

The background of the entire page is a soft-focus photograph of pink and white flowers, likely lilies, with green leaves. The flowers are scattered across the frame, with some in sharp focus and others blurred.

# #IEMPOWERU

## W O R K B O O K



A guided workbook designed to help you dig a little deeper.



# WELCOME, FRIEND

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Welcome to the #IEMPOWERU Journal Challenge Workbook!

This Workbook is designed to serve as an aid to help you get deeper in your relationship with the Lord. There are bonus questions, scriptures, and room for you to write, all designed to help you go a little deeper.

Make sure to download and save it to your computer so you'll always have access to it. Also, don't forget to print it out!

The purpose of this challenge is for you to draw closer to God, receive healing and get encouragement from other women in Christ.

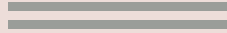
Our motto with this challenge is, "I Empower You, So You Can Empower Her."

Not only do we want you to get empowered, but we want you to share the wealth of empowerment with other women! Whether it be a sibling, a friend, a cousin, your auntie, whomever you think can benefit, please share and encourage them! We want you to share all of the good things God is doing in your life and encourage others to give God a try.

Let's dive in!

# BRAIN DUMP

RELEASE IT OVER TO GOD



Write out everything that is on your mind. This exercise will help you get your thoughts onto paper. This will allow you to see what thoughts are positive, negative, recurring, or things that you've kept tucked away and have resurfaced. Once you're done surrender it all to God. Allow Him to take what you've been carrying for so long. It's time to release.

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# Signs That You Are HEALING

*Breaking  
Old Patterns*

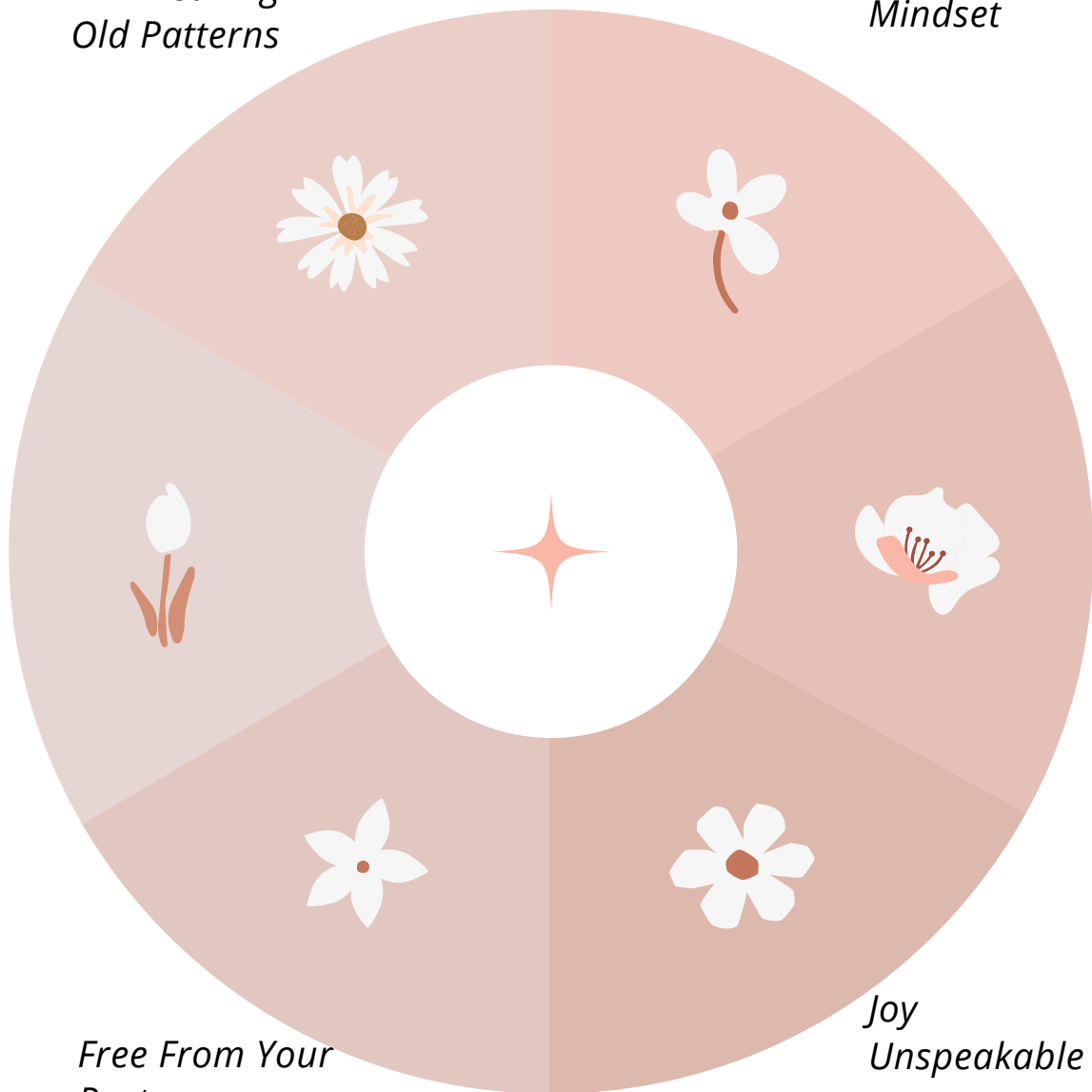
*New  
Mindset*

*Firm in  
Identity*

*Joy  
Unspeakable*

*Free From Your  
Past*

*Practicing  
Forgiveness*



**GO A LITTLE DEEPER!**

Write down 5 ways you've experienced healing within the past year.

**Questions to think about:**

- What was your biggest challenge?
- What prompted your healing journey?

**BONUS**

# IDENTITY

Read the scriptures provided.

Write a few words to describe your identity in Christ.

Our identity is often times how people classify us or how they're able to recognize us. Regardless of what others may say you are, who do you say are? Most importantly, who does God say you are?

**Psalm 139:14** ~ "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

## BONUS

### GO A LITTLE DEEPER!

Journal about the many ways these scriptures have revealed to you about how God has made you set apart from the rest.

### Questions to think about:

- What qualities do you like about yourself?
- What do other people always compliment you on?

### 1 PETER 2:9

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### GENESIS 1:27

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### EPHESIANS 4:24

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### ROMANS 8:28

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# What is a Friend?

**Proverbs 27:17 "Iron sharpens iron, and one man sharpens another." Friends are people we can rely on, trust, and in turn, we will do the same for them.**

**In your journal answer the questions below.**

1.) When people talk to you, are you actively listening? Why or why not?

2.) What would you consider to be a red flag in friendships?

3.) What role do you play in your friendships, are you the advice giver, the “venter“, or the observer?

**BONUS**

**GO A LITTLE DEEPER!**

**Questions to think about:**

- Do you have the qualities you're looking for in a friend?
- How do you define friendship?

# Receiving What's Yours

**James 1:17**

Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.

**Receive these truths that the Bible clearly lays out for us.**

- \* My future is bright, God orders my steps. - PSALM 40: 2
- \* I am full of purpose. - EPHESIANS 2:10
- \* My past does not define me. I am made new. - ROMANS 8:1
- \* I trust God's timing. - ECCLESIASTES 3:1
- \* I am loved beyond measure. - 1 CORINTHIANS 13:4-7
- \* God answers my prayers. - MARK 11: 24
- \* God will never leave me. - HEBREWS 13:5
- \* My heart is at peace. - PHILIPPIANS 4: 7
- \* I choose to be happy at all times. - ROMANS 15:13

**BONUS**

**GO A LITTLE DEEPER!**

**Questions to think about:**

-What you are receiving in this season?

# TIMING

Will you trust God's timing or will you continue to go at your own speed?

Ecclesiastes 3:1 - "For everything there is a season, a time for every activity under heaven."

**T**  
TRUSTING

What do you need to  
surrender over to God?

**I**  
INCREASES

What area of your life are  
you holding back in?

**M**  
MORE

What area of your life do  
you need more guidance?

**E**  
EASE

If you trusted God's timing,  
would you feel less  
anxious?

**BONUS**

GO A LITTLE DEEPER!

**Questions to think about:**

-The next time an issue arises, will you trust God's  
timing?





# Reflection

What will you do differently in your walk with Christ?

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What did you learn about yourself?

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What has God revealed to you during this past week?

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What is something you'd like to discover more about?

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## A L L D O N E !

WOW! God has done it AGAIN! But most importantly, YOU did it! This challenge has been truly amazing and we'd like to thank you for joining us! Thank you for being a part of our community and allowing us to pour into your lives.

We pray the challenge has blessed you and encouraged you.

xo,

Daisy