

GOD NEVER
MEANT FOR
YOU TO STAY
GROUNDED

You Were Created to Take Flight

SECOND EDITION



By DR. KATRINA FUTRELL

God Never Meant for You to Stay Grounded
You Were Created to Take Flight
Second Edition

By Dr. Katrina Futrell



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A Note from Coach K

Dear Reader,

You hold in your hands more than words on paper — you hold a message that God placed in my heart for such a time as this. Life will try to ground us with fear, disappointment, and delay, but the truth is simple: you were never meant to stay grounded. God created you to take flight.

This devotional is my gift to you. It is an invitation to rise again in faith, to rediscover your God-given purpose, and to walk boldly in the life He prepared for you. My prayer is that each reflection, each lesson, and each prayer within these pages will strengthen your spirit and remind you that the wait is never wasted.

I believe in you. More importantly, God believes in you. May this book be a launching pad for the journey ahead.

With love and encouragement,

Rev. Dr. Katrina Futrell — Coach K



Greetings,

Welcome to *God Never Meant for You to Stay Grounded*. This devotional was written for **you**—whether you are a man or a woman, young or seasoned, a student, a parent, a leader, or someone simply searching for more of God.

Grounded seasons can feel heavy. They may come through loss, disappointment, delay, or even confusion about what is next. But God never designed those moments to hold you back. Instead, they are seasons of preparation. Just as a plane pauses on the runway before taking off, you may be grounded now, but it is only because God is positioning you for flight.

In this book, you will find encouragement, Biblical truth, and practical reflections to help you rise above limitations and step into God's calling for your life.

Whether you are starting again after setbacks, seeking direction, or longing to soar to new levels of faith, this devotional is for you.

My prayer is that as you read, you will feel both challenged and lifted. May these pages remind you that God has not forgotten you. You are not grounded forever— you were created to take flight.

With Kingdom Love,

Dr. Katrina Futrell ~ Coach K



How to Use This Devotional

This devotional is designed to be both inspirational and practical. Each chapter follows a unique rhythm that will help you move from being grounded to soaring in your God-given purpose:

- **Teaching**

Each chapter begins with a teaching that unpacks the Scripture foundation and offers insight into how God uses grounded seasons for growth and preparation.

- **Reflection**

These reflections help you pause, reflect, and write down what the Holy Spirit is revealing to you. Keep a journal or notebook nearby to capture your thoughts, prayers, and insights.

- **Flight Lessons**

These are the bold truths of the book. Each Flight Lesson includes:

- **Scripture** – a Biblical anchor.
- **Takeaway** – a truth to hold onto.
- **Application** – practical steps you can take.
- **Breakthrough Prayer** – a bold declaration to speak over your life.

- **Closing Prayer & Declaration**

At the end of the book, you will find a final prayer and declaration. Use it often as a reminder that you were never meant to stay grounded—you were created to soar.



Tips for Engagement:

- You may read one chapter per day or one per week.
- Speak the Breakthrough Prayers out loud—they are meant to build boldness.
- Revisit Flight Lessons whenever you feel weary, hesitant, or in need of courage.
- Journal your reflections so you can look back and see how God has been at work in your journey.

This is not just a book—it is a runway. Step onto it with faith, courage, and expectancy. You were created to take flight.



Introduction

Welcome to this devotional journey. This book was written to encourage you, strengthen your faith, and remind you of one life-changing truth: God never meant for you to stay grounded.

Grounded seasons are not punishment — they are preparation. Just like the eagle waits for the right wind, you are being prepared to take flight into God’s purpose for your life.

Scripture Anchor:

“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.” **Isaiah 40:31 NKJV**



✈ Chapter 1 – Rise Again in Faith

Scripture

“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.” (Isaiah 40:31 NKJV)

What It Really Means to Be Grounded

The world often defines “staying grounded” as a positive trait — staying calm, humble, or stable. But in the Kingdom, staying grounded too long can become a spiritual trap.

Grounded is meant to be temporary — a waiting area, a preparation zone — not a permanent condition.

If we remain grounded too long, we risk drifting into what is commonly called the comfort zone. The comfort zone feels safe, familiar, and routine. But nothing grows there. Faith is not stretched. Vision blurs. Purpose stalls.

Being grounded is not the same as being forgotten. It is God’s way of preparing us for flight.

Waiting as Renewal

“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.” (Isaiah 40:31 NKJV)

Isaiah 40:31 reveals the truth: waiting on God is not idleness — it is renewal. In the original Hebrew, “wait” carries the meaning of binding together, intertwining. To wait on the Lord is to weave your strength into His.

Think of the eagle. Eagles do not flap endlessly, exhausting themselves against the wind. They wait, perched high and still, until the right current comes. Then, with little effort, they rise.

In the same way, your grounded season may actually be holy ground. God is not punishing you — He is preparing you. He is stretching faith, refining vision, and rebuilding courage.

You were created for more than survival. You were created for more than routine. You were created to take flight.

This is not the end of your story. This is the runway. You were never meant to stay grounded. You were created to rise again – to take flight.

Reflection

Where in my life do I feel “grounded” right now?

Have I confused waiting with wasting?

What might God be preparing in me through this season?



✈ Flight Lesson #1 – Shrinking Back Is Not Holy

Scripture:

“But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.” (Hebrews 10:39 NKJV)

Takeaway: Shrinking back is not humility; it is hesitation. Fear whispers, “Stay small, stay safe,” but God declares, “Step forward, take flight.”

- Shrinking feels safe but it is not sanctified.
- God’s call will always stretch you beyond comfort into courage.
- Drawing back limits not only you but also the lives connected to your obedience.

Application:

Write down one area where fear has delayed your obedience.

Ask: What would forward motion look like in faith, even if imperfect?

Pray this declaration: “Lord, I release hesitation. My next move is obedience, not perfection. I was created to take flight.”



Breakthrough Prayer:

Father, I come in the name of the Lord to thank You that this grounded season is not my end, but my preparation. Today I break every agreement with shame, delay, fear, and the lie that I am behind. I declare that I am aligned with Your timing. I speak courage over myself: I will not shrink back, I will not stall, I will soar. Let every hidden strength in me rise. I decree new boldness, fresh endurance, and unshakable faith. I will rise again in faith, because I was created to take flight! In Jesus' name, Amen.



✈ Chapter 2 – Divine Growth in Setbacks

Scripture

“But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.” (Genesis 50:20 NKJV)

When Grounded Becomes the Comfort Zone

In Chapter 1, we discovered that being grounded is temporary — a waiting zone, not a permanent home. But what happens when we mistake grounded for permanent? We slip into the comfort zone.

The comfortability and familiarity of the comfort zone promise protection from risk. But it is also the place where dreams go to sleep. Nothing grows there.

This is exactly what happened to the children of Israel. Though God had delivered them from Egypt, their hearts longed for the familiar chains of bondage because they feared the unknown path ahead. They resisted God’s preparation and chose the cage of comfort.

Joseph, on the other hand, shows us another way. Thrown into a pit, sold as a slave, falsely accused, and imprisoned — yet he never lost sight of God’s presence. Joseph trusted that even setbacks could be sacred ground. What others intended for harm, God turned into preparation for his purpose.

And here’s the revelation: God never meant for you to stay grounded.

Joseph’s pit was not permanent — it was preparation for the palace. The Israelites’ wilderness was not meant to be endless — it was supposed to be the runway to promise. One embraced the process and soared. The other resisted and remained stuck.

The same choice is before us: Will we allow setbacks to refine us for flight, or will we let comfort keep us grounded?

Reflection

Where have I mistaken God's preparation as a detour?

Have I been tempted to return to "Egypt" — a place of comfort but also bondage?

What might divine growth look like in my current grounded season?



✈ Flight Lesson #2 – The Comfort Zone Is a Calling Killer

Scripture:

“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?’” (Joshua 18:3 NKJV)

Takeaway: God had already given Israel the promise — but fear and hesitation kept them from walking into it. The comfort zone whispers, “wait a little longer” when God has already said “go.”

- The comfort zone pretends to be safety, but it is actually stagnation.
- Comfort is not the same as peace. True peace comes from obedience, not avoidance.
- Staying in comfort too long dulls vision, silences courage, and postpones destiny.

Application:

Identify one area where comfort has kept you from forward motion.

Write a bold step of faith you can take this week to leave that comfort zone.

Pray this declaration: “Lord, I refuse to let comfort kill my calling. Strengthen me to step out in faith. I was created to take flight, not to stay grounded.”



Breakthrough Prayer:

Lord, thank You that every setback in my life is being transformed into a setup for my breakthrough. I will not despise the process, and I will not confuse comfort with peace. Break every chain of hesitation and every lure of the familiar that tries to keep me grounded. I declare that I am stepping into new territory with boldness. I embrace growth, I embrace change, I embrace courage. What was meant to harm me is working for my good. I was created to soar. In Jesus' name, Amen.



✦ Chapter 3 – Reignite Your Faith

Scripture

“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.” (John 15:16 NKJV)

Faith Rekindled

There comes a time when faith feels dim — not extinguished, but flickering. After long seasons of waiting, after the sting of betrayal, after the weight of disappointment, faith can feel like a candle running low.

But here is the truth: your faith does not depend on your strength. It depends on the God who chose you. He appointed you before you ever felt qualified, and He does not revoke His calling.

Faith is reignited when we return to this truth: we are chosen, appointed, and still called. Joseph endured betrayal, yet his faith burned steadily. Even when forgotten by people, he knew he was remembered by God.

And you? You may have endured waiting. You may have been through release — the letting go of people, places, or plans you thought were permanent. You may carry the scar of betrayal. But you are still chosen. Your story is not finished. Your next chapter is elevation.



Reflection

Where have I let betrayal or disappointment dim my faith?

What truth about God's choosing me do I need to reclaim?

How can I take one step today to walk as someone appointed?



✈ Flight Lesson #3 – You Do Not Have to Prove Your Purpose

Scripture:

“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.” (John 15:16 NKJV)

Takeaway: Purpose is not earned — it is received. God appointed you before you ever felt ready.

- Striving to prove your worth will only exhaust you.
- Betrayal may shake your confidence, but it does not cancel your calling.
- Faith is reignited when you rest in God’s choosing.

Application:

Release one area where you have been striving to prove yourself.

Write a declaration: “I am chosen. I am appointed. I am not disqualified.”

Pray: “Lord, reignite my faith. Remind me that I was created to take flight, and You have already called me to soar.”



Breakthrough Prayer:

Lord, I come in Your name asking forgiveness for the times I tried to prove my worth instead of resting in the truth that You already appointed me. Today I silence every voice of comparison, striving, and doubt. I choose rest over proving, faith over fear, obedience over hesitation. I declare that my identity is secure in You. I am chosen, I am appointed, I am fruitful. I will walk in confidence and boldness, bearing fruit that remains. Amen



✈ Chapter 4 – Embrace God’s Calling

Scripture

“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.” (Jeremiah 1:5 NKJV)

Walking Boldly in Your Appointment

God’s calling is not fragile. It does not vanish when life gets messy. It is not revoked because of mistakes, betrayal, or seasons of silence. His appointment was spoken before you were even born.

To embrace God’s calling is to trust that every part of your story — the waiting, the release, the betrayal, and the elevation — has prepared you for this moment. The final step is courage. Courage to believe that God still has more for you. Courage to step forward even if you do not feel ready. Courage to take flight again.

Israel resisted God’s call and circled in the wilderness. Jeremiah hesitated, saying, “I am too young.” But God reminded him: “I appointed you.” The call of God does not depend on your readiness — it depends on His choosing.

Reflection

Where am I still hesitant to embrace God’s call?

What past wounds have made me question my worthiness?

What courageous step can I take today toward my calling?



✈ Flight Lesson #4 – Your Prayer Life Is Prophetic

Scripture:

“It shall come to pass that before they call, I will answer; and while they are still speaking, I will hear.” (Isaiah 65:24 NKJV)

Takeaway: Prayer is not just request — it is alignment. When you speak God’s truth in faith, you step into His calling with authority.

- Prayer shapes courage.
- Prophetic prayer reminds you that God is already ahead of you.
- When you pray in faith, you are declaring your readiness to embrace His call.

Application:

Write one bold prayer declaring your readiness to embrace God’s calling. Speak it daily this week.

Pray this declaration: “Lord, I embrace Your call over my life. I will not shrink back.”

Breakthrough Prayer:

Father, I thank You that my prayers do not fall on deaf ears. You hear me before I even speak, and You answer according to Your will. Today I align my voice with Heaven’s decree. Let my prayers be bold, prophetic, and full of faith. I declare that my prayer life is powerful, and it will propel me into destiny. I was created to call on You, and I was created to soar. In Jesus’ name, Amen.



✈ Flight Lesson #5 – You Were Not a Mistake, You Were Appointed

Scripture:

“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.” (Jeremiah 1:5 NKJV)

Takeaway: God’s plan for your life began before you knew yourself. Nothing about you is accidental.

- Shame and doubt are lies designed to clip your wings.
- You are not here by accident; you are here by assignment.
- Courage to embrace God’s calling begins with believing His appointment is unshakable.

Application:

Stand before a mirror and declare aloud: “I was known. I was chosen. I was appointed.”

Write down one fear and surrender it in prayer.

Affirm daily: “God never meant for me to stay grounded — I was created to take flight.”

Breakthrough Prayer:

Father, I thank you that Your call over my life is unshakable. Today I renounce every lie that says I am unworthy, unqualified, or too late. I was chosen before I was born, appointed before I ever breathed a word. I receive my assignment with courage. I declare that I am equipped, I am anointed, and I am unstoppable in Christ. I was created on purpose, for purpose, and I will soar.

In Jesus' Name, Amen.



Closing Declaration & Prayer

Declaration:

I boldly declare that God never meant for me to stay grounded. Every delay has been preparation, every disappointment has been training, and every setback has been used by God to strengthen me. I was created to take flight. I will rise in faith, walk in purpose, and soar into the calling God has placed on my life.

Prayer of Commitment:

Father, I come before You with an open heart. I release every fear, every weight, and every lie that has held me down. I surrender the disappointments of my past and the uncertainties of my future into Your hands. Renew my strength and awaken fresh vision within me. Teach me to trust Your timing, to walk in courage, and to obey without hesitation.

Lord, I commit myself to soar higher—not by my own power, but by Your Spirit. I believe that my life has purpose, that my calling is secure in You, and that my steps are ordered by the Lord. I will not shrink back. I will not remain grounded. By faith, I take flight into the destiny You have prepared for me.

In Jesus' mighty name, Amen.



About the Author

Rev. Dr. Katrina Futrell — affectionately known as Rev. K, Dr. K, Pastor K, and now Coach K — is a minister, educator, and certified Christian life coach with more than 25 years of experience in leadership, teaching, and ministry.

She is the founder of Inflight Ministries, a faith-based movement designed to help men and women rise above limitations, embrace biblical truth, and soar into their God-given destiny.

Through preaching, teaching, coaching, and writing, Dr. Futrell has dedicated her life to equipping believers to walk in freedom, live with clarity, and boldly pursue their Kingdom assignments. She is especially passionate about empowering women through her Take Flight Coaching Program, where she equips them to rise above fear, embrace clarity, and live boldly in their God-given purpose.

Dr. Futrell resides in South Carolina, where she continues to serve as a voice of encouragement and empowerment to individuals and communities. Her desire is simple yet profound: to motivate, empower, and educate others in God's purpose for their lives.

“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.” (Isaiah 40:31 NKJV)



YOU WERE CREATED TO TAKE FLIGHT

Have you ever felt grounded—stuck, delayed, or weighed down by life's struggles? You are not alone. But here is truth: God never meant for you to stay grounded.

In this powerful devotional, Dr. Katrina Futrell (Coach K) invites you on a journey of renewal, courage, and faith. Through bold truths, uplifting scriptures, and practical wisdom, you will find encouragement to live with boldness and strength for your spirit.

You will also discover space for Reflection & Journaling, making this book both a guide and a trusted companion for your spiritual growth.

About the Author

Dr. Katrina Futrell is a minister, educator, and Christian life coach. As founder of Inflight Ministries, she is passionate about helping people rediscover their identity in Christ and soar into purpose.

It is time to empower your purpose.
It is time to elevate your life.
It is time to take flight.

