

INTENTIONAL & REFLECTIVE BIBLE  
STUDY WORKBOOK

# *Becoming Her in Christ*

FEMININITY, FREEDOM, AND  
FAITHFUL PURPOSE

A WORKBOOK





# Hi there!

Welcome to Becoming Her in Christ



I'm so proud of you for choosing to be intentional with your faith. This journey you're stepping into is one of reflection, release, and bold becoming. As The EmpowerHer Mentor, it's an honor to walk beside you.

This workbook is more than just pages—it's a sacred invitation to grow in your femininity, experience freedom, and step fully into your faithful purpose. Through Scripture, journal prompts, prayer, and action steps, you'll reconnect with the truth of who you are in Christ.

Each section is designed to help you:  
Embrace your God-given femininity  
Release strongholds and distractions  
Walk boldly in your calling

Sis, you are not alone. I'm praying with you, believing for you, and cheering you on every step of the way.

You are her—through Him.  
Now let's become her together.

With love,

*Jae L. Ricks*

# WHAT IS INSIDE

01

*Feminine*

Rediscover the beauty and strength of true femininity

02

*Release*

Release the strongholds, lies, and distractions that no longer serve your spirit,

03

*Purpose*

Stir up the gifts inside of you, activate your purpose, and walk boldly into your divine assignment

04

*Planning & Prayer*

Each plan is a step, each prompt is a mirror, and each prayer is a seed

# OVERVIEW

**This intentional Bible study is divided into three focus areas:**

- Femininity through Christ
- Releasing Strongholds and Distractions
- Walking Boldly in Your Calling



**Each section includes:**

- A theme
- A guiding question
- Supporting Scriptures (NKJV & NIV)
- Reflective journal prompts
- A prayer focus
- A practical action step

# YOUR FEMININE IDENTITY

*Femininity Through Christ*

**Theme:** Embracing God-defined femininity with confidence, grace, and strength.

**Guiding Question:** What does it look like to walk in godly femininity in my identity, relationships, and purpose?

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## Supporting Scriptures:

- Proverbs 31:25-26
  - NKJV: "Strength and honor are her clothing..."
  - NIV: "She is clothed with strength and dignity..."
- 1 Peter 3:3-4
  - NKJV: "...the hidden person of the heart, with the incorruptible beauty..."
  - NIV: "...the unfading beauty of a gentle and quiet spirit..."
- Genesis 1:27
  - NKJV & NIV: "Male and female He created them."

# YOUR FEMININE IDENTITY

*Femininity Through Christ*

## **Journal Prompts:**

- How do I currently define femininity? Does it reflect God's definition?
- What traits from the Proverbs 31 woman do I see in myself?
- What does a gentle and quiet spirit mean to me?

## **Prayer Focus:**

Ask God to show you the truth of your femininity through His eyes. Surrender false beliefs and invite Him to restore and affirm your identity.

## **Action Step:**

Do one thing that celebrates your femininity in Christ—write affirmations, encourage a sister in Christ, or embrace your beauty intentionally.

# YOUR RELEASE IDENTITY

## *Releasing Strongholds*

**Theme:** Laying down every burden and weight to deepen intimacy with God.

**Guiding Question:** What thoughts, habits, or patterns are keeping me from fully walking with God?

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### **Supporting Scriptures:**

- 2 Corinthians 10:4-5
  - NKJV: "...mighty in God for pulling down strongholds..."
  - NIV: "...divine power to demolish strongholds..."
- Hebrews 12:1-2
  - NKJV: "...lay aside every weight..."
  - NIV: "...throw off everything that hinders..."
- Romans 12:2
  - NKJV: "...transformed by the renewing of your mind..."
  - NIV: "...be transformed by the renewing of your mind..."

# YOUR RELEASE IDENTITY

## *Releasing Strongholds*

### **Journal Prompts:**

- What strongholds or distractions am I holding onto?
- What truths from God's Word can replace the lies I believe?
- How do I feel when I fully surrender something to God?

### **Prayer Focus:**

Pray for God to reveal and remove distractions. Ask for the strength to let go and the courage to fill that space with His truth and love.

### **Action Step:**

Fast from a known distraction. Use that time to connect with God—worship, journal, or study Scripture.

# YOUR PURPOSE IDENTITY

*Walking in Your Calling*

**Theme:** Activating your gifts and igniting your purpose in alignment with God's will.

**Guiding Question:** What has God placed inside of me to bless others and build His Kingdom?

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## Supporting Scriptures:

- Jeremiah 1:5
  - NKJV: "Before I formed you in the womb I knew you..."
  - NIV: "...I set you apart..."
- Romans 11:29
  - NKJV & NIV: "For the gifts and the calling of God are irrevocable."
- 2 Timothy 1:6-7
  - NKJV: "Stir up the gift of God which is in you..."
  - NIV: "Fan into flame the gift of God..."

# YOUR PURPOSE IDENTITY

*Walking in Your Calling*

## **Journal Prompts:**

- What gifts and talents has God placed within me?
- Where am I holding back out of fear or insecurity?
- What would it look like to live fully on purpose?

## **Prayer Focus:**

Ask God to reveal your next step. Pray for holy boldness, divine connections, and clarity. Ask for an increase in discernment and obedience.

## **Action Step:**

Write your purpose statement. Speak it daily. Begin a project or take a step that aligns with your calling.



# Becoming Her in Christ

## FAITH GOALS

FOCUS AREA	FAITH GOAL	PRAISE REPORT
What area of your faith walk do you want to grow in?		
What is God asking you to focus on this season?		
How will you intentionally partner with God in this area?		
How will you celebrate when growth happens?		

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





# Becoming Her in Christ

## FAITH GOALS

FOCUS AREA	FAITH GOAL	PRAISE REPORT

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





# Daily PLANNER

DATE: \_\_\_\_\_

S M T W T F S

DAILY SCRIPTURE: \_\_\_\_\_

## THINGS TO DO

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## GRATEFUL

TODAY I AM GRATEFUL FOR:

## INTENTIONAL

ONE INTENTIONAL THING  
I'LL DO TODAY:



TODAY I FEEL: 😊 😐 😔 AND I WILL SURRENDER THIS TO GOD BY...



# Daily PLANNER

DATE: \_\_\_\_\_

S M T W T F S

DAILY SCRIPTURE: \_\_\_\_\_

## THINGS TO DO

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## GRATEFUL

TODAY I AM GRATEFUL FOR:

## INTENTIONAL

ONE INTENTIONAL THING  
I'LL DO TODAY:



TODAY I FEEL: AND I WILL SURRENDER THIS TO GOD BY...

# Weekly PLANNER

DATE \_\_\_\_\_

**SUNDAY**

**THURSDAY**

**MONDAY**

**FRIDAY**

**TUESDAY**

**SATURDAY**

**WEDNESDAY**

**INSPIRATIONS**

# Weekly PLANNER

DATE \_\_\_\_\_

**SUNDAY**

**THURSDAY**

**MONDAY**

**FRIDAY**

**TUESDAY**

**SATURDAY**

**WEDNESDAY**

**INSPIRATIONS**

# Monthly OVERVIEW

MONTHLY THEME  
(FAITH/GROWTH/HEALING) \_\_\_\_\_

PRAYER FOCUS

ANCHOR SCRIPTURE

S M T W T F S

S	M	T	W	T	F	S

GROWTH MOMENTS

SPIRITUAL WINS

WHAT DID I LEARN ABOUT GOD, MYSELF, OR OTHERS THIS MONTH?

# Monthly OVERVIEW

MONTHLY THEME  
(FAITH/GROWTH/HEALING) \_\_\_\_\_

PRAYER FOCUS

ANCHOR SCRIPTURE

S M T W T F S

S	M	T	W	T	F	S

GROWTH MOMENTS

SPIRITUAL WINS

WHAT DID I LEARN ABOUT GOD, MYSELF, OR OTHERS THIS MONTH?



# Prayer

Heavenly Father,



Thank You for this sacred journey of becoming. Thank You for meeting me in every page, every Scripture, every moment of reflection. As I walk in the truth of who You say I am, help me to embrace my femininity with confidence, lay down every weight with courage, and rise boldly into my purpose with faith. Renew my mind daily. Strengthen my heart continually. Let my identity be rooted in You alone.

I surrender every lie I've believed, every fear I've carried, and every distraction I've held onto. In its place, I receive Your truth, Your peace, and Your direction. Teach me to see myself the way You do—clothed in strength and dignity, set apart for good works, and filled with purpose. Lord, stir up the gifts inside of me. Help me to walk boldly in obedience and shine for Your glory. Let this not be just a moment, but a lifestyle—a life lived fully aligned with You.

I am becoming her in Christ. And I trust You to complete the good work You started in me.

In Jesus' name,

Amen.



*I'm cheering  
for you!*



Sis, I'm cheering for you—loudly and intentionally.

Every step you take toward healing, purpose, and alignment with Christ is a victory. Even when it feels small, it matters. You are not just growing—you are transforming. You are rising into the woman God uniquely designed you to be: full of grace, bold in faith, and grounded in truth.

Don't rush the process. Don't doubt the power of your "yes." God sees your effort, hears your prayers, and is walking right beside you. Keep going. Keep pressing. Keep believing.

You are her—through Him. I believe in you. I see you. I'm celebrating you.

With all my love and support,

**Jennipha "Jae" Ricks, M. Ed.**

*The EmpowerHER Mentor*

[www.jaeelleconsulting.com](http://www.jaeelleconsulting.com)