

TAKE FLIGHT RISE AGAIN IN FAITH

Bold Truths & Breakthrough Prayers
for Women Created to Soar



DR. KATRINA FUTRELL

Take Flight: Rise Again in Faith

Bold Truths & Breakthrough Prayers for Women Created to Soar

First Edition

By Dr. Katrina Futrell



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First Edition

A Note from Coach K

Dear Reader,

This devotional was birthed from my own journey of learning to rise again after seasons that tried to keep me grounded. I discovered that the waiting, the delays, and even the disappointments were never wasted. They were preparation. But preparation is not meant to be permanent. God created us to soar.

As you turn these pages, you will find bold truths and breakthrough prayers designed to remind you of who you are in Christ. My heart is that you will not only read these words but that you will begin to live them. I want you to know that you can rise again — stronger, freer, and with greater faith than before.

This is more than a devotional. It is an invitation to step into your identity as one who was created to take flight. Each lesson is simple, yet powerful, meant to meet you right where you are. Whether you are standing in faith for something new or recovering from a season of turbulence, may these reflections help you see yourself as God sees you — equipped, empowered, and called higher.

I am cheering you on, but more importantly, God is with you in every step, every prayer, and every flight of faith.

With love and encouragement,

Rev. Dr. Katrina Futrell — Coach K



Greetings,

Welcome to *Take Flight: Rise Again in Faith*. You are not here by accident. I believe with all my heart that God has ordered your steps to this devotional at this very moment in your journey.

There comes a time in every woman's life when she must decide:

Will I stay grounded by the weight of my past, or will I rise again into the future God has prepared for me?

This devotional is an invitation to rise. To release what has held you down. To stretch your wings. To discover again the power of faith that lifts you higher than fear, doubt, or delay.

Every page is designed to meet you where you are — whether in a season of waiting, rebuilding, or walking boldly in new territory. You will find kingdom truths, reflections, and prayers to help you see yourself through God's eyes: chosen, loved, and destined for more.

So, take a deep breath, open your heart, and prepare to soar. This is your time to rise again. This is your moment to take flight.

With joy and expectancy,

Rev. Dr. Katrina Futrell
Coach K



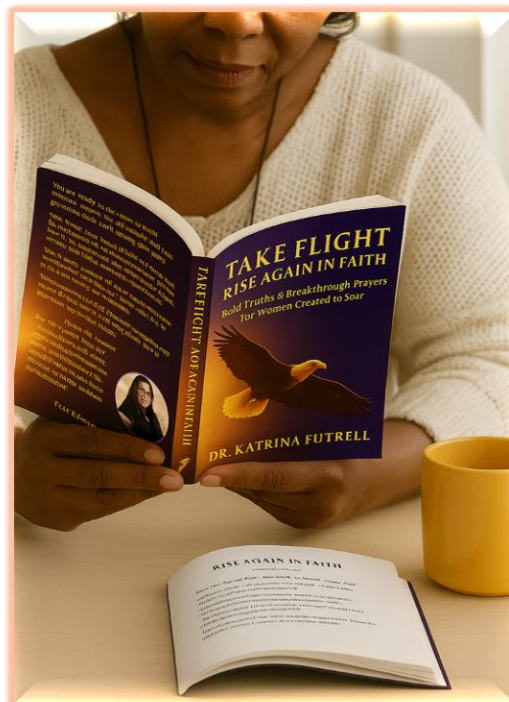
How to Use This Devotional

This devotional was designed to help you pause, reflect, and soar higher in your walk with God.

Each devotional includes:

- **Scripture Anchor** — a key verse to meditate on.
- **Kingdom Truth** — a bold reminder of God’s promises.
- **Teaching** — encouragement and insight for your journey.
- **Reflection & Journaling** — space to write your thoughts, prayers, and insights.
- **Breakthrough Prayer** — a declaration of faith to speak boldly over your life.

💡 *Tip: Take your time. Read one devotional at a time, sit with the Scripture, and write in your journal. The more you reflect, the deeper the transformation.*



A Word to the *Take Flight* Woman

Dear Take Flight Woman,

This is not the end of your story.

Perhaps you have been circling the same runway, waiting for clarity. Perhaps you have questioned whether you are still capable of starting fresh. You may have poured yourself into family, work, or serving others — while silently wondering if your own wings still work.

I see you.

More importantly — **God has never stopped seeing you.**

You were never meant to stay grounded. That season? It was preparation, not punishment. That pause? It was building strength, not proof that you missed your chance. What feels like delay is often divine alignment.

This devotional was written for you.
The woman who is tired of shrinking.
The woman who is ready to rise again.
The woman who knows she was created for more —
and is finally ready to step into it.



Who is the *Take Flight* Woman?

She is a Kingdom-minded woman in transition — between what was and what is yet to be.

She may be 30, 45, or 55. She may be rebuilding after divorce or loss of a spouse, rediscovering her purpose after raising children, or stepping into leadership after years of serving quietly in the background.

She loves God. She believes in His promises. Yet she sometimes wonders if she has missed her moment. Fear, procrastination, and the weight of other people's expectations have kept her circling the same runway.

But deep in her spirit, she knows she was created for more.



The Take Flight Woman longs for clarity, courage, and confidence. She wants to move beyond doubt into divine assignment, to exchange comfort for courage, and to walk boldly in the identity God has already secured for her.



If this describes you, beloved — you are in the right place. This devotional is not just a book. It is your boarding pass into the next season of your calling.

You are the Take Flight Woman.

You are the woman who knows God has called you to more — but life has left you grounded, hesitant, and unclear. You have tasted ministry, but long for meaning. You have

survived storms, but now you crave strategy. You have buried dreams under duty — and now it is time to reclaim them.

This is your moment of divine interruption. Not to hustle harder, but to hear Him louder. Not to perform, but to be positioned. Not to guess your way forward — but to rise in clarity, confidence, and Kingdom conviction.

You are the Take Flight Woman — and this devotional is your permission slip.

With you in purpose,

Dr. Katrina Futrell
Coach K

✦ Who Is the Take Flight Woman?

- She is in transition — spiritually, professionally, or emotionally.
- She is clear she was made for more — but unclear about what is next.
- She is hungry for clarity, accountability, and Kingdom community.
- She is tired of shrinking — and ready to rise again.



Devotional #1

Title: Grounded Is Not Permanent

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)*

Kingdom Truth:

Grounded seasons are not indicators of spiritual failure — they are often divine strategies of alignment. In the Kingdom, waiting is a weapon. God uses hidden seasons to mature identity, refine vision, and reveal motives.

Before public elevation, there is always private preparation. Moses spent forty years on the backside of the desert. David was anointed long before he was appointed. Even Jesus was hidden in Nazareth until the fullness of time. If you are grounded, you are being guarded.

Teaching:

Being grounded can feel like being forgotten. It feels like watching others take off while you sit still. Your ideas feel delayed. Your gifts feel unused. Your momentum feels like it has vanished.

But God does not develop destiny on display — He forms it in the dark.

Just like an eagle waits silently before spreading her wings, your soul may be sitting in stillness while God strengthens your foundation. The pause is not punishment — it is preparation. The delays you resent may be the exact protection you need.

The eagle does not panic when the winds are still. She waits for the right current. And when it comes — she soars without striving.

So must you.

Do not waste your grounded season. Learn. Listen. Heal. Build. Because when the wind of God lifts you — you will not be coming back down.



Reflection Prompts:

What specific season of your life felt like punishment but was actually preparation?

In what ways have you equated stillness with failure?

What foundational strength is God developing in you right now that the public cannot see?

Breakthrough Prayer:

Father, I thank You that grounded does not mean forgotten. You are not punishing me — You are preparing me. I renounce every lie that says I am behind, disqualified, or overlooked. I reject delay, comparison, and doubt.

I choose to believe that stillness is strategic. You are building depth in me. You are fortifying my faith. You are aligning my character with my calling.

Though I cannot see the movement, I trust the momentum.

Though I cannot measure the growth, I believe the roots are deepening.

Though I feel grounded, I declare I am guarded — and glory is coming.

In the name of Jesus, I declare that I will rise when You say rise. I will not rush ahead of You, nor will I shrink in fear. I was created to soar. I am the Take Flight Woman. And my wings are ready.

In Jesus Name, Amen.



Devotional #2

Title: You Do Not Have to Prove Your Purpose

Scripture Anchor:

“You did not choose Me, but I chose you and appointed you that you should go and bear fruit.” — *John 15:16 (NKJV)*

Kingdom Truth:

Purpose is not earned by performance. It is received by revelation. In the Kingdom, calling is not transactional — it is covenantal. God did not select you because of your perfection. He chose you because of His purpose.

When Jesus called His disciples, He called them before they understood who they were. When God called Jeremiah, He said, “Before I formed you, I knew you.” If you were chosen before you were born, then no failure can un-choose you now.

Teaching:

Many women live bound to the burden of proving themselves. They do not rest in their calling — they work to earn it. They overcompensate in silence. They strive in secret. But the Kingdom does not operate on merit. It operates on mercy.

You do not have to convince anyone that you are enough. You do not have to chase validation, applause, or agreement. Your purpose is not fragile. Your anointing is not on probation.

God does not ask you to prove it. He asks you to walk in it.

You were not called based on your track record. You were called based on God’s timeline. And when He appoints you, He also anoints you. There is no need to compete, compare, or compromise. You are already approved.

Reflection:

In what areas have you been overperforming in hopes of feeling worthy?

Where in your heart have you confused fruitfulness with favor?

What would it look like to lead from rest instead of striving?

Breakthrough Prayer:

Lord, I thank You that I was chosen, not by human standards, but by divine design. I renounce every lie that says I must hustle for worth, strive for approval, or prove my purpose.

You appointed me. You anointed me. And I align myself today with the truth of who I am in You.

I break agreement with comparison, competition, and the fear of not being enough. I choose instead the path of obedience, surrender, and supernatural confidence.

Today, I rise as the Take Flight Woman. I walk in what has already been spoken. I am not waiting to be chosen. I have already been called. And I will bear fruit that remains.

In Jesus' name, Amen.



🦋 Devotional #3

Title: Comfort Is a Calling Killer

Scripture Anchor:

“How long will you wait before you begin to take possession of the land the Lord... is giving you?” — *Joshua 18:3 (NIV)*

Kingdom Truth:

The Kingdom of God advances through faith, not familiarity. Comfort is not confirmation. Delay is not discernment. When God gives an instruction, movement is the measure of belief.

Israel had the promise. They had the history. They had the miracles. But what they lacked was the courage to cross over. Comfort makes bondage look better than breakthrough. And fear will convince you that Egypt is safer than Canaan.

You must decide: Will you stay in what is safe, or will you step into what is sacred?

Teaching:

Comfort zones are silent killers of destiny. They whisper, “Stay here, it is familiar.” They convince you that convenience is the same as peace. But what they do not tell you is that purpose suffocates in places you have outgrown.

The Israelites had already been delivered from slavery, but their minds were still bound. They were free, but they were not forward. And so they circled — delaying possession for the illusion of safety.

God will not force you into your next level. He will invite you. But you must answer with movement.

Purpose requires discomfort.
Destiny requires disruption.
The place you are in may have been anointed for a season, but it is no longer assigned for your next.

Your comfort zone is a cocoon. But a cocoon becomes a coffin if you never emerge.



Reflection:

What area of your life feels safe, but no longer serves your growth?

What instructions has God given you that you have delayed due to fear?

How would your life look different if you fully trusted the promised land God is leading you into?

Breakthrough Prayer:

Lord, I confess that I have been too comfortable. I have stayed in what is familiar, even when You have called me into more. I repent for delayed obedience. I reject the lie that small is safe and stillness is spiritual.

I declare that I will move. I will trust You beyond what I understand. I will no longer let fear hold my future hostage.

Shake me out of apathy. Awaken me to boldness. Align my steps with the next assignment You have spoken.

Today, I step out. I take possession. I break camp and move forward.

I am the Take Flight Woman. And I will not let comfort kill my calling. **In the name of Jesus, Amen.**



Devotional #4

Title: You Were Created to Take Flight

Scripture Anchor:

“Before I formed you in the womb I knew you; before you were born I sanctified you; I ordained you.” — *Jeremiah 1:5 (NKJV)*

Kingdom Truth:

You are not a mistake. You are not random. You are not extra. You were formed with intention, birthed with purpose, and set apart for divine assignment.

In the Kingdom, identity precedes activity. God told Jeremiah who he was before He told him what to do. If you do not know who you are, you will mismanage what you are called to do. That is why the enemy attacks identity first — because once you believe who you are, you become unstoppable.

Teaching:

Every thread of your story matters. Every delay, every disappointment, every detour — none of it disqualified you. It refined you. The rejection, the betrayal, the burnout, the silence — all of it became training ground for your wings.

You were not made to live small. You were not made to stay hidden. You were not made to merely survive. You were made to influence, to lead, to impact, and to soar.

The enemy tries to convince you that you are disqualified by what you have lived through. But God says, “I ordained you before any of it happened.”

You are not disqualified. You are destined.

You are not behind. You are becoming.

And now it is time to rise.



Reflection:

- What lies about your worth have you believed that God is calling you to release?

- What part of your story have you viewed as a setback that is actually your preparation?

- How would you show up differently if you fully believed you were created to soar?

Breakthrough Prayer:

Father, I thank You that I am not an accident. I am not here by coincidence. I am here by divine appointment. You formed me with purpose, and You called me by name.

I renounce every lie of shame, fear, and disqualification. I release the pain of my past and the pressure of my perfectionism. I choose to believe what You said about me.

I am chosen. I am sanctified. I am ordained.

Today, I stop shrinking. I stop apologizing. I stop hiding.

I rise with clarity. I rise with courage. I rise with conviction.

I am the Take Flight Woman. And I will fulfill every assignment written in my book.

In the name of Jesus, amen.



Devotional #5

Title: Fear Is Not Your Future

Scripture Anchor:

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.” — 2 Timothy 1:7 (NKJV)

Kingdom Truth:

Fear is not your inheritance — faith is. Fear did not come from the Father; it is a foreign spirit that tries to invade what God already secured for you. In Christ, you were given power to stand firm, love to walk secure, and a sound mind to resist confusion. Perfect love casts out fear (1 John 4:18).

When Israel stood at the edge of promise, fear exaggerated the giants and minimized the God who had already split seas and dropped manna from heaven. Ten spies surrendered to fear; two walked in faith. Fear magnifies problems. Faith magnifies God.

The Take Flight Woman understands that fear is not just an emotion; it is a strategy to keep you small. Every time you rise in faith, you break agreement with fear and step into your rightful authority.

Teaching:

Fear will always attempt to paralyze your purpose. It often masquerades as caution, convincing you that waiting is wisdom when in fact it is hesitation. But Scripture makes it plain: fear is not from God. The same God who calls you to soar equips you with what you need to do so without intimidation.

Think of Peter on the water. As long as his eyes were locked on Jesus, he walked in the miraculous. But when fear distracted him, he began to sink. Fear sinks what faith sustains. The only antidote to fear is focus—focus on Jesus, not the storm.

The Take Flight Woman must rise above fear by embracing God’s truth. Fear may knock, but faith does not have to answer. Your inheritance is courage, your legacy is love, and your mindset is stability in Christ.

Reflection:

Where has fear disguised itself as 'wisdom' in your life?

What assignment from God have you delayed because of fear?

What would bold faith look like for you today if you fully believed fear had no authority over you?

Breakthrough Prayer:

Father, I thank You that fear is not my future. I renounce every lie that fear has whispered to my heart—every threat, every intimidation, every false warning. I break agreement with anxiety, timidity, and hesitation. Fear no longer has permission to dictate my destiny.

Lord, I embrace the spirit You have given me: power to stand firm, love to walk boldly, and a sound mind to discern truth from lies. Perfect love is driving out all fear in my life.

I decree that I am fearless in faith and bold in purpose. Fear cannot sink me because my eyes are fixed on Jesus.

I am rising as the Take Flight Woman—undaunted, unafraid, and unshaken.

My future belongs to You, and in You I soar.
In Jesus' name, Amen.



Devotional #6

Title: Delayed but Not Denied

Scripture Anchor:

“Though it tarries, wait for it; because it will surely come, it will not tarry.” — Habakkuk 2:3 (NKJV)



Kingdom Truth:

Delay is not denial; it is divine development. Every promise has an appointed time. When Joseph was given his dream, the pit and prison looked like denial — but they were classrooms that refined his character before the palace. When Abraham was promised Isaac, the decades of waiting looked like delay — but they were proof that God’s Word outlasts age, odds, and human limitations.

The runway of your life may feel longer than you expected, but God stretches the wait to strengthen your wings. What seems slow to you is sovereign to Him.

The Take Flight Woman learns to see delay not as wasted time but as weight-training time. Heaven is enlarging your capacity so you can carry the promise without collapsing under its weight.

Teaching:

Waiting seasons can feel like the most painful part of walking in purpose. You can see the promise, but you cannot touch it yet. You know what God said, but you have not seen it manifest. It is in this tension that faith is tested and deepened.

Joseph waited years between dream and destiny, but in the wait God developed integrity and leadership. David waited after his anointing before becoming king, and in the wait God forged his worship and dependence. Even Jesus waited until the fullness of time to reveal Himself publicly.

Delay is not wasted time. Delay is the divine gymnasium where your spiritual muscles are strengthened. The Take Flight Woman chooses to see waiting not as punishment but as preparation for the weight of glory that is coming.

Reflection:

What promise feels delayed in your life right now?

How has God used past waiting seasons to develop you for greater responsibility?

How can you shift your language from 'I am behind' to 'I am aligned' in this season?

Breakthrough Prayer:

Father, I thank You that Your timing is perfect. I renounce the lie that delay means denial. I will no longer despise the wait or believe the enemy's whisper that I have been forgotten.

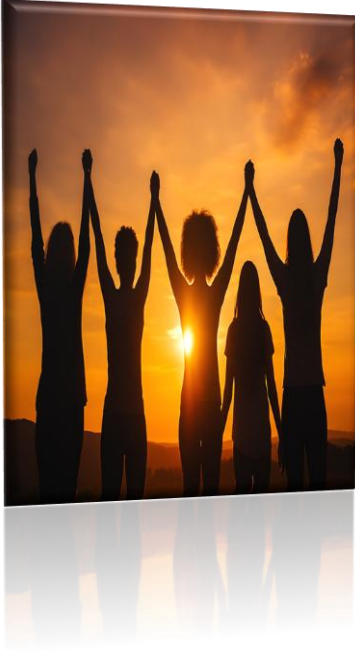
Lord, teach me to wait well. Help me to trust Your process and steward what You have placed in my hand while I prepare for what You have promised. I know that every delay is filled with purpose.

I declare that the vision will speak in its appointed time. The promise will not fail. Though I may not see movement, I know momentum is happening in the unseen. I choose trust over frustration and alignment over anxiety.

Today, I rise as the Take Flight Woman who waits with expectation, knowing that what You promised will surely come to pass.

In Jesus' name, Amen.





Devotional #7

Title: Sisterhood Is Your Strength

Scripture Anchor:

“Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up.” — Ecclesiastes 4:9–10 (NKJV)

Kingdom Truth:

You were never meant to soar alone. Kingdom flight is communal; isolation is a trap. Ruth found her destiny by walking with Naomi. Mary found confirmation when Elizabeth’s baby leapt at her greeting. Even Jesus sent His disciples out two by two.

The enemy knows the danger of sisterhood — that is why he tries to isolate women with shame, comparison, or discouragement. Alone, you may survive. Together, you thrive.

The Take Flight Woman embraces covenant relationships as strategy, not sentiment. You are strengthened when you walk with those who pray with you, speak truth to you, and refuse to let you stay grounded. Sisterhood multiplies strength and accelerates calling.

Teaching:

In a culture that often glorifies independence, the Kingdom emphasizes interdependence. God never called us to soar alone. Our strength, accountability, and growth are amplified when we rise in community.

Ruth discovered her destiny by staying connected to Naomi. Their covenant positioned her in the lineage of Christ. Mary’s encounter with Elizabeth confirmed her calling and caused joy to leap within her. Even Jesus modeled partnership by sending His disciples two by two.

Isolation is an attack. When you are cut off, you are more vulnerable to discouragement and defeat. Sisterhood, however, brings covering, encouragement, and multiplication of faith. The Take Flight Woman chooses sisterhood as a strategy of strength and a safeguard against stagnation.

Reflection:

Who are the women God has placed in your life to lift you when you fall?

Where have you allowed isolation to keep you small or silent?

How can you intentionally pursue deeper Kingdom connections in this season?

Breakthrough Prayer:

Father, I thank You for the gift of sisterhood. Forgive me for the times I isolated myself out of fear, pride, or discouragement. I renounce the lie that I must walk alone. I receive the truth that You created me for community.

Lord, align me with Spirit-filled women who will walk with me, lift me when I stumble, and speak truth when I forget who I am. Remove relationships that drain me and replace them with those that sharpen and strengthen me.

I declare that I am not an island. I am part of a Kingdom community, rising in covenant strength. Together, we will soar higher than we could alone.

Today, I rise as the Take Flight Woman—rooted in covenant, strengthened by sisterhood, and covered in love.

In Jesus' name, Amen.



Closing Declaration

I declare that I will no longer live grounded by fear, doubt, or delay.

I was created to soar.

I will rise again in faith, trusting God's timing, God's power, and God's plan for my life.

My wings are strengthened, my vision is clear, and my heart is aligned with Heaven.

I will not shrink back. I will take flight — rising higher into the purpose God has prepared for me.

Closing Prayer

Father, I thank You for reminding me that I was never meant to stay grounded. Every season of waiting, every delay, and every setback has only prepared me for this moment.

By Your Spirit, I rise again — renewed in faith, strengthened in courage, and anchored in Your promises.

Carry me on the wings of grace into the future You have already written for me. May my life reflect Your glory as I soar higher in obedience, boldness, and trust. In Jesus' name, Amen.



Next Steps and Invitation

Take Flight Woman, your next step awaits.

You have walked through these devotionals with honesty and courage. You have faced your grounded seasons, reclaimed your identity, and embraced the truth that you were created to soar.

Now it is time to move from reading to rising.

That is why I created the **Take Flight Sistershops** — free, powerful gatherings designed just for women like you. These are safe, Spirit-led spaces where you can grow, connect, and prepare for the greater assignments ahead.

- ➔ Join our private Facebook group **Take Flight** to stay connected.
- ➔ Come to a Sistershop — no cost, just community and growth.
- ➔ When you are ready, take your next leap inside the **Take Flight Coaching Program**.

This is your moment. The runway is clear. You were created to take flight.



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)

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For **speaking invitations, coaching, or women's ministry workshops**, please contact me directly through email or the website.

Let's soar higher together in faith, purpose, and calling.

Take Flight: Rise Again in Faith

Bold Truths & Breakthrough Prayers for Women Created to Soar

Are you ready to rise again in faith? When seasons of waiting, release, or even betrayal have left you grounded, God is still writing your story.

Take Flight: Rise Again in Faith is a devotional for every woman who knows she was created for more. Through concise teaching, reflective journaling, and bold prayer, you will discover that waiting is not wasted, release is not rejection, and God's timing is alignment.

This is your moment of divine interruption—not to hustle harder, but to hear God louder. Not to stay grounded, but to soar higher.

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.

