

PURSUE YOUR PURPOSE & DESTINY

Rise **Up**

A 7-DAY DEVOTIONAL

*Encouragement for Every Woman
Pursuing Her Purpose and Destiny*

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A 7-Day Devotional

Debra's 7-Day Devotional to Encourage Each Woman to Pursue Her Purpose and Destiny

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In the following pages you will find seven days of devotion designed to help you step out of circling the edges of the life you were built for and start walking straight into the center of it. Each day brings a scripture, a reflection, a prayer, and a prompt to help you excavate the purpose and destiny that have been waiting underneath everything the world piled on top of them. Someone out there needs the woman you are. Here's to celebrating what God has placed in you.

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INTRODUCTION: THE AUTHENTIC WOMAN GOD CREATED YOU TO BE

There was a version of you who didn't need convincing that she was made for something amazing. Who dreamed out loud and planned without apology. Who believed, without qualification, that her life was meant for greatness and much bigger things than survival.

Where did she go?

She didn't disappear. She got buried. Under others expectations. Under years of being told to be realistic. Under every well-meaning voice that convinced her that wanting more was the same as being ungrateful for what she already had. Under a culture that celebrates women who serve quietly and side-eyes the ones who dare to say, out loud, that they were built for something specific.

This devotional is not about discovering your purpose from scratch. Most of the women I coach don't need a new revelation. They need to give themselves permission to act on the one they already have. They've known for years what they were made to do. Furthermore, they've been waiting for the right season, the right confirmation, the right moment when everything aligns and the risk disappears. But the risk never disappears. And the season you're waiting for is the one you're already standing in.

Over the next seven days, we're going to do the excavation work together. Not building something new on top of the rubble, but clearing away what was piled on top of the calling you already carry. One day at a time. One truth at a time. One honest conversation between you and the God who put it there in the first place.

DAY 1: THE STIRRING

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." — Jeremiah 29:11

REFLECTION

Before a woman rises, she stirs. There's a restlessness that shows up before the movement does, a quiet knowing that something inside her is bigger than the life she's currently living. Not because her life is small, but because her calling is larger than her current container.

That stirring is not discontent. It's direction. It's the same pull that made Moses turn toward the burning bush instead of walking past it. He wasn't looking for a mission. He was tending sheep. But something in him recognized that what he was seeing wasn't ordinary, and instead of dismissing it, he moved toward it.

Most women I coach describe the stirring the same way. It's not a voice from the sky. It's an ache, a pull, a thought that won't stop circling back no matter how many times they try to set it down. It shows up in the shower, in the car, at two in the morning when the house is quiet and there's nothing left to distract them from the truth they've been managing around.

You already know what yours is. You've known for longer than you'd probably admit. The question is not whether the stirring is real. The question is whether you're finally willing to stop explaining it away and start paying attention to where it's pointing.

PRAYER

Lord, I feel the stirring, and I'm done pretending I don't. I've spent too long calling it restlessness, calling it discontent, calling it anything other than what it actually is: You, moving in me. Give me the courage to stop dismissing what You're doing and start moving toward it, even before I can see where it leads. Amen.

JOURNAL PROMPT

What is the thought, the dream, or the calling that keeps circling back to you no matter how many times you set it down? Write it in one sentence, without editing it, without softening it, without adding a disclaimer about why it probably won't work.

DAY 2: THE LIE YOU BELIEVED

Then you will know the truth, and the truth will set you free. — John 8:32

REFLECTION

Before you can rise into your purpose, you have to identify what's been holding you down. And in my experience, it's almost never a lack of talent, resources, or opportunity. It's a lie. A single, deeply rooted lie that you believed about yourself so long ago that you stopped questioning whether it was true.

The lie sounds different for every woman. For some it's "I'm not qualified enough." For others it's "That kind of life is for other women, not for me." For some it's "If God really wanted me to do this, He would have made the way clearer by now." But

underneath all the variations, the lie always says the same thing: you are not the woman this calling requires.

Here's what I want you to hear today: that lie did not come from God. He does not call women to a purpose and then whisper that they're not enough for it. He does not plant a vision in your heart and then spend years convincing you that you misheard Him. That's not His voice. That's the voice of every person, every system, every experience that had something to gain from you staying exactly where you were.

The truth doesn't always show up louder than the lie. But it shows up truer. And once you name the lie for what it is, it starts to lose the authority you gave it. Not all at once, but enough. Enough to take the next step. Enough to stop building your life around a story someone else wrote about who you're allowed to become.

PRAYER

Father, show me the lie I've been living under. The one I've believed so long I stopped noticing it was there. I don't want to carry it into the next season. Give me eyes to see the truth about who You made me to be, and the courage to believe it over every voice that has told me otherwise. Amen.

JOURNAL PROMPT

What is the lie you've believed about yourself the longest? Where did it come from? And what would change in your life if you stopped believing it today?

DAY 3: THE EXCAVATION

*Before I formed you in the womb I knew you, before you were born I set you apart.
— Jeremiah 1:5*

REFLECTION

This is the work I do with every woman I coach, and it's the hardest day of the seven, because today we dig. Not to build something new, but to uncover what's already there. Your purpose was not something you had to go find. It was something that got buried, and today is the day you start clearing away what's on top of it.

Think of it this way. Imagine a gold vein running through rock. The gold didn't go anywhere. It didn't leave. But over time, layers of stone, dirt, and debris covered it so completely that you might walk right over it without knowing it was there. That's what happened to your purpose. It's still exactly where God put it. It just got covered

by others plans for your life, others comfort zones, others definitions of what a woman like you was supposed to want.

The excavation is not about adding. It's about removing. What expectations are sitting on top of your calling that don't actually belong to you? What roles did you accept because someone needed you to fill them, not because they were yours? What version of yourself have you been performing so long that you forgot it was a performance?

Jeremiah 1:5 doesn't say, "before you were born, I gave you a suggestion." It says, "I set you apart." Set apart. Designated. Chosen for something specific before you had a resume, before you had critics, before a single person told you who you should be instead. The excavation is about getting back to that original design and refusing to let anything that was piled on top of it stay there.

PRAYER

God, help me dig. Show me what I've been carrying that was never mine to hold. Show me what I've been performing that was never mine. I choose to get back to the version of me You designed before anyone else got to edit her. Give me the honesty to see it and the strength to let go of what doesn't belong. Amen.

JOURNAL PROMPT

If you stripped away every expectation that someone else placed on your life, every role you accepted out of obligation instead of calling, what would be left? Describe the woman underneath all of it.

DAY 4: THE PERMISSION YOU DON'T NEED

*She is clothed with strength and dignity; she can laugh at the days to come. —
Proverbs 31:25*

REFLECTION

One of the most common things I hear from the women I coach is some version of this: "I'm just waiting for the right time." Waiting for my children to be in school. Waiting for the finances to line up. Waiting for someone to invite them, affirm them, or confirm what they already know they're supposed to be doing.

I want to say this as directly and lovingly as I can: you are not waiting for the right time. You are waiting for permission. And the permission you're waiting for is one

that no one else can give you, because the only person who can authorize your next season is you.

The woman in Proverbs 31 didn't wait for someone to tell her she was ready. She didn't poll the room before she acted. She was clothed with strength and dignity, which means she put them on herself. Nobody dressed her in confidence. She chose it. And she could laugh at the days to come not because she knew exactly what was coming, but because she knew exactly who she was, and that was enough.

Permission to pursue your purpose doesn't come from your spouse, your pastor, your friends, or your circumstances. It comes from the God who planted the purpose in the first place, and He already gave it. The vision, the burden, the pull you can't shake, that is the permission. You don't need a second confirmation. You need to stop outsourcing the green light to everyone around you and start trusting the one that's already inside you.

PRAYER

Lord, I confess that I've been waiting for permission that was already mine. I've been looking to people, to circumstances, to signs, when You already told me what You put in me. Today I stop waiting. I receive the permission You already gave when You planted this purpose in my heart, and I choose to move forward in it. Amen.

JOURNAL PROMPT

Whose permission have you been waiting for? Name them. Then write yourself the permission slip you've been hoping they would give you.

DAY 5: THE FEAR THAT FOLLOWS PURPOSE

For God has not given us a spirit of fear, but of power and of love and of a sound mind. — 2 Timothy 1:7

REFLECTION

If you're waiting for the fear to leave before you move, you'll be waiting forever. Fear doesn't leave when you find your purpose. It arrives because you found it. The bigger the calling, the louder the fear, and if you're feeling it right now, that's not a sign that you're on the wrong path. It's a sign that you're finally on the right one.

Fear is not the opposite of faith. Paralysis is. Fear is a feeling. Faith is a decision. You can feel afraid and still move forward. You can hear every reason this might not work and still take the step. You can feel unqualified, unprepared, and uncertain

and still show up and do the thing God put in front of you, because obedience has never required the absence of fear. It has only required the presence of trust.

I've watched women talk themselves out of their calling because they mistook fear for a warning instead of recognizing it for what it really is: the price of admission to a life that matters. Fear shows up at the threshold of every significant thing you will ever do. It showed up for Moses at the Red Sea. It showed up for Esther before the king. It showed up for Mary when the angel spoke. Every one of them was afraid. And every one of them moved anyway.

Today I'm not asking you to stop being afraid. I'm asking you to stop letting the fear make the decision. Feel it. Name it. Acknowledge it. And then do the thing anyway, because the woman you're becoming on the other side of that fear is worth more than the comfort you're protecting by staying on this side of it.

PRAYER

God, I'm afraid. I'm not going to pretend I'm not. But I know this fear is not from You. You gave me power, love, and a sound mind, and today I'm choosing to operate from those instead of from the fear. Walk with me through this threshold. I'd rather be afraid and obedient than comfortable and stuck. Amen.

JOURNAL PROMPT

What is the fear that shows up every time you think about stepping into your purpose? Name it specifically. Then ask yourself: what has this fear already cost you by keeping you still?

DAY 6: THE FIRST STEP

The Lord had said to Abram, "Go from your country, your people and your father's household to the land I will show you." — Genesis 12:1

REFLECTION

Notice what God did not say to Abraham. He did not say, "Here is the full map, the detailed itinerary, and a guaranteed timeline for when everything will make sense." He said go. One word. One direction. No details.

This is the part where most often women get stuck. Not because they don't know what they're called to, but because they can't see the whole road, and they've convinced themselves that taking a step without seeing the destination is reckless instead of faithful. So, they wait. They plan. They research. They prepare. And

preparation becomes procrastination dressed in productivity's clothes, because the truth is, you will never feel ready enough to take a step you've never taken before. Start before you feel ready. Before all your ducks are in a row.

Your first step does not have to be your biggest step. It just has to be forward. It can be as small as saying out loud what you want to build. It can be one conversation with someone who's already doing it. It can be writing the first paragraph, sending the first email, making the first call. It doesn't have to be perfect, and it doesn't have to be complete. It just has to move you from where you are to somewhere you haven't been.

Abraham didn't know where he was going. He just knew he couldn't stay where he was. That was enough. God didn't need Abraham to see the destination. He needed Abraham to trust the next step. That's all He's asking of you today. Not the whole plan. Not the finished product. Just the next step. Take it.

PRAYER

Father, I don't have the whole map. I don't know what it looks like on the other side. But I know I can't stay here, and I know You're the one calling me forward. Today I take the first step, not because I can see where it leads, but because I trust the One who's leading. Let's meet in the movement. Amen.

JOURNAL PROMPT

What is one step you can take this week toward the purpose you've been circling? Write it down. Put a date on it. Then ask yourself: what would happen if you actually did it?

DAY 7: THE RISING

*But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. —
Isaiah 40:31*

REFLECTION

You've spent six days digging. Naming the stirring. Exposing the lie. Excavating what was buried. Claiming the permission. Facing the fear. Taking the first step. Today is the day you rise.

Rising doesn't mean you have it all figured out. It means you've decided that not having it all figured out is no longer a good enough reason to stay where you are. It

means you've heard every argument for staying where you are, weighed every risk of moving forward, and chosen forward anyway. Not because it's safe. Because it's true.

The woman you were before this week believed she needed more preparation, more confirmation, more certainty before she could step into her purpose. The woman you are today knows the truth: that certainty was never coming, and the preparation she actually needed was the willingness to move without it.

Isaiah 40:31 doesn't promise that the road will be easy. It promises that you won't be walking it alone and that your strength will be renewed, not manufactured from scratch, but renewed. Brought back. Restored. The strength you need for this next season is not something you have to build. It's something God gives back to you when you stop trying to carry everything in your own power and start trusting His.

You were not made to circle the edges of your calling forever. You were not made to watch other women step into their purpose and wonder when it would be your turn. You were not made to spend another year managing the gap between who you are and who you know you're supposed to be. You were made to rise. So, my friend, rise.

PRAYER

Lord, today I rise. Not because I'm ready. Not because the path is clear. Not because the fear is gone. But because You called me, and that is enough. Renew my strength for this next season. I'm done circling. I'm done waiting. I'm done being the woman who knows what she's supposed to do and talks herself out of doing it. I rise today in Your power, for Your purpose, and in the destiny You wrote for me before I took my first breath. Amen.

JOURNAL PROMPT

Write a letter to the woman you are allowing to emerge. Tell her what you've laid down this week, what you've picked up, and what you're walking toward. Then read it out loud, because she needs to hear your voice say it.

A FINAL WORD

Seven days is enough to start. It is not enough to finish. The excavation work, the truth-telling, the rising, that is a practice you return to every time the old patterns try to pull you back into the woman you've already outgrown.

You now have a stirring you've named, a lie you've exposed, a purpose you've uncovered, permission you've claimed, a fear you've faced, a step you've taken, and a rising you've declared. Don't let this week be something you did once and forgot about. Let it be the week everything shifted. Let it be the line you draw and say, "Before this, I was circling. After this, I was moving."

Your purpose was never lost. It was buried. And now that you've started digging, don't stop until every piece of it is standing in the light where it belongs.

It's time to stand up and rise.

CHEERS!

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