

Lesson 1: Identity as Woman — Journaling & Conversation With God

Use this page to slow down, breathe, and allow the Holy Spirit to speak to you. This is not about rushing through questions — it is an invitation to intimacy, honesty, and clarity.

1. Lord, who do You say I am?

Write what you hear, sense, feel, or perceive in your spirit. Do not edit or judge — just receive.

2. Father, show me the parts of my identity that are still wounded.

Where do you feel small, insecure, forgotten, overlooked, or mislabeled?

3. Holy Spirit, what lies have I believed about myself?

Ask Him to expose false narratives, old wounds, childhood labels, cultural pressures, or internal vows.

4. Jesus, what truth are You speaking over me today?

Let Him rename you. Let Him call you higher. Let Him restore your identity.

5. Lord, what are You calling me to embrace in this season of womanhood?

Strength? Rest? Purpose? Courage? Silence? Healing? Confidence?

6. Holy Spirit, what step of obedience do You want me to take this week?

A boundary, a posture, forgiveness, prayer, declaration, or surrender?

Closing Prayer:

“Lord, anchor my identity in You alone. Heal every fractured place. Remove every false label. Reveal who I am through Your eyes, and help me to walk boldly in my identity as Your daughter.”