

*God Never Meant for You
to Stay Grounded*

EMPOWER YOUR PURPOSE ~ ELEVATE YOUR LIFE



Rev. Dr. Katrina Futrell - Coach K

WELCOME TO INFLIGHT MINISTRIES

Inflight Ministries has been 25 years in the making. But that, my friend, is a story for another day.

What I can tell you now is this: My calling has always been to motivate, empower, and educate. And as I look back over the years—from classrooms to pulpits to moments of personal surrender—I can see how God has faithfully shaped that assignment.

Inflight Ministries is not a new idea. It is the next elevation of everything He has already been doing through me.

This ministry is dedicated to helping women rediscover their purpose, break through limitations, and rise into the life God designed for them.

It is a place where passion meets clarity, and where faith fuels personal growth. So whether you feel stuck, unsure, or simply ready for more—welcome.

You belong here. And your journey to soar begins now!





INTRODUCTION

Have you ever felt like you were meant for more?

You are correct—you were made for more. You feel it.

But fear says, “Wait.”

Doubt says, “You are not ready.”

And your own thoughts whisper, “Me?”

You want to rise, but your wings feel clipped.

You know you are called to soar—but something keeps grounding you in hesitation.

The world often defines “staying grounded” as a positive trait—remaining calm, humble, or stable while waiting for something to change. But in the Kingdom, staying grounded can become a spiritual trap when it causes us to settle for survival instead of soaring in purpose.

“Staying grounded” might sound wise in the world’s language, but it is meant to be a temporary place. A waiting area. A preparation zone—not a permanent condition.

Remaining grounded too long often keeps us in what is commonly called the comfort zone. It becomes a place of familiarity, safety, and routine—one of spiritual stagnation. In the comfort zone, nothing grows. Faith is not stretched. Vision becomes blurry. Purpose is postponed.

God never meant for you to stay grounded. Take flight!



A SEASON OF PREPARATION

WHEN GROUNDED IS GOD-LED

DEEP DIVE: JOSEPH VS. CHILDREN OF ISRAEL LEARNING TO TRUST THE PROCESS

Sometimes, the most God-ordained journeys begin with confinement. Joseph was thrown into a pit, sold into slavery, falsely accused, and imprisoned. The Israelites, too, found themselves in the wilderness—wandering, weary, and uncertain. Yet, while Joseph trusted God's process, the Israelites often resisted. This lesson explores what happens when we embrace or resist divine preparation, and how your present 'grounded' state may actually be holy ground.

JOSEPH VS. THE ISRAELITES – PREPARATION THROUGH PRESSURE

Area of Life	Joseph	The Israelites
Response to Injustice	Endured with trust in God (Genesis 39:21)	Grumbled and blamed Moses and God (Exodus 16:2-3)
Vision and Calling	Held on to prophetic dreams (Genesis 37:5-9)	Forgot the promise and longed for Egypt (Numbers 14:3-4)
Obedience	Remained faithful in Potiphar's house and prison	Repeated cycles of disobedience and rebellion
Promotion	Elevated to second-in-command (Genesis 41:41)	Delayed entry into promise; a whole generation died in the wilderness
View of God	Saw God's hand in suffering (Genesis 50:20)	Saw God as distant or harsh despite miracles

KEY TEACHING: TRUSTING THE PREPARATION PROCESS

Joseph never stopped believing that God was with him. He understood something vital: being grounded was not being forgotten.

Genesis 50:20 says, 'You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.'

The Israelites, on the other hand, often allowed fear to distort their memory. They preferred the familiarity of bondage over the discomfort of growth. This is a call not to let your discomfort cause you to distrust the One who leads you.



BIBLICAL WAITING VS. FEAR-BASED WAITING

Biblical Waiting is marked by hope, trust, and obedience. It is not passive. It is a spiritual posture that says, 'I trust God's timing and I will move when He says move.'

Fear-Based Waiting, however, is rooted in anxiety, shame, or a desire for control. It delays obedience under the disguise of 'being wise' or 'waiting on confirmation.'

Ask yourself: ***Am I waiting on the Lord, or am I waiting because I am afraid to obey?***

REFLECTION QUESTIONS

- What has God allowed in your life that you have labeled as a detour but may actually be divine preparation?
- Where have you been tempted to go back to 'Egypt' — a place of comfort but bondage?
- Have you viewed your waiting season as wasted time, or holy ground?
- What would trusting God fully in your current situation look like today?
- What do you sense God is preparing you for through this uncomfortable season?

TAKE FLIGHT!



*“But those who wait on the
Lord
Shall renew their strength;
They shall mount up with
wings like eagles,
They shall run and not be
weary, They shall walk and
not faint.”*

You were never meant to live life grounded.
The disappointments you have faced were never meant to bury you—they were meant to birth something greater in you.

Waiting on God is not passive. It is preparation. In the waiting, He renews. He restores. He refines. And when the time is right, He lifts.

Let go of the fear that clips your wings.
Let go of the narrative that says you are too late, too broken, or too flawed.

God specializes in raising up the unlikely — the overlooked, the weary, and the wounded.

And when He says it's time—nothing can keep you from soaring.

TAKE FLIGHT REFLECTIONS

Scripture insights and journal prompts for rising in purpose



TAKE FLIGHT REFLECTION #1

SHRINKING BACK IS NOT HOLY

Scripture: Hebrews 10:39 (NKJV)

But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.

Theological Insight:

Fear often disguises itself as humility, but shrinking back from God's call is not obedience. It is avoidance. Feelings of unworthiness do not come from God. They are distractions that keep us from walking in divine authority.

Life Application:

What have you delayed, not because of timing, but because of fear? Shrinking may feel safe, but it is not sanctified. Your next move is obedience, not perfection.



TAKE FLIGHT REFLECTION #2

THE COMFORT ZONE IS A CALLING KILLER

Scripture: Joshua 18:3 (NKJV)

Then Joshua said to the children of Israel: ‘How long will you neglect to go and possess the land which the Lord God of your fathers has given you?’

Theological Insight:

The Israelites already had the promise. Their delay came not from God but from fear and hesitation. In the same way, we often stay stuck in what is familiar rather than stepping out into what is faith-filled.

Life Application:

Comfort can become a cage. Ask yourself: Is this pause a divine instruction, or is it a personal protection? Step into what God has already confirmed.



TAKE FLIGHT REFLECTION #3

YOU DO NOT HAVE TO PROVE YOUR PURPOSE

Scripture: John 15:16 (NKJV)

You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.

Theological Insight:

Purpose is not something you earn – it is something you receive. God appointed you before you ever felt ready. Your assignment is not based on performance but on being positioned by Him.

Life Application:

Let go of the need to prove your worth. Begin to walk in what has already been spoken over your life. Ask: Where am I still trying to qualify myself when God has already called me?



TAKE FLIGHT REFLECTION #4

YOUR PRAYER LIFE IS PROPHETIC

Scripture: Isaiah 65:24 (NKJV)

It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear.

Theological Insight:

Prayer is not about informing God — it is about aligning your heart with His will. When you speak in faith, you partner with Heaven's agenda. Your voice in prayer carries authority and direction.

Life Application:

Pray boldly and write with intention. Your words carry power. Ask: If I truly believed God hears me, what would I speak in this moment?



TAKE FLIGHT REFLECTION #5

YOU WERE NOT A MISTAKE — YOU WERE APPOINTED

Scripture: Jeremiah 1:5 (NKJV)

Before I formed you in the womb I knew you; before you were born I sanctified you; I ordained you a prophet to the nations.

Theological Insight:

God's plan for your life began before you were ever aware of it. The enemy uses shame to keep you silent and small, but God appointed you long before you experienced any setback or pain. Nothing about your existence is accidental.

Life Application:

Where have you accepted lies about your value or timing? Today, reject those lies and declare: I was known. I was chosen. I was appointed.

EMPOWER YOUR PURPOSE ELEVATE YOUR LIFE

*This is more than a phrase.
It is the heartbeat of Inflight Ministries.*

To empower your purpose is to return to the truth of who God created you to be. It is to break agreement with every lie, label, and limitation that has tried to define you. It is embracing the reality that your gifts, your experiences, and even your pain can be used by God to fulfill something eternal.

To elevate your life is not to chase worldly success—it is to rise into alignment with God's will. It means growing in grace, walking in boldness, and surrendering to His refining process.

Elevation begins with obedience. It continues through transformation. And it manifests in purpose-driven living.

You do not have to climb your way to calling. You simply need to say yes to the One who lifts.

Let this be the moment you stop shrinking, stop stalling, and stop second-guessing what God has placed inside you.

It is time to empower your purpose.

It is time to elevate your life.

It is time to take flight.

You simply need to say yes to the One who lifts.

Reflection Prompts

- What is one area in your life where you feel grounded or stuck?
- What might God be asking you to release so He can lift you?
- Where do you sense the Holy Spirit stirring you to rise?

Prayer

Father,

Thank You for reminding me that You never meant for me to stay grounded.

I surrender every fear, every delay, and every lie I have believed about who I am. Renew my strength. Restore my faith. Refine my focus.

Help me to release what weighs me down and embrace the purpose You have designed for my life.

Give me courage to trust You, to rise in obedience, and to soar in faith.

In Jesus' name, Amen.



Meet the Author

Rev. Dr. Katrina Futrell is a seasoned educator, ordained minister, and certified Christian life coach. With over 25 years of experience empowering others through education, ministry, and leadership, she founded Inflight Ministries to help women rise above limitations and walk fully in God's divine calling for their lives.

She has served under many titles—Rev. K, Dr. K, and Pastor K—but in this season, she is affectionately known as Coach K, embracing a divine assignment to lead women into clarity, courage, and Christ-centered purpose.

Her life's work is rooted in three guiding pillars: to motivate, empower, and educate. Whether in classrooms, pulpits, coaching spaces, or moments of quiet surrender, Coach K brings heart, humility, and Spirit-led wisdom to every assignment.

Through writing, teaching, and life coaching, she helps women uncover their purpose, renew their strength, and take flight with clarity and faith.

*Uncover your purpose.
Renew your strength.
Mount with eagles wings.
Take Flight.*

*"You were never meant to stay grounded –
you were meant to soar."*

Connect With Inflight Ministries

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Take Flight!

**Thank you for reading
God Never Meant for You to Stay Grounded.
This journey is just the beginning!**



You were not created to stay grounded.

You were meant to soar!

To explore more faith-fueled encouragement, spiritual coaching, and guided growth experiences, visit:

Connect With Inflight Ministries

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