

GROUNDNED BY FAITH

A 5-DAY DEVOTIONAL



JENNIPHA "JAE" RICKS

THE EMPOWERHER MENTOR



GROUNDING BY FAITH

Hey, What's Up?

How's It Going,

Welcome to **Grounded by Faith**. You didn't land here by accident. Whether your faith feels fierce or fragile right now, this space is for you. It's not about having it all together, it's about returning to the One who holds it all together.

This 5-day devotional workbook is more than words on a page, it's an invitation to pause, reflect, breathe, and build. I am not here to rush healing or force transformation. I am here to root ourselves in God's truth, one intentional day at a time.

My prayer is that these next five days awaken something in you. That you will no longer settle for surface faith, but go deeper, into the kind of faith that sustains you in storms, steadies you in uncertainty, and strengthens you as you rise.

So grab your journal, your favorite pen, and a little quiet time each day. Expect God to meet you in the stillness.

With bold belief and sisterhood,

Jae L. Ricks



OVERVIEW

Grounded by Faith: A 5-Day Devotional Journey

Each day in this workbook includes:

- ✓ A faith-centered scripture, lesser-known but powerful
- ✓ A reflection to stir your heart and focus your mind
- ✓ A bold affirmation to declare over yourself
- ✓ A journal prompt to help you process and personalize
- ✓ A practice and tangible act of grounding your faith

🌿 Day-by-Day Breakdown

Day 1 - Rooted, Not Rushed

Faith grows deep before it blooms wide. Learn to honor God's timing and embrace divine delays.

Day 2 - Faith That Defies Sight

Even when everything falls apart, grounded faith dares to trust anyway.

Day 3 - Overflowing Belief

Your belief isn't invisible, it's powerful. Faith activates the miraculous.

Day 4 - When You're Not Feeling It

Faith doesn't disappear when feelings fade. God's faithfulness holds you when you feel weak.

Day 5 - Grounded Glory

Standing firm in faith is your secret weapon. Not all strength looks like movement, sometimes it's simply standing still.



Day 1: Rooted, Not Rushed

Matthew 24:13 (NIV) - “But the one who stands firm to the end will be saved.”

Reflection:

Faith isn't fast, it's firm. In a world that idolizes instant gratification, real faith stays grounded, even when results don't come overnight. Sometimes God won't speed up the process because He's strengthening your roots. Don't rush the bloom, faith grows underground first.

Daily Affirmation:

"My faith is planted deep. I am rooted in God's timing, not the world's pressure."

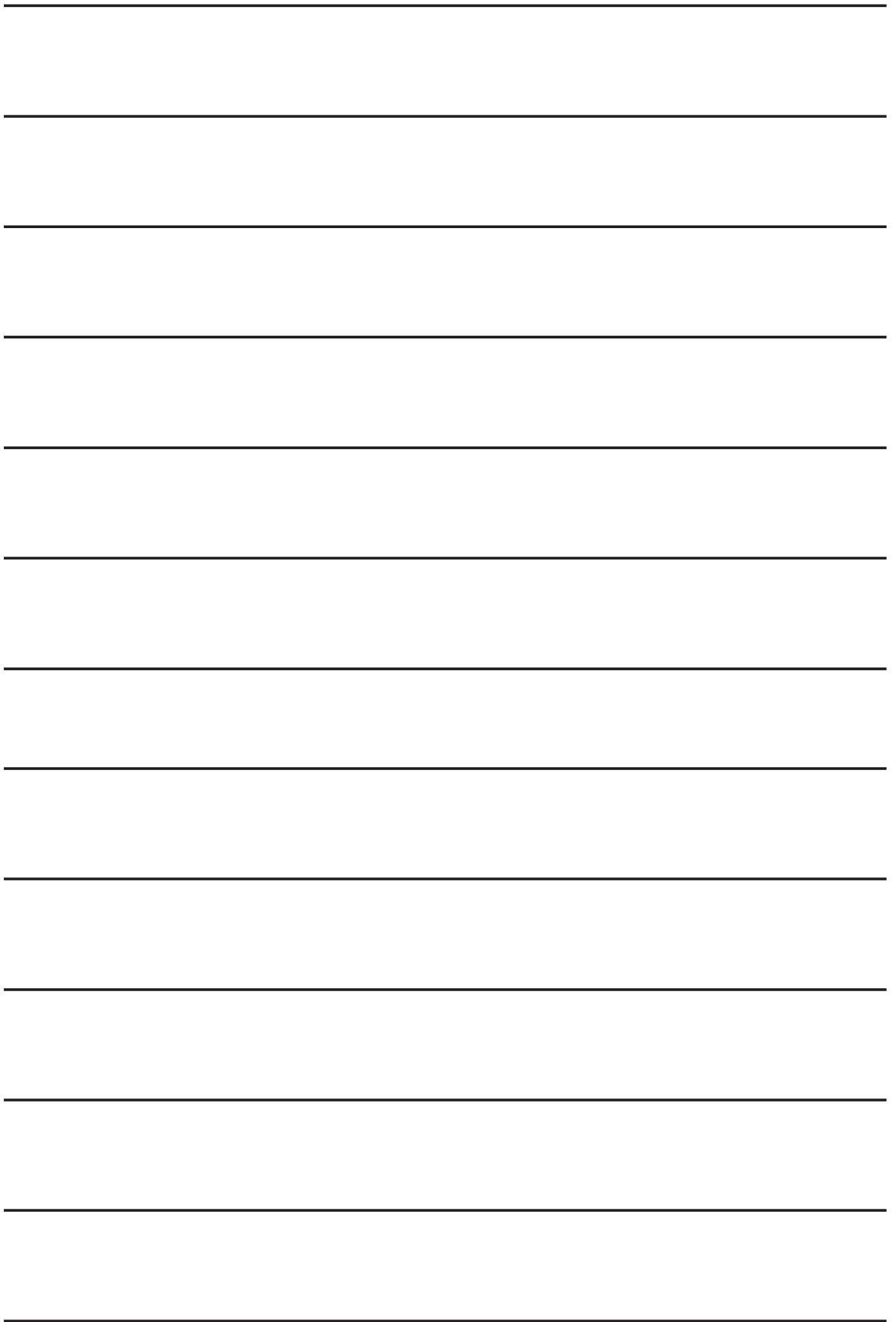
Journal Prompt:

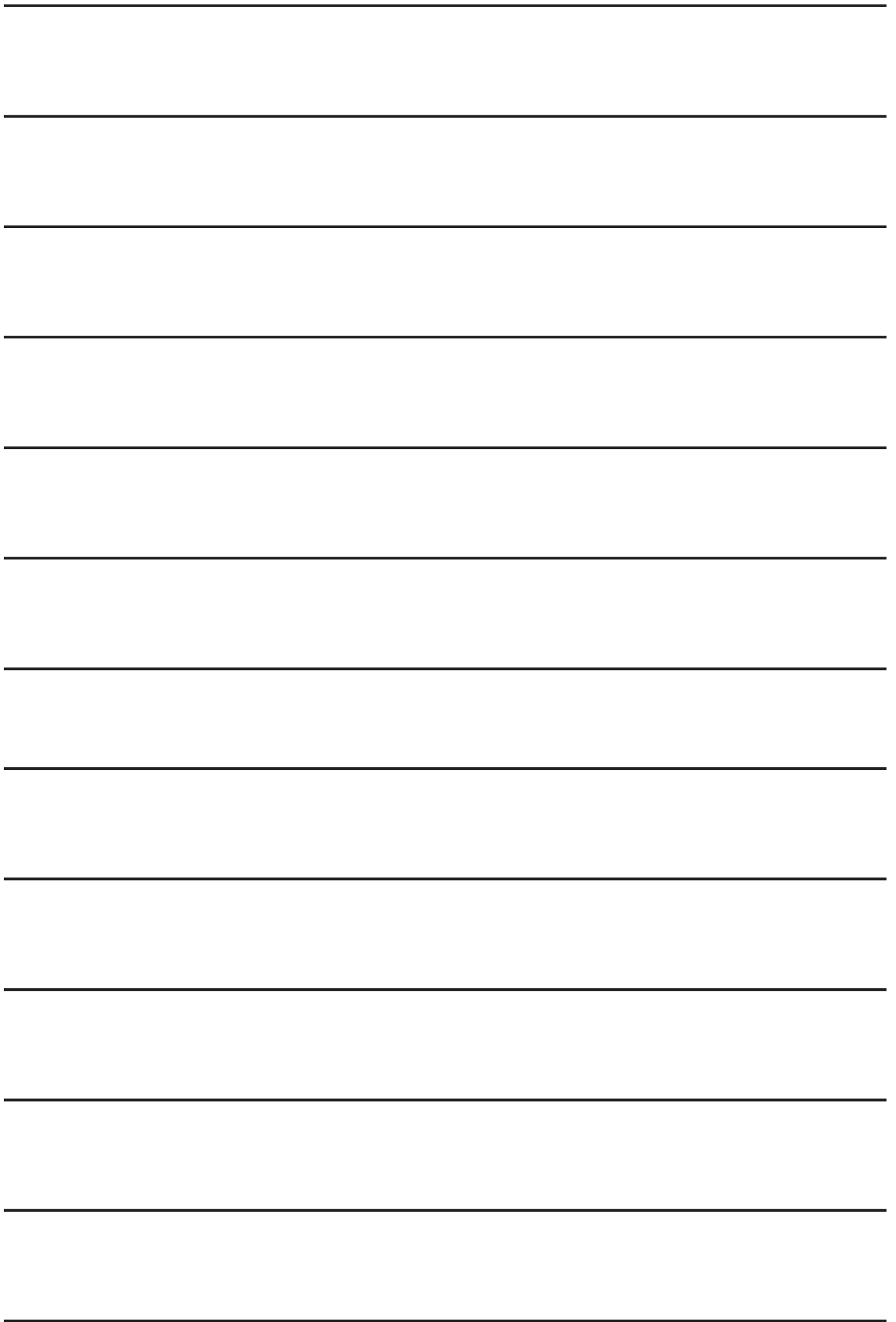
Where in your life are you feeling rushed instead of rooted? What would it look like to wait in faith?



Practice

Take 3 slow, deep breaths. As you inhale, whisper "I am rooted." As you exhale, say "God is working."
Repeat 3 times, inviting stillness.





Day 2: Faith The Defies Sight

JOB 13:15 (NIV) - “Though he slay me, yet will I hope in him I will surely defend my ways to his face.”

Reflection:

This isn't the scripture you quote when everything is going right, this is the one you whisper when everything is falling apart. Job's declaration wasn't just about survival; it was about surrender. Faith that's grounded can stare down loss and still say, “God, I trust You.”

Daily Affirmation:

“Even in uncertainty, my hope is steady. My faith is fierce and unshakable.”

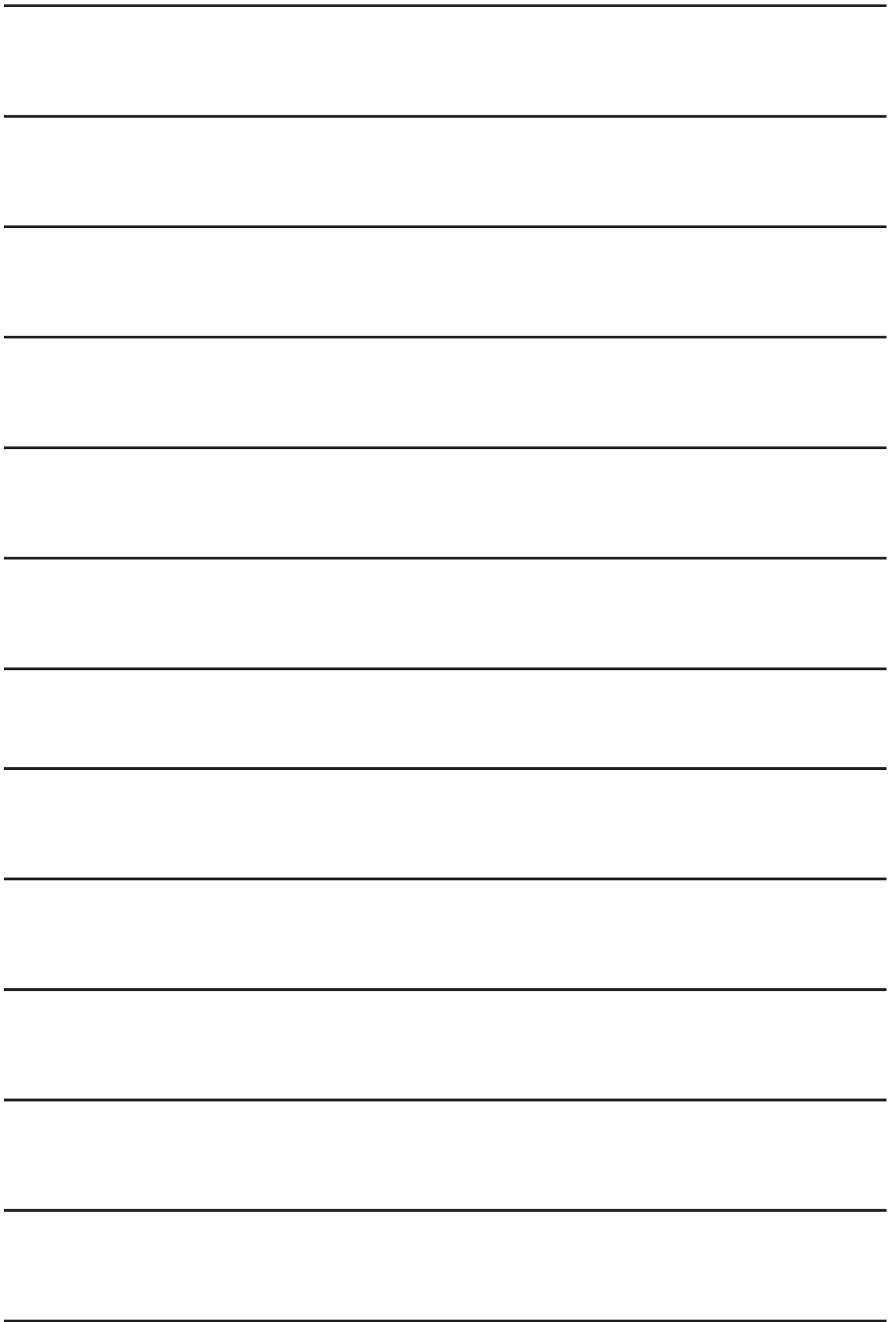
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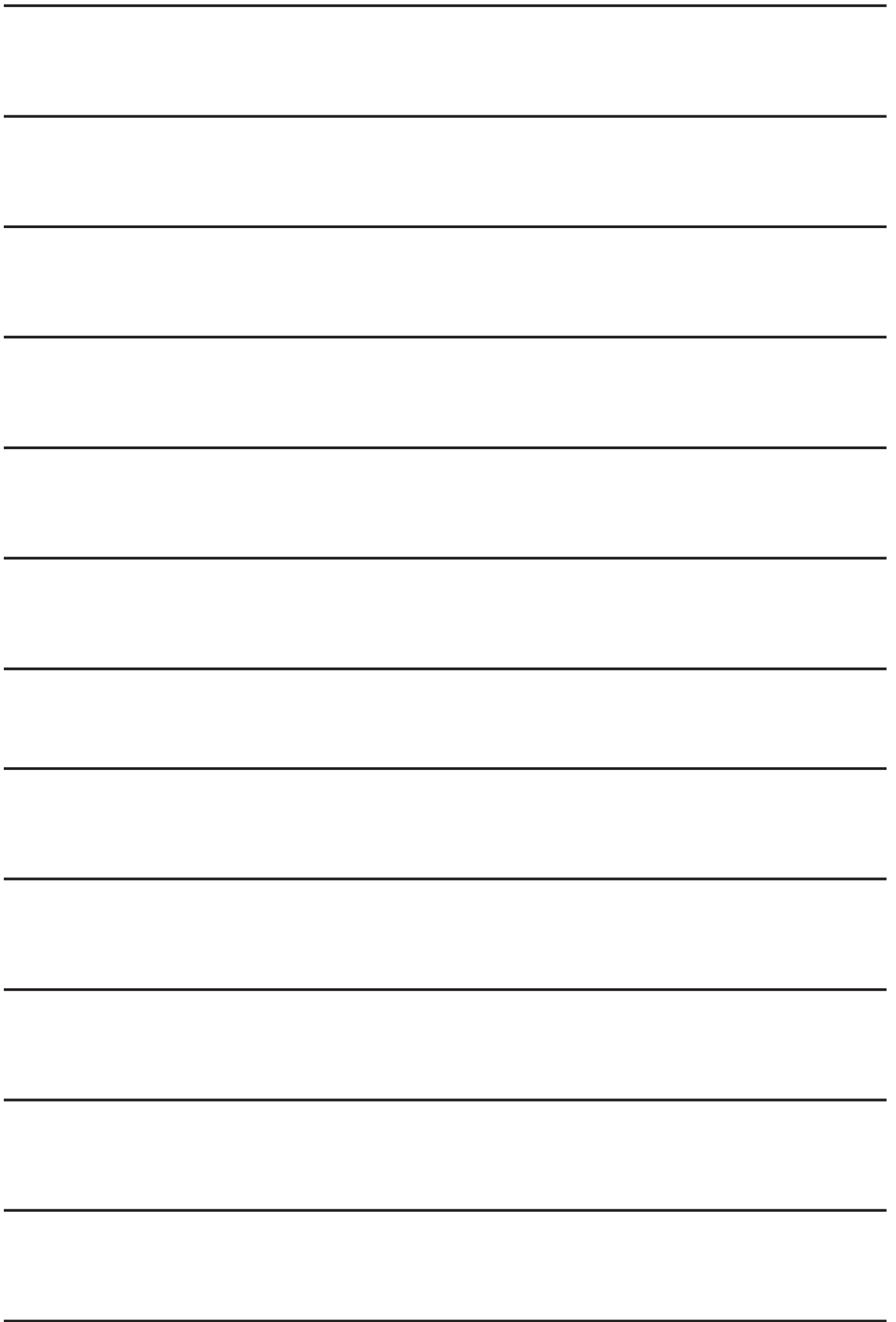
What area of your life are you struggling to trust God with right now? What would “faith anyway” look like?



Practice

Light a candle or sit in quiet. Say out loud, 'Even here, I trust You.' Let your heart settle into those words.





Day 3: Overflowing Belief

MATTHEW 9:29 (NIV) - "Then he touched their eyes and said, "According to your faith let it be done to you."

Reflection:

This moment with Jesus and the blind men was intimate, and direct. He didn't just heal them; He made it clear their faith activated the miracle. Faith isn't passive. It partners with Heaven. What if what you're praying for is waiting on what you're believing?

Daily Affirmation:

"My faith activates God's promises. I believe boldly and expectantly."

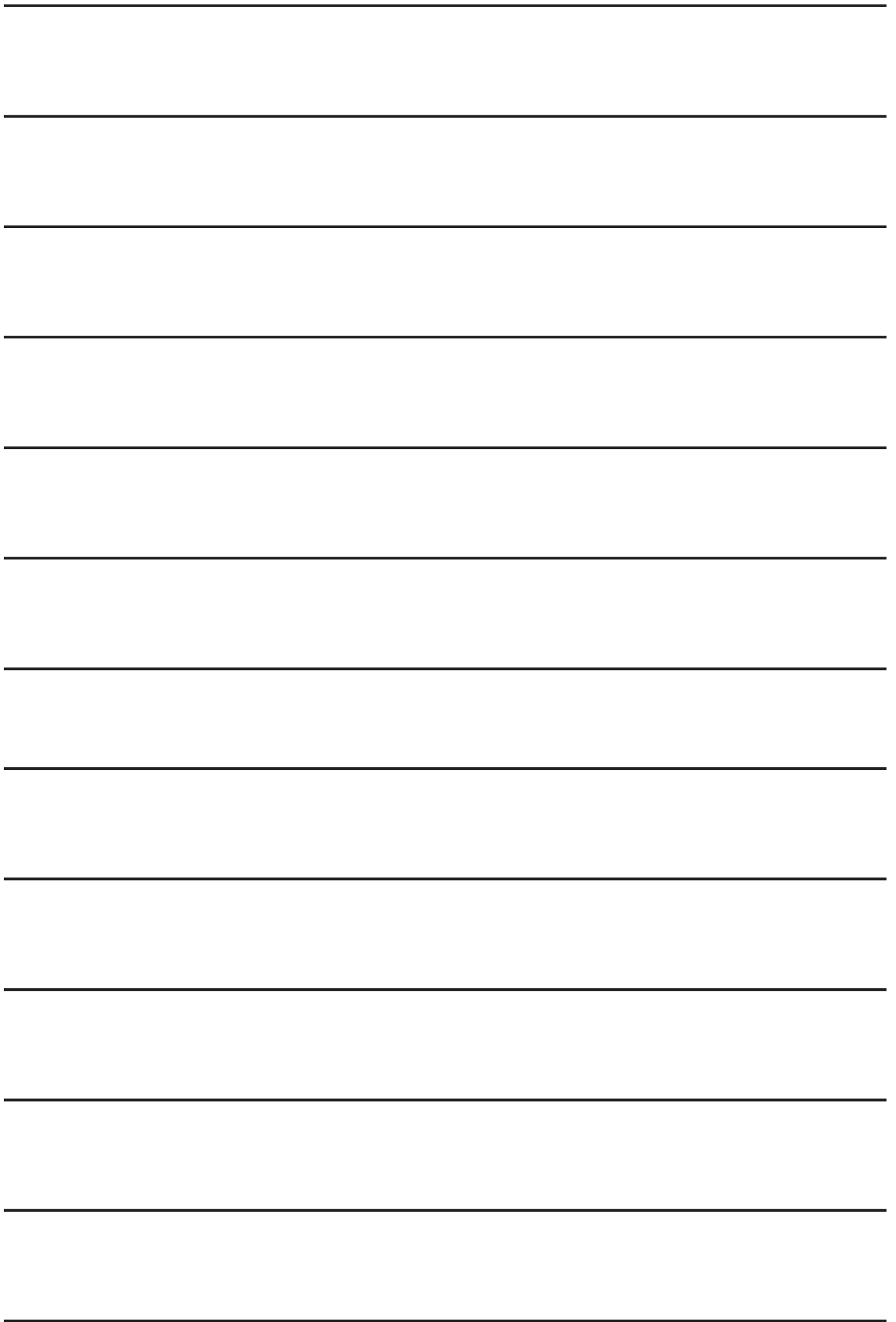
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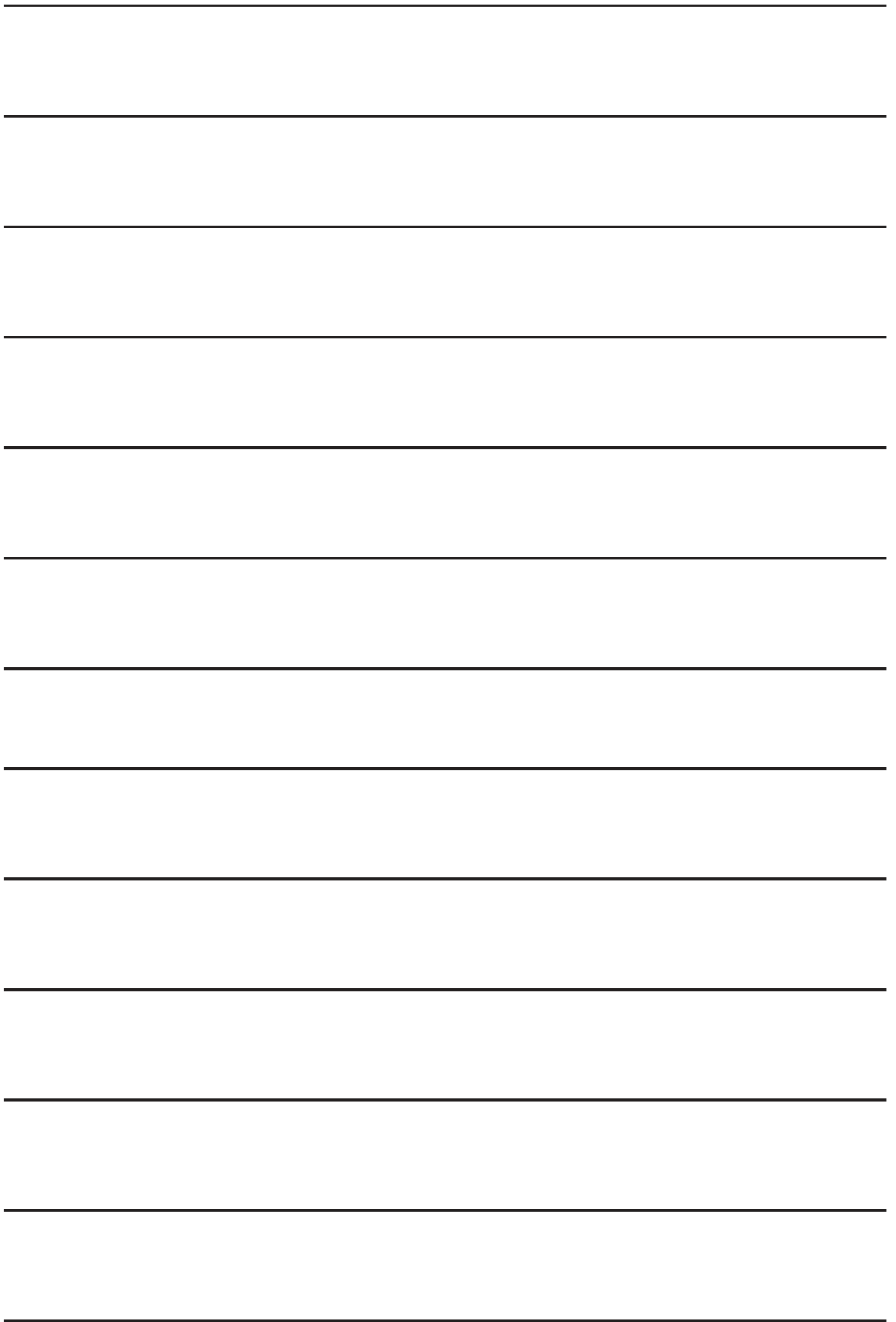
What miracle are you believing for in this season? What's one bold faith move you can take this week?



Practice

Write your miracle on a sticky note or card and place it where you'll see it daily. Speak life over it each morning.





Day 4: When You're Not Feeling It

2 Timothy 2:13 (NIV) - "If we are faithless, he remains faithful, for he cannot disown himself."

Reflection:

You won't always feel full of faith. There will be days when doubt creeps in or disappointment dims your fire. But here's the promise: God stays faithful even when you don't. That's not an excuse, it's assurance. When your grip slips, He still holds you.

Daily Affirmation:

"Even when I waver, God remains steady. His faithfulness anchors me."

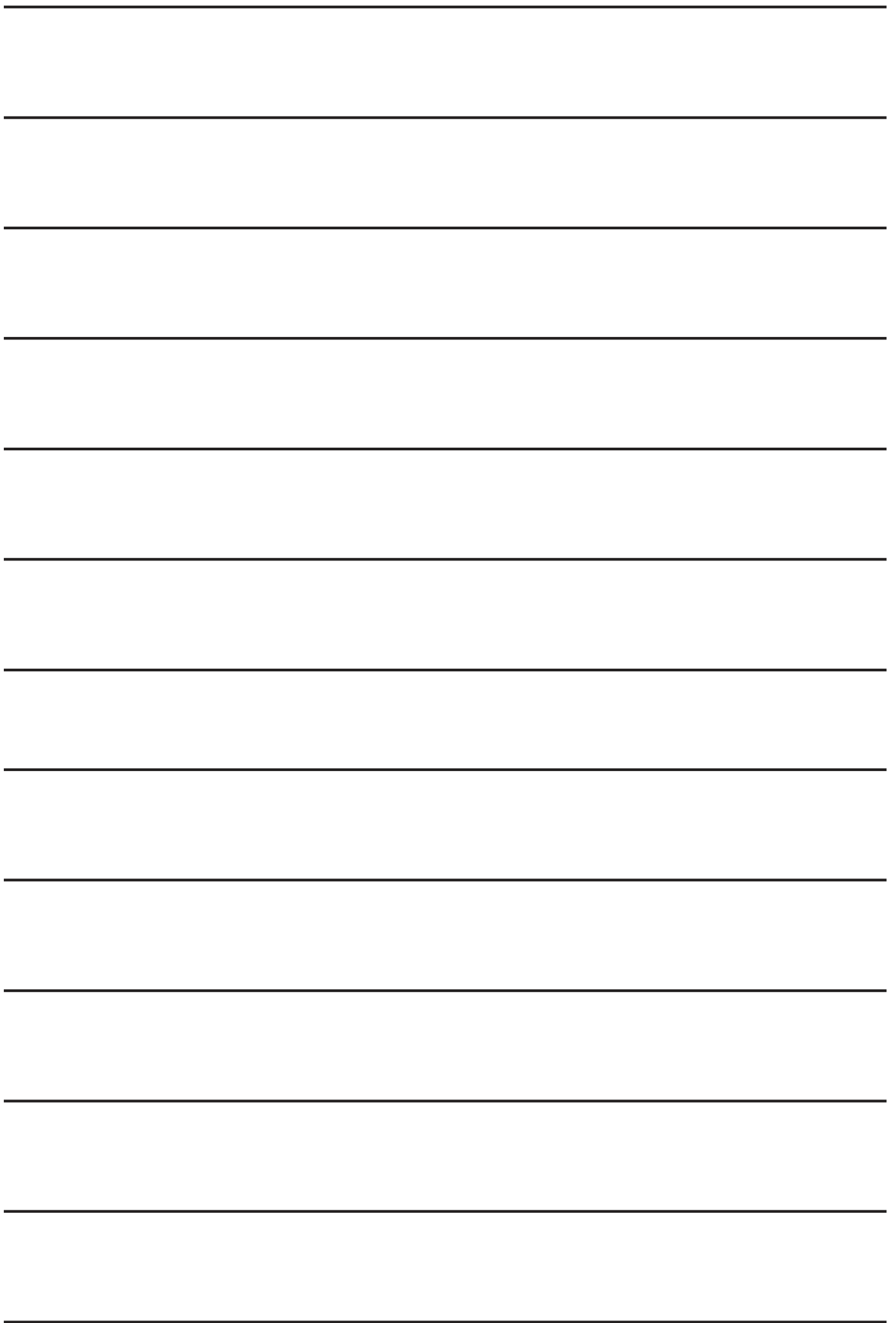
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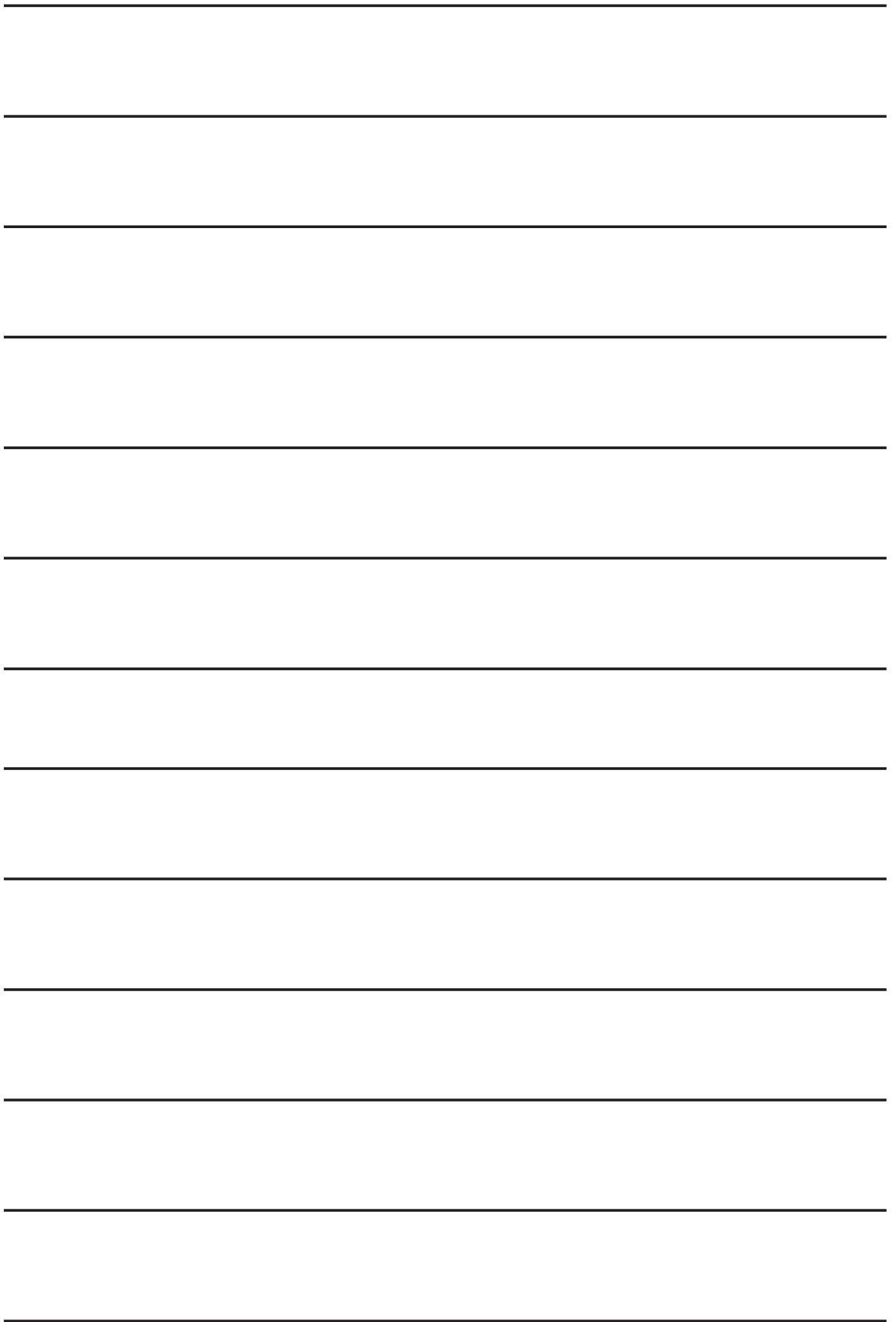
When was a time God showed up even when your faith was weak? What does that reveal about His character?



Practice

Whisper, 'God, thank You for staying when I couldn't.' Sit in that gratitude for a moment of stillness.





Day 5: Grounded Glory

ISAIAH 7:9 (NIV) - "If you do not stand firm in your faith, you will not stand at all."

Reflection:

This word from Isaiah is weighty, because it's true. Life will shake us, but if our faith isn't firm, neither are we. Being grounded by faith means you're not easily moved by storms, opinions, or fear. You don't just stand with faith, you stand on it.

Daily Affirmation:

"I stand firm in faith. Nothing moves me unless God says go."

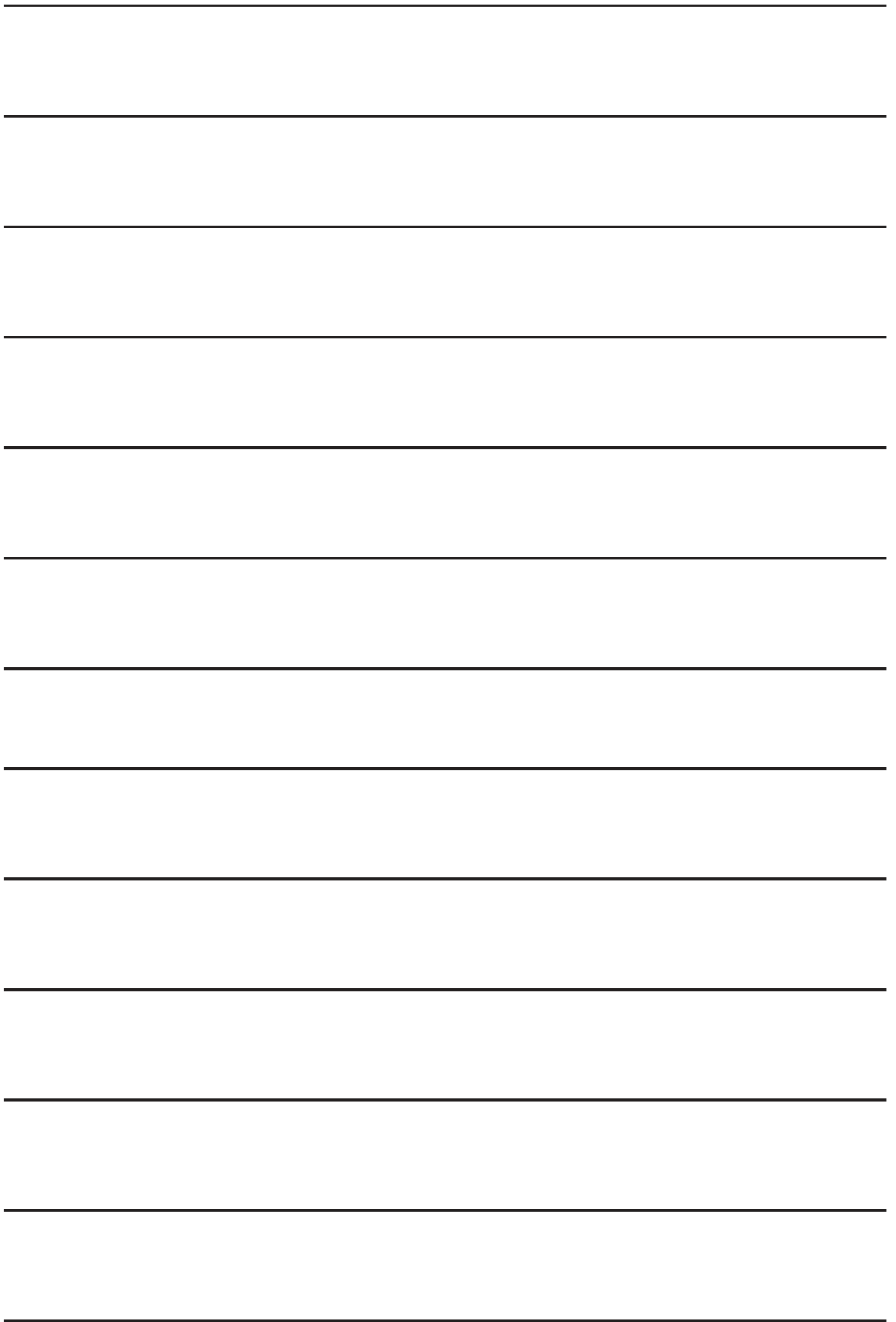
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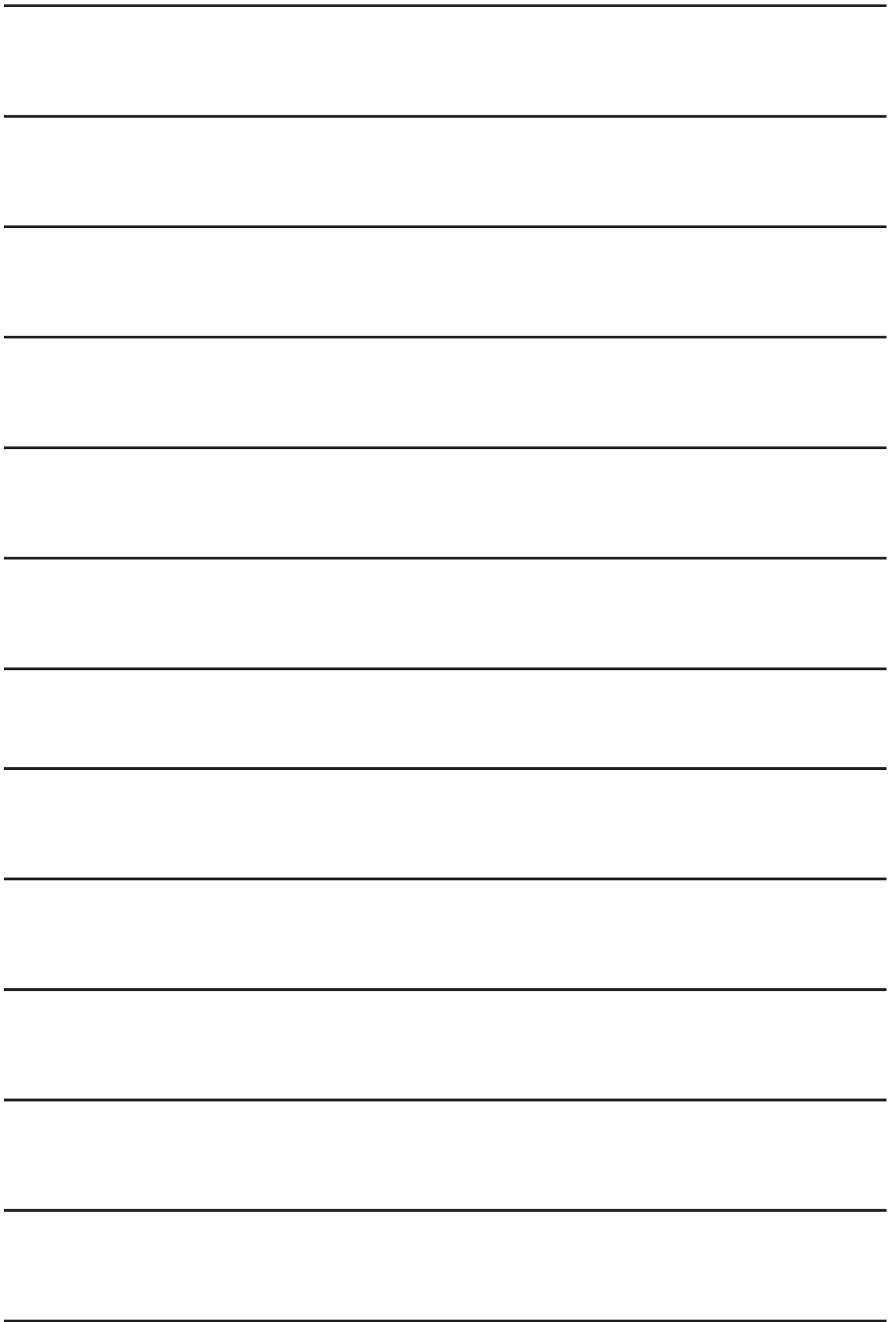
Where have you been standing in your own strength instead of on your faith? What shift can you make today?



Practice

Stand tall with your feet flat on the ground.
Declare: 'I am grounded. I am unshaken. I am rooted in Him.'





GROUNDING BY FAITH

Prayer

Heavenly Father,

Thank You for being my firm foundation when the world feels shaky and uncertain. In moments where my faith wavers, remind me that Yours never does. Anchor my heart in Your promises, not my problems. Plant me deep in Your Word so I won't be moved by fear, delays, or doubt.

Lord, I don't want surface faith, I want sustaining faith. The kind that holds steady when storms rage. The kind that whispers, "I trust You" when I don't see the way forward. Help me to release the pressure to perform and simply rest in who You are.

Allow this guide to stretch me, center me, and change me. May my roots grow deeper, my trust grow stronger, and my life bear fruit that glorifies You.

Ground me, God, so that no matter what comes, I will not be shaken.

In Jesus' name,

Amen.

GROUNDLED BY FAITH

JOIN ME!

NEXT STEP:

JOIN THE COMMUNITY: If this devotional spoke to your heart, don't journey alone. Join the SHIFT Happens Newsletter to get:

- Exclusive invites to live Bible study and prayer sessions
- Faith & healing resources sent weekly
- Access to a private community of women rising just like you (Grounded by Faith)
- Special invites to upcoming EmpowerHER events & coaching sessions

[[CLICK HERE TO JOIN](#)]

You are not just healing, you are becoming HER. And I'm cheering for you all the way.

With bold faith and unwavering love,

The EmpowerHER Mentor

Stay the Course!



You made it to the end of Grounded by Faith, and that's no small thing. With every page turned, every truth received, every prayer whispered in the quiet, something within you shifted. And not just a surface shift, but a deep, soul-level transformation that can only come from walking hand in hand with God. You're not who you were when you began. You've dug deep, planted seeds of belief, and allowed your roots to settle into something unshakeable. This wasn't just a devotional, it was a divine realignment. A holy reset. A return to your true foundation. And guess what? You're becoming. Not someday, but now.

Becoming the woman who walks in faith even when the path isn't clear. The one who trusts deeply, prays boldly, and surrenders fully. The one who knows that being grounded doesn't mean you're stuck, it means you're steady.

So, wherever you go from here, go with grace. Go with the assurance that God is still writing your story, still answering your prayers, still using your life to reveal His glory. Don't rush. Don't retreat. Just keep rising, rooted, renewed, and radically loved. I'm covering you in prayer, believing for overflow, and celebrating every brave step you take from this moment forward. With all my heart and gracious expectation...

Jennipha "Jae" Ricks, M. Ed.

The EmpowerHER Mentor

www.jaeelleconsulting.com