

YOUR INSPIRED LIFE - HEATHER JOHNSON



EMPOWERED TO REIGN

Establishing your Identity, Strengthening a Prayer life,
and Empowering Kingdom Destiny

Welcome

If you are holding this booklet, it is not by accident.

This first stage of mentorship was created for women who sense there is more—more depth with God, more clarity in identity, and more purpose unfolding ahead. Before assignments are revealed and callings are sharpened, God always begins with foundation. This season is about becoming rooted before reaching, established before expanding, and secure before stepping forward.

Level One is not about striving or performance. It is about returning—to truth, to intimacy, and to the confidence of who you are in Christ. Many women carry great responsibility, faith, and vision, yet still wrestle internally with identity, direction, or consistency in prayer. This mentorship space was designed to meet you there with grace, structure, and biblical truth.

Throughout this month, you will be guided through:

- Rediscovering your identity as a daughter of God
- Developing a consistent and life-giving relationship with Him
- Learning how to pray intentionally and strategically
- Beginning to map your God-given destiny with wisdom and faith

This booklet is meant to be both personal and practical. You will reflect, pray, write, listen, and respond. Some days will feel gentle and affirming; others may stretch you. Allow the Holy Spirit to lead at His pace. Growth does not come from rushing—it comes from yielding.

“Being confident of this, that He who began a good work in you will carry it on to completion” – Philippians 1:6

As you begin, come just as you are. There is no requirement to have everything figured out. God specializes in meeting willing hearts and shaping them over time. Your yes—even a quiet one—is enough.

This is your foundation season.
Be present. Be honest. Be expectant.

This is my Yes

My Foundation Season

This mentorship journey is a sacred invitation—to grow, to be shaped, and to partner with God intentionally. Before I begin, I pause to set my heart and align my expectations with truth.

My Commitment

With humility and faith, I commit to this foundation season by choosing to:

- Show up consistently, even on days I feel tired, distracted, or unsure
- Create space to meet with God through His Word and prayer
- Be honest with myself and with God during reflection and journaling
- Release comparison, pressure, and perfectionism
- Trust the process of growth, even when progress feels slow
- Remain teachable, open, and willing to be stretched

I understand that this mentorship is not about striving for perfection, but about cultivating faithfulness. I choose progress over pressure and obedience over performance.

“Commit your work to the Lord, and your plans will be established.” — Proverbs 16:3

My Personal Prayer of Commitment

Father God,

I invite You into this mentorship journey. I surrender my expectations, fears, and assumptions, and I choose to trust You with this season. Establish my heart in truth, anchor my identity in You, and lead me step by step. I commit to showing up with willingness and faith, believing that You will do the transforming work within me. In Jesus' name, Amen.

Commitment Signature

Name: _____

Start Date: _____

My Intention for This Season:

(What am I believing God to establish in me during this month?)

Table of Contents

WEEK ONE: IDENTITY

Positioned for Growth

Chosen Before the Call

Understanding Identity Before Assignment

Daughter, Not Orphan

Living From Belonging, Not Striving

Redeemed and Made New

Breaking Free From Past Labels

Secure and Hidden in Christ

Healing Insecurity and Fear of Rejection

Identity Reflection & Activation

Establishing Truth That Anchors the Soul

WEEK TWO: INTIMACY

Growing Closer to God

Called to Relationship, Not Religion

Knowing God Personally

Hearing the Voice of God

Learning to Discern His Leading

Building a Daily Devotional Life

Creating Consistency Without Pressure

Trusting God in Seasons of Waiting

Faith That Endures

Intimacy Review & Prayer Focus

Strengthening the Inner Life

WEEK THREE: PRAYER

Mapping a Life of Intercession

The Power of Intentional Prayer

Why Strategy Matters

Your Personal Prayer Map

Praying With Clarity and Confidence

Covering Family and Relationships

Standing in the Gap

Praying Into Calling and Purpose

Aligning With Heaven's Plans

Spiritual Protection and Warfare Foundations

Standing Firm Without Fear

WEEK FOUR: PURPOSE

Creating With God

Designed on Purpose

Understanding God's Handiwork in You

Discerning Seasons and Timing

Recognizing Where You Are Now

Discovering Gifts, Burdens, and Passions

Clues to Calling

Writing Your Faith Vision Statement

Partnering With God for the Future

Destiny Review & Commitment

Stepping Forward With Intention

1

Identity

Positioned for
growth

IDENTITY FOUNDATIONS

“See what great love the
Father has lavished on us,
that we should be called
children of God!”

1 John 3:1

Day 1

You are chosen

Before you achieved anything, God chose you. Your value is not earned, it is inherited through Christ.

Ephesians 1:4–5

Declare:

“I am chosen by God, intentionally created, and deeply loved.”

Prayer prompts

*Thank God for choosing you.
Ask Him to uproot every lie that says
you are forgotten or overlooked.*

Journal Prompt:

Where have I been seeking validation outside of God?

[illegible]

Day 2

You belong to God

You are not an orphan spiritually. You are a daughter with access, authority, and inheritance.

Romans 8:15

Declare:

“I belong to God. I am His daughter, not a stranger.”

Prayer prompts

If you could talk to God face to face today, what would you say to him? And what is one thing that you would thank you for?

Journal Prompt:

What does being God's daughter change about how I see myself?

[illegible]

Day 3

You are not your past

Your past may explain your story, but it does not define your identity.

2 Corinthians 5:17

Declare:

“I am a new creation in Christ.”

Prayer prompts

Jesus died to give you freedom and a new identity. Give over to him the things of your past that have brought limitations upon you,

Journal Prompt:

What past labels need to be surrendered to God?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

Day 4

Secure in Christ

Your life is hidden in Christ. Safe, secure, and covered.

Colossians 3:3

The Call to Look Up:

This truth means we should focus on heavenly treasures and realities, not worldly distractions, as our identity is now heavenly.

Prayer prompts

Invite God to heal insecurity and fear of rejection. Ask God to show you how heaven sees you.

Journal Prompt:

If my identity is now heavenly, how does this change the way I think and respond to my future.

[illegible]

Day 5

Identity Review & Reflection

Psalm 139:14

You have been created with awe and wonder. God created you with intricate design and care, making each of us distinct and valuable

Prayer prompts

Help me to see myself the way heaven see's me

Journal Prompt:

Write a letter to yourself from God using the truths of the Word.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

My Life Surrendered to God

Trust in the LORD with all your heart, and do not lean on your own understanding; in all your ways acknowledge him, and he will make straight your paths - Proverbs 3:5-6

What is my identity

What do I believe my calling is

What area is God inviting me to trust Him with most?

What are the influences in my life

How do I define my relationships