

FREEDOM!

*the gutsy pursuit of
breakthrough
and the
life beyond it*

JENNIFER RENEE WATSON



BETHANYHOUSE

a division of Baker Publishing Group
Minneapolis, Minnesota

© 2019 by Jennifer R. Watson

Published by Bethany House Publishers
11400 Hampshire Avenue South
Bloomington, Minnesota 55438
www.bethanyhouse.com

Bethany House Publishers is a division of
Baker Publishing Group, Grand Rapids, Michigan

Printed in the United States of America

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—for example, electronic, photocopy, recording—without the prior written permission of the publisher. The only exception is brief quotations in printed reviews.

Library of Congress Cataloging-in-Publication Data

Names: Watson, Jennifer Renee, author.

Title: Freedom! : the gutsy pursuit of breakthrough and the life beyond it / Jennifer Renee Watson.

Description: Minneapolis : Bethany House, a division of Baker Publishing Group, 2019. | Includes bibliographical references.

Identifiers: LCCN 2018038576 | ISBN 9780764232701 (trade paper) | ISBN 9781493417315 (e-book)

Subjects: LCSH: Christian women—Religious life.

Classification: LCC BV4527 .W367 2019 | DDC 248.8/43—dc23

LC record available at <https://lcn.loc.gov/2018038576>

Unless otherwise indicated, Scripture quotations are from the Holy Bible, New International Version®. NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com

Scripture quotations identified AMP are from the Amplified® Bible, copyright © 2015 by The Lockman Foundation. Used by permission. www.Lockman.org

Scripture quotations identified AMPC are from the Amplified® Bible, copyright © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation. Used by permission. www.Lockman.org

Scripture quotations identified CEV are from the Contemporary English Version © 1991, 1992, 1995 by American Bible Society. Used by permission.

Scripture quotations identified ESV are from The Holy Bible, English Standard Version® (ESV®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. ESV Text Edition: 2016

Scripture quotations identified ISV are from the International Standard Version, copyright © 1995–2014 by ISV Foundation. All rights reserved internationally. Used by permission of Davidson Press, LLC.

Scripture quotations identified KJV are from the King James Version of the Bible.

Scripture quotations identified MESSAGE are from THE MESSAGE, copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002 by Eugene H. Peterson. Used by permission of NavPress. All rights reserved. Represented by Tyndale House Publishers, Inc.

Scripture quotations identified NET are from the NET Bible®, copyright © 1996–2016 by Biblical Studies Press, L.L.C. <http://netbible.com>. Used by permission. All rights reserved.

Scripture quotations identified NKJV are from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations identified NLT are from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2007, 2013, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Cover design by
Brand Navigation

Author is represented by the Blythe Daniel Agency.

In keeping with biblical principles of creation stewardship, Baker Publishing Group advocates the responsible use of our natural resources. As a member of the Green Press Initiative, our company uses recycled paper when possible. The text paper of this book is composed in part of post-consumer waste.



19 20 21 22 23 24 25 7 6 5 4 3 2 1

Jennifer Renee Watson, Freedom!

Bethany House, a division of Baker Publishing Group, © 2019. Used by permission.

To Whitley and Elise,
my favorite Gutsy Girls.

Contents

Foreword	11
Introduction	13
Gutsy Girl Mandate	20

Part 1: How Warriors Are Made

1. More Issues than *Vogue* 23
2. Gutsy Girls 33
3. Taking It Back: *The Same Kind of Stuck* 43
4. Battle Cry: *When the Sky Is Falling and People Are Cray Cray* 55
5. Questions Jesus Asked and Why We Still Need to Ask Them 65
6. Freedom from Your Inner Mean Girl 77
7. The Mending Mindset: *Reclaim Your Role as the Leading Lady* 101
8. The Price of Breakthrough 111

Contents

9. You Are the Catalyst to the Breakthrough You Are
Looking For 131

10. Beyond the Breakthrough 145

**Part 2: I Thought I Had Experienced a Real Breakthrough,
So Why Do I Feel Like This?**

11. Abundantly More, Ending Our Tug-of-War
with Joy 165

12. Healing Sisterhood 183

Epilogue 199

Acknowledgments 201

Notes 203

Foreword

I SAT HUNCHED on my kitchen floor, my head between my knees and shoulders thrashing as the tears flowed—my heart broken in a hundred ways.

Somewhere deep down I knew I was still a daughter of the King even in my brokenness and shattered plans. I knew God still had good plans for me, and I knew He'd already paid the price for my healing. But from my tearstained puddle on the kitchen floor, I simply didn't know how to get there.

Freedom! is the manual how.

Jennifer Renee Watson manages to pry the pity party out of the paws of her readers with the gentle nudge of a mama's heart. She tells truths that would sound hard if said by anyone else, yet Jen makes you feel like you're sitting at her breakfast nook eating blueberry pancakes smothered in sweet, sticky syrup.

And the best part? You leave her table brave, empowered, and equipped.

Please hear this truth: Your life is too valuable to be stuck. We need you at your best! The world needs your unique gifts

and talents, and it's up to you to take the hand offered to help you get up and on your way again.

I know what it feels like to be paralyzed by fear, crippled with pain, and wondering if true recovery is really possible.

I join with Jen and scream a resounding YES! It is possible. The price for our healing has already been paid, although sometimes it's hard work to get our feelings and emotions aligned with God's truth.

In *Freedom!* Jen writes as a teacher, a coach, an advocate, and a soldier, charging along beside you as you begin your journey of freedom.

Let's get you unstuck—and on your way to the big plans God surely will not fail to accomplish in you.

—Shauna Shanks, author and speaker

Introduction

ACH PAINFUL MOMENT in our lives can lead to some kind of breakthrough. But most of the time, we give up right before our life-changing breakthrough happens. Why? *Because this is when it hurts most.* True breakthrough, however, is hope moving forward even when life hurts. The moment that hurts and cuts you to the core can be your starting place toward the ultimate destination: wholeness of soul.

God never wastes our pain, and He sees us like no one else can—whole and wholly His. Brokenness is not our destination; wholeness is. No matter what we have been through in life, *the Holy Spirit will always be more powerful than the moments that try to break us.*

Stay with me—I'm trying to imagine what you look like right now. I wonder if you just nodded your head in affirmation, or if you are trying your best not to cry. Perhaps everything you are feeling right now spilled out and ruined your mascara. Maybe you want to run but your heart is telling you to dig in your heels. You are safe in feeling everything, and you are brave enough to keep turning pages. My most life-changing

breakthrough was right after my biggest breakdown. Freaking out seemed like the natural thing to do when I found myself in the middle of a wild storm without an umbrella. But what I thought would leave me beyond repair actually taught me to not back down until I had a breakthrough that changed me from the inside out.

Our Biggest Breakthrough Often Comes Right After a Soul-Crushing Breakdown

I've heard it said before that most people spend their adulthood trying to get over their childhood. At one time, I was sure this would be my fate; with my long list of inner scars and insecurities, I could spend a lifetime trying to work through them. But I have learned that our messiness is often the precursor for the miraculous move of God in our hearts, relationships, and circumstances. We all have a story, and a majority of our stories are messy ones, but each can lead us to the intersection of breakthrough and letting go. Hope is just around the corner, but it's going to hurt a little before you reach your destination.

Often, when we remember our pain, we see faces of people from our past or present attached to that pain. My pain had a face, too, just like yours might now. My relationship with my father had been a source of heartache for most of my life. I spent my childhood hoping that if I prayed hard enough and was a good girl, my dad would come to love Jesus the way I did. As a teenager, I struggled with the embarrassment of being the daughter of a hot-tempered man with a drinking problem. As a grown woman, I realized I couldn't have a healthy relationship with an unhealthy person. I became aware that I couldn't fix or heal him, but I could be present in my own pain and ask God to heal the things that were broken inside of me.

Three years ago, when my father passed away, I wondered if the pain of not being able to mend our broken relationship would be a permanent sting. I wondered if I would place blame and tell myself that I hadn't tried hard enough. These questions and more were answered in a small room that held his lifeless body at the funeral home. Standing at his side, all the good things we experienced together rose to the surface of my heart. As I told him good-bye, his face no longer looked like pain to me. It looked like peace.

If your pain doesn't have a face, perhaps it is connected to a place.

Often, returning to the scene of the crime, so to speak, inflicts deep pain. Reminders and anything that resembles the trauma or hurt can cause old wounds to open. But the power of God inside of you is stronger than any face or place that tried to break you. You might feel like this is a breaking point and a line you are not ready to cross. But this is where you find the holy roar inside of you. It is already there deep within you, and when you unleash it, it's going to make the enemy wet his pants. God does not raise up victims—He leads the wounded to victory. He calls the timid ones in hiding “mighty warriors” not because of where they are in the present, but because of where they will be in the future by His power (Judges 6:12).

The tragic ending and loss of my father led me to a greater understanding of what spiritual breakthrough is all about. But this wasn't my first tragic ending. There had been a string of other devastating outcomes in my life that I had to navigate through, as well. Insecurities from not feeling good enough used to be a constant companion of mine; I often based my worth on performance or on the response of others. Lies from verbal abuse rang in my ears; I was a puppet on a string, a dog jumping through hoops—and miserable until I found my identity in

Christ. Before my father's death I was no stranger to loss. I had experienced multiple miscarriages and learned how to wait on God with an aching heart.

Yes, each moment was brutal and heartbreaking, but it was also liberating to have the proof deep within me that I had been pieced back together in such a way that I could handle whatever life throws my way because of God at work inside of me. This girl had moved forward! Each painful thing in my life led me to personal breakthrough, and each moment I was given a supernatural peace that helped me to keep going.

I'm leaving you at peace. I'm giving you my own peace. I'm not giving it to you as the world gives. So don't let your hearts be troubled, and don't be afraid.

John 14:27 ISV

Your pain right now might be attached to a face or place, but your healing is wrapped up in the Person of Jesus. Your breakthrough happens in the journey of finding healing in your story and stuck places; we can experience a spiritual breakthrough that alters the way we deal with heartache, both present and future. I believe this process is not simply the breaking of our hearts or going through unwanted transitions or changes in our closest relationships and lowering expectations accordingly—just in case we don't get what we want. This is about raising our God-expectations to flip through thin pages of His thickest promises that point to His faithfulness. To see moments in the Bible where God's people lost everything and questioned everything but dared to trust Him and storm through the enemy's camp because He commanded it and told them victory was on the other side of their bloody battle. They had to fight for their breakthrough just like we have to fight for ours. It wasn't only about winning their current battle; it was

the assurance that with God's help, they could win the next one, too.

Together we will explore what breakthrough looks like for us with a heavenly, scriptural perspective. My prayer is not that you simply experience it, but that you live beyond it, fully aware that God has a plan for you that is purposeful. Hard things cannot halt the design God fashioned specifically for you. He will use each heartache for His glory if you let Him. Brokenness was never meant to be the leading character in our stories. It's the backstory and the catalyst that leads to breakthrough, freedom in Christ, and the unleashing of your holy roar.

The breaking becomes a pathway to lead us through hard times and being emotionally stuck. And on the other side of that hot mess emerges a very different version of you—the Holy Spirit-empowered version. Breakthrough is a decision to move past what you are facing or have faced, not in denial but in faith and determination with a Genesis 50:20 vision: “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

For too long the enemy of your soul and mine has been distorting truth and whispering to us that we are undeserving of real freedom. It's time to silence that voice, and to do so, you and I need better tools and holy weapons for our spiritual battles. When you find freedom in Christ and experience a real breakthrough, it changes your outlook, your way of living, and who you are as a person.

When I began praying over this book and praying for you, I began asking God to heal each wound and help you to see that beyond your brokenness is advancement in freedom and wholeness that lasts. Each crisis and hard thing you face is an opportunity to experience the God of breakthrough who has already paid for your victory in full. You are not too far

gone or too broken. You are in the perfect place to begin your breakthrough journey.

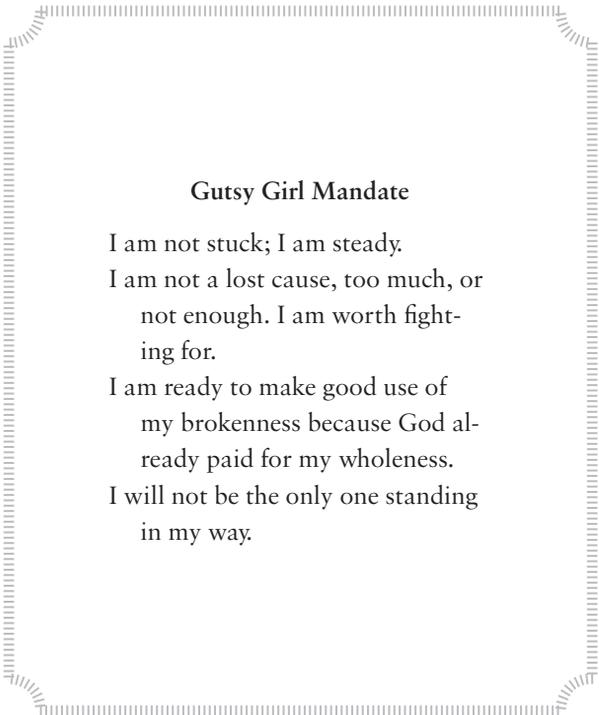
In this book you will find a Gutsy Girl Mandate to let you know that we are in this together, and concluding each chapter is a Truth Your Soul Needs section followed by reflective questions and a prayer to help you move forward in your journey. Your pain makes sense, but more than that, it deserves your attention. Lean in and listen to it as you read through each page. I don't have a formula, but I can see our symptoms and that there's a reason for them. I became incredibly bored with the broken-girl label I was wearing years ago, and I had a straight-up Holy Ghost breakthrough. I have the answer, not a formula. The answer is Jesus . . . and a stubborn refusal to give up until you are free and healed on the inside. Each chapter is designed to keep you moving forward and to help you realize healing and freedom is for you right now—not for later or “one day.” As I share pieces of my story, it's important to know it's not about *what* we have experienced in life, it's about *how God wants to use it* to draw us closer to Him and redeem each hard thing for our good.

As we look at what the Bible has to say about breakthrough, we will see aspects of familiar characters come to life in ourselves. We will notice that Joseph (who couldn't help his birth order and suffered unfairly at the hands of his brothers before taking a high position in the land) faced crisis after crisis—from being thrown into a pit and sold by his brothers into slavery to being unjustly sentenced in prison—yet each experience led him to his divine destiny of being the king's dream interpreter and ultimately leading the kingdom. It wasn't about imprisonment; it was about placement—God's placement for Joseph at each turn and in His timing.

With each difficult circumstance in Joseph's life, it must have felt like God was taking him in the opposite direction of the

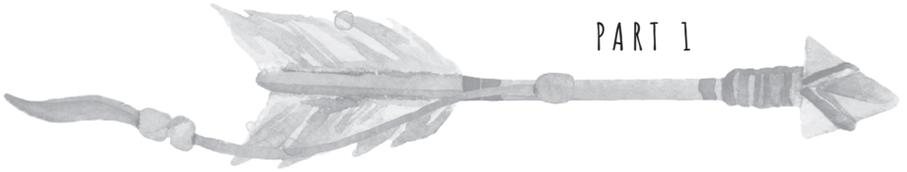
Lord's promise. Isn't that how we all feel sometimes? We feel like we are on the opposite side of wholeness. But with each crisis, we are given an opportunity for breakthrough and heavenly intervention. When we see a prison sentence, God sees an opportunity for us to be divinely positioned for the coming plan for our lives. Where the enemy tries to cripple you, God will strengthen you.

Breakthrough is coming. Are you ready for it?



Gutsy Girl Mandate

I am not stuck; I am steady.
I am not a lost cause, too much, or
not enough. I am worth fight-
ing for.
I am ready to make good use of
my brokenness because God al-
ready paid for my wholeness.
I will not be the only one standing
in my way.



How Warriors Are Made

NONE OF US WALK through life unscarred. But I imagine that if we took the time to sit down face-to-face and bared our souls together, we would look at each wound with a sense of accomplishment. It's not about what happened to us; it's about how God wants to use it to draw us closer to Him and redeem each hard thing for our good. Those memories, scars, and tears aren't just battle wounds—they are how warriors are made.

1

More Issues than *Vogue*

STANDING IN FRONT of a crowded room full of teenagers with a microphone in your hand is downright terrifying. My friend had just shared her testimony with our growing youth group. Something powerful happens when God leads you away from your picture-perfect outline and you give in to the messiness of vulnerability. My friend told her story—the parts she used to hide because of shame—and pushed aside her title for a kind of relatability that gives wide-eyed teenagers whiplash. Many of them had no idea she had faced such heartache—a devastating divorce and deception by a man leading a double life. It was almost too much for them to take in. Like others in leadership, she begged to be taken down from a pedestal she never felt she belonged on. Yet there she stood with her heart in her hand and a word of hope for those who were hurting: *I have issues, too.*

After the service, a young girl came up to my friend and wrapped her lanky arms around her, then said, “Pain bonds us

in ways that don't require words and makes us strange friends.” This young lady understood pain more than anyone her age should. Her list of things to get over already was long enough. But this profound statement from her led me to believe she would harness each hard thing to connect with others just like her, just as my brave friend had. The enemy wanted shame to silence my friend, but instead it pointed her to her ministry to “strange friends,” whose pain connected them in a special way.

The enemy of our souls would like to make us feel alone and isolated in our issues. But I believe issues began within the heart of the first woman ever created. In Genesis 1 God sculpted a world worth living in and made creatures to fill it, and then said, “Let Us make man in Our image, according to Our likeness” (v. 26 NKJV). God made man, then God made woman, and everything after that gets a little messy. Perhaps “little” is an understatement. I believe Eve was created to be the breakthrough her husband needed as a suitable helper for him (Genesis 2:18). The fall of man happened, and we blame Adam and Eve, but from that moment on Eve became the first woman to experience shame. Shame entered the Garden the moment she took the fruit, and it never left. It's still there following women around, saying, “You will always be broken. You are a mistake.”

Eve introduced us to drama, and although I would really like to pull her hair when I reach heaven and throat-punch her, I'm painfully aware that we all probably would have done the same thing and felt the cold chill of shame on our naked, brand-new skin. Sometimes we cover up, as Eve tried to cover her heart and her bare skin. We cover the things that God intended to showcase, and we limit His blessings by believing we are too broken to experience the wholeness of God. We are still women created in the likeness of God, but somehow we walk through life with a critical eye and the lie, “I am not enough.”

That day, with one bite of fruit, Adam and Eve knew they were bare, and they didn't like the way that felt. Shame makes us hide, just as Adam and Eve did after they disobeyed God. Shame makes us cover up our brokenness and place blame, but this doesn't erase our issues—it only multiplies them. Yes, Eve messed up, but that did not change God's ultimate purpose for her.

Do I think shame is the root of all of our issues? No. But accusations are. Anything that makes us feel like a fraud and tells us we are something less than who God intended us to be is a root that needs to be ripped out completely and replaced with truth.

Our brokenness was never meant to change who God created us to be. We are not alone in this struggle that is ultimately spiritual in nature, but our true design and purpose in life is bigger than anything we face temporarily or what we have been through in the past. I was the girl trying to cover up or excuse my issues, but when I owned them and asked God what He wanted to do with them, each one led to a different area of breakthrough.

Our breaking point is the place we meet God. What if we stopped thinking we were crazy for feeling things so intensely and started paying attention to the ache instead of numbing it?

We are all trying to get over something, though there are a handful of people who have made friends with their baggage and can't seem to let go. These women are fully convinced that something is wrong with them, and they don't feel worthy of blessings.

But women who are dealing with their issues and bringing them into the light are changing the world with their flawed, faith-filled hearts. Their wounded places become their mission field and place of service. This takes us to a new level of moving out of brokenness into breakthrough.

Insecurity is not humility, and confidence in Christ is not egotistical. Somewhere between the Garden of Eden then and in our personal gardens now, our insecurity, shame, and brokenness have become some form of humility, and we welcome it as a permanent fixture in our lives instead of recognizing it as the stronghold it has become. We wish away our messy moments, but our insecurities are opportunities for growth beyond our breakthrough, not merely setbacks that make us feel stuck.

Sure, we all have issues we have to deal with, but I believe we can move past the place where our issues control us. There is a long line of incredible women who overcame moments that would make your head spin. You are not alone. You are not the only one with more issues than *Vogue*, but I think it's time we break up with some of those issues and let them know who is boss.

What Will You Be When You Are No Longer the Broken Girl?

I think it's rare to have a circle of friends living in the same corner of the world, all in some form of leadership or ministry. But I have that. I can always tell how deep a friendship will grow after a few "new friend" dates. If we skip small talk about meal planning and confess that sometimes we like our dog more than we do our children, we're practically best friends already. My inner circle feels safe as we give each other permission to be real and vulnerable, knowing that often comes with a side dish of crazy and brokenness. Each friend of mine had a crisis (or two) in her life that caused a painful breakdown that led her to breakthrough and wholeness. We will always be friends because we know way too much about each other. You could say we are "ride or die" friends, but we are really "sit and snack"

kind of girls. Beyond our fun-loving conversations and total commitment to crazy is a deeply rooted love for each other and a desire to see each one who gathers around the table living in the fullness God has for us.

Over dinner or coffee the conversation flows, and we have freedom to be shamelessly real because we are fiercely loved and accepted by our tribe. Even though we all have come so far, we still have moments when the broken girl inside of us surfaces. We *all* have our things. But we all have a choice to make. Will it become a trap for the enemy to snare us, or a noteworthy moment when God showed up as we sought Him?

Many years have passed since the following question was asked, and still I think of it like an echo:

“What will you be when you are no longer the broken girl?”

I texted my friend Keri to ask her about her response when our friend Holley asked her this question. Here is what she said:

I don't even remember what I said. But, I can tell you who I am now. I am not a broken girl. I'm new. I'm strong and tender and confident and childlike and free. I don't feel a constant tug on me to look back anymore. It's like Jesus untied all the strings, grabbed my hand, winked, and said, "Let's go, baby girl!"

As a charismatic Southern girl, I wanted to shout and wave my monogrammed hanky after reading that. Who knows what I would have said during that season years ago. Maybe I would have been silent or said, "I don't know." My guess is that I would have whispered softly one word: *unbroken*. I thought that was the ultimate goal then, but not now. I have a much different view of brokenness. I don't see it as being damaged goods or having "more issues than *Vogue*." No, none of those

labels will do. Only one: grateful. Girls who have been set free and now walk in wholeness are grateful girls.

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18 ESV

Brokenness is not the ending; it's the beginning of something beautiful inside of you being rebuilt. It looks like gratitude rather than guilt. People can talk about what you used to be, but God is stirring something inside of you that will motivate you beyond labels of brokenness to victory and wholeness. What if when you shared your story no one could fathom it actually happened to you? And that your identity is so untethered from the past that others marvel at the goodness of God? This can absolutely happen to you; I know, because it happened to me.

The purpose of this book is not to have you mentally block your broken past; the purpose is to show you how to harness the hard things and the brokenness attached to them to find your gutsy roar. The next step of breakthrough will tell you everything. Will you move forward for good, or be the girl repeating this process for a really long time? I did the latter for far too long, and I know for a fact that it doesn't have to be that way.

It Will Get Better

You will eventually be in an emotionally healthy place, but take the time to heal even if it takes longer than you think is "normal." Do the hard work to be free, because life is too sweet to remain stuck in the past. The hard work it takes to be free begins with giving ourselves room to be okay with not being okay while believing something better is coming. That state

of the heart and the pain we are feeling right now is temporary. Our progress happens when we pay attention to our heart and take time to journal, pray, and receive godly counsel. Our growth happens when we ask the Holy Spirit to help us as we explore healing and spend time in the presence of God. And our faith is exercised by looking at the truth in Scripture as our remedy, our healing salve, and our anchor when our emotions are all over the map.

Here are three truths that can anchor us when we are going through difficult times:

What I am facing is temporary.

What I am feeling is temporary.

Good things will come from this pain, even though I can't see them yet.

This is what I believe about issues: When we surrender them to God, we not only open the door to conquering them, but we also unlock the gate to our true purpose in life. Where the enemy of our soul tries to *shame* us, the power of God wants to *shine through* us. We are beacons of hope, not damaged goods. Before each breakthrough you will find a decision point: Will you keep going or shrink back?

Our issues are not meant to be limitations; they are designed to be launching pads to live more fully. We are not the first women on earth to be at war with labels and brokenness. We are some among many who decided to do the hard work of eliminating lingering damage and scars from the past and moving forward, knowing God wants to use us not in spite of those things, but because of them. This is breakthrough. I believe that labels and the lies others believe are what hold women captive today—those who remain stuck in brokenness and don't

activate their breakthrough. What if our mindset is the biggest obstacle standing in our way? I believe it is!

It's time to claim breakthrough and live beyond it. Are you with me?

Truth Your Soul Needs

I dare you to ask, "God, what do you want to do with my 'More Issues Than *Vogue*' life?" I pray that you feel this answer stirring in your heart: *He wants to use it.* Those things that broke your sweet heart into a million fragmented pieces were never meant to harden you. Nope, they were meant to transform you. We can harness the hard things we face into the boldness of becoming more like Him.

Stuck girls tell the same stories. Cry about the same things. Dwell on hurts instead of on the wild pursuit of healing. Sometimes it helps to make a road map of where you want to go on this journey. When it comes to issues, it's important to put a DEAD END sign up and make a commitment to moving forward in life and not dwelling on the past.

Take a few minutes to list three motivations for moving forward:

Soul Destination Map

Fill out this section and create an inventory of the heart to begin your road to breakthrough. This is a time of honesty with yourself about how you are really doing and what is holding you

back. I have learned that calling those things out and bringing them into the light not only brings healing but also creates a partnership with the Lord to work through those things with His help.

I need to make peace with:

I need to stop being so hard on myself about:

I need to cling to:

I need to release:

Reflective Question

What will you be when you are no longer the broken girl?

Gutsy Prayer

Lord,

I have issues and lack wisdom in this area in my life:

James 1:5 says that if I lack wisdom I can ask you for it and that you give it out generously. I thank you for your generous gift and trust that nothing I face takes you by surprise.

I trust in you, Lord, with all my heart. I do not lean on my own understanding. In all my ways, I choose to acknowledge you and know that you alone will make the path before me straight (Proverbs 3:5–6).

In Jesus' name, amen.