

FROM THE ASHES

COACHING

8 Weeks of Weekly Encouragement

Faith, Strength & Resilience for Women in Hard Seasons

*"To bestow on them a crown of beauty instead of ashes,
the oil of joy instead of mourning, and a garment of praise
instead of a spirit of despair."*

— Isaiah 61:3

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You Were Built for This

Isaiah 61:3



"To bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair."

— Isaiah 61:3

◆ DEVOTIONAL

There is a moment — and you may know it well — when everything you thought you were standing on gives way. The diagnosis. The divorce papers. The pink slip. The empty chair at the table. And in that moment, the enemy whispers: 'This is the end of you.'

But hear me, sister. It is not the end of you. It is the beginning of something the fire is forging.

I spent years in the United States Marine Corps learning that the hardest training doesn't break you — it reveals what you're made of. Fire doesn't destroy iron. It refines it. And God, who knows every crack in your heart, is not standing over you in disappointment. He is standing over you with purpose.

You were not placed in this season by accident. You were chosen for it. And what rises from these ashes will carry the fingerprints of a God who restores, rebuilds, and redeems.

You were built for this. Not because you're perfect. But because He is faithful.

THIS WEEK'S AFFIRMATION

I am not destroyed by what I have walked through. I am being refined, renewed, and made stronger by it.

◆ JOURNAL PROMPT

What is one thing you have already survived that once seemed impossible? Write it down and offer it back to God as evidence of His faithfulness.

When You Can't See the Next Step

Proverbs 3:5-6



"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

— Proverbs 3:5-6

◆ DEVOTIONAL

There is nothing harder than trusting what you cannot see. We are planners. We are problem-solvers. We are women who get things done. And then God asks us to simply... wait. To trust. To let go of the need to know.

I'll be honest with you — that has been one of the hardest assignments of my life. As a Marine, I was trained to assess, act, and adapt. Sitting in uncertainty felt like weakness. But God showed me that surrender is not weakness. Surrender is the bravest thing a strong woman can do.

When you can't see the next step, you don't need to see the whole staircase. You just need to know the One who built it. He does not lead you into the unknown to abandon you there. He leads you through it to show you who He is — and who He made you to be.

Your path may be unclear right now. But His hand is not. Trust it.

THIS WEEK'S AFFIRMATION

I don't have to have all the answers. I trust the God who does, and I rest in His lead.

◆ JOURNAL PROMPT

Where in your life are you trying to control the outcome out of fear? What would it look like to release that to God today — just for today?

Get Back Up

Micah 7:8



"Do not gloat over me, my enemy! Though I have fallen, I will rise. Though I sit in darkness, the Lord will be my light."

— Micah 7:8

◆ DEVOTIONAL

Falling is not failure. Staying down is.

I want you to hear that again: falling is not failure. Every woman who has ever done anything worth doing has hit the ground at some point. What separates those who rise is not talent, not privilege, not a perfect past. It is the decision — made in the dirt, with dust on your face and tears on your chin — to get back up.

In the Marines, we had a saying: 'Pain is weakness leaving the body.' I believe that spiritually too. Every hard season, every heartbreak, every setback that brings you to your knees is weakness being stripped away — and something unshakeable being put in its place.

You have fallen before. And you got up. You may be in the falling right now. But you will get up again. Not because you have the strength — but because the One who is your strength has never left your side.

Get back up, warrior. This is not your ending.

THIS WEEK'S AFFIRMATION

I am a woman who rises. Darkness does not have the final word over my life. God does.

◆ JOURNAL PROMPT

Think of a time you got back up when you thought you couldn't. What did that teach you about yourself? What does it tell you about God?

He Sees You in the Middle

Psalm 139:7-8



"Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there."

— Psalm 139:7-8

◆ DEVOTIONAL

The middle is the loneliest place. Not the crisis — because in crisis, people show up. Not the victory — because in victory, everyone celebrates. The middle. The long stretch between the breaking and the breakthrough. The Tuesday afternoon of your soul when you're not sure if anything is changing at all.

I have sat in that middle. And I have cried the kind of tears you don't cry in front of people. The quiet, exhausted tears that come when you're wondering if God has forgotten the address to your heartache.

He hasn't.

Psalm 139 tells us there is nowhere — not the heights of joy, not the depths of despair — where His presence does not reach. He is in the middle with you. He sees the struggle you haven't told anyone about. He hears the prayer you're too tired to finish. He knows your name in your lowest moment just as surely as He knew it before you were born.

You are not invisible to God. You are beheld by Him — fully, tenderly, completely.

THIS WEEK'S AFFIRMATION

God sees me in the middle of my story. I am not forgotten. I am held.

◆ JOURNAL PROMPT

Write a letter to God about where you are right now — the real version, not the cleaned-up one. Tell Him what the middle feels like.

Your Scars Are Not Shameful

2 Corinthians 12:9



"But He said to me, My grace is sufficient for you, for My power is made perfect in weakness. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

— 2 Corinthians 12:9

◆ DEVOTIONAL

We live in a world that tells us to hide what has hurt us. To look put together. To heal quietly and present only the victory, never the wound. But God operates differently.

Jesus — risen, glorified, seated at the right hand of the Father — kept His scars. When Thomas doubted, Jesus didn't say 'look at how whole I am.' He said 'put your hand in My side.' The scars were not erased. They were made into evidence.

Your wounds are evidence too. Evidence of what you survived. Evidence of the grace that carried you. Evidence of a God who does not waste pain.

You don't have to perform wholeness you haven't reached yet. You don't have to pretend the hard things didn't happen. You are allowed to be in process. You are allowed to be healing. And one day — maybe sooner than you think — someone else is going to find their way out of the darkness because you were brave enough to show them where you found the light.

Your scars are not your shame. They are your story. And your story has power.

THIS WEEK'S AFFIRMATION

I do not have to hide what I have been through. My story, scars and all, is being used for something greater than I can see.

◆ JOURNAL PROMPT

What part of your story do you feel most ashamed of? What might God want to do with that part — not despite it, but through it?

Praise Before the Breakthrough

Psalm 34:1



"I will extol the Lord at all times; His praise will always be on my lips."

— Psalm 34:1

◆ DEVOTIONAL

This is a hard ask. I'm not going to pretend it isn't.

Praise when things are good? Easy. Praise when the miracle has arrived, when the prayer has been answered, when the weight has lifted? Natural. But praise in the waiting — praise in the pain — praise before you can see a single sign that anything is turning around? That is a different kind of faith. That is the kind that moves mountains.

When Paul and Silas were in prison, they sang. Not because the chains were gone. They sang while the chains were on — and the earthquake came. I believe our praise has the same power. Not because we are trying to manipulate God, but because praise is the declaration that He is God regardless of our circumstances. It is an act of war against despair.

I know you may not feel like praising right now. I know the season may be heavy and the silence may be loud. But try it anyway. Whisper it if you have to. Put on one song and let it be enough for today. Watch what begins to shift — not necessarily outside you, but inside you. Praise is how we remember who we belong to.

THIS WEEK'S AFFIRMATION

I will praise God before I see the outcome. My praise is an act of faith, and my faith is not wasted.

◆ JOURNAL PROMPT

Put on a worship song today — one that speaks to where you want to be, not just where you are. Write down what stirs in you as you listen.

Stop Waiting to Feel Ready

Joshua 1:9



"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

— Joshua 1:9

◆ DEVOTIONAL

Courage is not the absence of fear. If it were, it wouldn't be called courage — it would just be called Tuesday.

Courage is taking the step while your knees are shaking. It is saying yes to the hard thing before you feel prepared. It is stepping out of the boat while the wind is still blowing.

I spent a season waiting to feel ready. Ready to rebuild. Ready to heal. Ready to step into what I knew God was calling me to. And one day I realized: the readiness I was waiting for was not coming before the step. It was waiting on the other side of it.

God didn't tell Joshua to be strong and courageous when the conditions were perfect. He said it when Joshua was standing at the Jordan River, staring at enemy territory. The command was: go. The promise was: I'm with you.

You may be standing at your own Jordan right now. The dream that scares you. The relationship that needs a hard conversation. The step of faith that feels too big. Stop waiting to feel ready. Take the step. He will meet you there.

THIS WEEK'S AFFIRMATION

I do not have to feel ready to move forward. God's presence goes before me and strength comes in the doing.

◆ JOURNAL PROMPT

What is one step you've been waiting to feel ready for? What would it look like to take a small version of that step this week?

You Are Being Remade

Isaiah 43:19



"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

— Isaiah 43:19

◆ DEVOTIONAL

From ashes to beauty. That is the promise. That is the thread woven through every hard chapter of your story and mine.

What looks like a wasteland to you is not the end of your story — it is the setting for your miracle. God has never made a way in easy places. He makes ways in wildernesses. He brings water in deserts. He calls things that are not as though they are. And He is not confused about where you are or what you've been through.

You are being remade. Not patched. Not barely surviving. Remade. Something new is being built in you that could not have been built without this season. Roots that go deep because the storm came. Compassion that runs wide because the pain went deep. A testimony that will one day reach into someone else's darkness and pull them toward the light.

This is not the version of you that the hard times defeated. This is the version of you that walked through the fire — and came out carrying the fragrance of the One who met you in the flames.

You are not ash. You are rising.

THIS WEEK'S AFFIRMATION

I am not defined by what I have lost. I am being remade into something that could only come from walking through this with God.

◆ JOURNAL PROMPT

Look back at Week 1 — the thing you wrote that you survived. Now look at where you are today. Write three ways you can see God has been working, even quietly, even slowly, in the in-between.