April 2026, the book explores faith through 17 personal reflections centered on identity, trust, false armor, transformation, and surrender. Hall could not have known how quickly those themes would be tested. Two spinal surgeries followed within less than seven months, along with profound changes in work, health, independence, and expectations for the future.

Today, Hall speaks and writes from an unfinished story. His testimony is not that faith removes adversity, but that the Lord can meet people within it - and that sometimes the deepest rebuilding begins when strength gives way to surrender.

Host Introduction & Outreach Pitch

45-second host introduction

Our guest today is Dave Hall, author of *Rebuilt Reflections: A Journey of Faith, Surrender, and Transformation*. Dave is a Marine veteran and longtime technology and cybersecurity leader whose 25-year rebuilding journey has included neurological and spinal injury and six spinal surgeries. He completed *Rebuilt Reflections* before two surgeries in 2026 forced him to live many of the ideas he had already written about - identity, false armor, faith, trust, and surrender. His message is simple: sometimes rebuilding begins when strength gives way to surrender. Dave, welcome.

Podcast / media pitch

He wrote about surrender. Then life asked him to live it. Marine veteran and technology leader Dave Hall completed *Rebuilt Reflections* after roughly 25 years of injury, perseverance, rebuilding, and faith. What he did not know was how quickly those ideas would be tested: in 2026 he underwent his fifth and sixth spinal surgeries - two operations in less than seven months - while confronting major changes in health, career, independence, and the future he had planned. Dave offers a grounded conversation about the difference between resilience and surrender, what happens when strength itself becomes armor, and how faith is lived when the story is still unfinished.

Suggested email subject lines

- INTERVIEW: He wrote about surrender - then underwent two spinal surgeries in seven months
- Marine veteran's 25-year rebuilding journey becomes a lesson in surrender
- AUTHOR INTERVIEW: When perseverance becomes false armor
- *Rebuilt Reflections*: The book came first. Then came the test.

Speaking & Event Positioning

Rebuilt Reflections is suited to testimony-driven conversations rather than a conventional lecture. Dave can speak to churches, men's ministries, veterans groups, small groups, bookstores, podcasts, and community events about what it means to rebuild identity when strength, plans, and self-reliance are no longer enough.

Suggested conversation themes

- A Life Rebuilt - Not by Strength, but by Surrender
- When Strength Becomes False Armor
- Come and See. Walk With Me. Follow Me.
- Daily Bread: Trusting God Without Tomorrow's Map
- Identity When the Life You Planned Changes
- The Warrior's Heart: From Endurance to Stewardship

Bookstore / church pitch

Rebuilt Reflections is a 98-page Christian reflection book designed for readers in seasons of brokenness, transition, uncertainty, or spiritual rebuilding. Through 17 Scripture-rooted reflections and the Cord of Three - Come and See, Walk With Me, Follow Me - Dave Hall invites readers to examine the burdens and identities they carry without pretending to offer easy answers. Author conversations can be paired with Q&A, testimony, book signing, men's ministry, veteran outreach, or small-group discussion.

The Journey Through the Book

I BROKENNESS TO SELF

Brokenness stripped away the illusion of control and self-reliance Hall had worn like armor.

Brokenness is not the end of the story. It is where rebuilding is first allowed to begin.

II SURRENDER TO GOD'S TIMING

Job loss, instability, abundance, scarcity, waiting, and uncertainty became a school of continual surrender.

God's plan never changed. Even when mine did.

III BEGINNING THE WALK

After surrender came no complete map - only the next faithful step.

God does not reveal the whole path at once. He reveals the next faithful step.

IV DISCERNMENT ON THE JOURNEY

As faith deepened while the body weakened and circumstances remained uncertain, pressure became a place of formation.

Discernment does not remove the heat. It reveals what the heat is shaping.

V IDENTITY OF THE REBUILT LIFE

The final season contrasts the false armor of the world with the Full Armor of God. Strength becomes stewardship rather than domination.

The armor is not worn to dominate. It is worn to stand firm in who God says you are.

A 25-Year Rebuilding Journey

The story is bigger than the surgeries; the surgeries mark the seasons of rebuilding.

1995-2001	Served in the United States Marine Corps Reserve; neurological/spinal injury changed the trajectory of service and life.
2007-2021	Four spinal surgeries across fourteen years while Hall continued rebuilding family, career, identity, and purpose.
2025	Began writing Rebuilt Reflections during a season of professional transition and reflection.
December 2025	Completed the manuscript.
February 2026	Fifth spinal surgery.
April 2026	Rebuilt Reflections published.
August 2026	Sixth spinal surgery at Duke - the second spinal operation of 2026.
Now	Recovery continues. Rebuilt Reflections from the Road follows the ongoing story of surrender while the next chapter is still being written.

He Wrote About Surrender. Then Life Asked Him to Live It.

After 25 years of rebuilding and six spinal surgeries, Marine veteran and author Dave Hall is living the message behind Rebuilt Reflections.

WAYNESVILLE, N.C. - September 2026 - When Dave Hall completed Rebuilt Reflections: A Journey of Faith, Surrender, and Transformation in December 2025, he had already spent roughly 25 years learning how to rebuild after injury, physical adversity, and unexpected changes in life.

The United States Marine Corps veteran and longtime technology and cybersecurity leader wrote 17 reflections exploring faith, identity, false armor, trust, transformation, and surrender. The book was published in April 2026.

What Hall could not have known was how quickly the ideals he had written would be tested. In February 2026, Hall underwent his fifth spinal surgery. In August, at age 50, he underwent spinal surgery number six at Duke - his second spinal operation in less than seven months. The latest chapter brought renewed questions about health, independence, career, plans, and identity.

For much of his adult life, Hall says rebuilding meant persevering: adapt, push forward, solve the next problem, and keep moving. The lesson he now describes is different. His testimony is that surrender is not defeat; it is releasing the need to control the outcome and allowing his plans and identity to come into alignment with God's will.

That distinction gives new weight to a central theme of Rebuilt Reflections: removing the "false armor" created by worldly pressure, fear, expectation, achievement, shame, and self-reliance. The book's progression - Come and See, Walk With Me, and Follow Me - invites readers to recognize where God may already have been present, build trust, and ultimately consider surrender.

Hall describes Rebuilt Reflections as testimony rather than theology or doctrine - an invitation for readers to examine their own lives, burdens, identities, and the possibility that rebuilding may look different from simply becoming strong enough to carry everything again.

"I spent 25 years learning how to rebuild my life. The Lord is teaching me that sometimes rebuilding begins when you finally stop trying to rebuild it yourself."

Rebuilt Reflections: A Journey of Faith, Surrender, and Transformation is available in paperback and ebook formats. Buy the book that started the conversation at RebuiltReflections.com. Continue following the story of surrender through Rebuilt Reflections from the Road at Facebook.com/RebuiltReflections. Review copies, interviews, podcast appearances, church and ministry conversations, bookstore events, and speaking inquiries are welcome.

Bring the Conversation to Your Audience

Available for interviews, testimony-driven conversations, and events.

- Podcasts and radio
- Print and online interviews
- Church testimony and ministry conversations
- Men's ministry
- Veteran conversations
- Bookstore and author events
- Small groups and community events

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BUY THE BOOK	RebuiltReflections.com - the book that started the conversation
CONTINUE THE STORY	Rebuilt Reflections from the Road - Facebook.com/RebuiltReflections
MEDIA / SPEAKING	dave@rebuiltreflections.com

Rebuilt Reflections is not a story about having all the answers after adversity. It is the testimony of a man who wrote about surrender - and then found himself called to live it.