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Still the King's Daughter

A Companion Workbook for Healing, Wholeness & Identity

"You are chosen, cherished, and crowned —

Still the King's Daughter."

A Resource of Way Maker House

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Scripture quotations are taken from the King James Version (KJV), New King James Version (NKJV),

New International Version (NIV), and The Amplified Bible (AMP) where noted.

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Dedication

This workbook is dedicated to every woman who forgot she was royalty.

To the woman who has been wounded, walked away from, overlooked, and worn down —

This is for you.

You are seen. You are loved. You are His.

— With love, from a daughter to a daughter

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A Note from the Author

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Dear Friend,

If you are viewing this workbook, something in you said *yes* — yes to healing, yes to truth, and yes to the possibility that the story isn't over. That yes took courage, and I want you to know: I see it. I honor it. And so does the Father who led you here.

This is not a workbook for women who have it all together. This is a workbook for women who are *tired of pretending* they do. It is for the woman who has carried wounds in silence, who has built a life around surviving instead of thriving, who has rehearsed the labels others gave her so many times that she almost forgot there was another name — a truer name — that was spoken over her before she ever drew her first breath. This workbook was created for that woman. And, friend, that woman is you.

I want you to know something before you turn another page: you do not begin this journey broken. You begin it *beloved*. Healing is not linear — it loops and spirals, it circles back around, it asks you to revisit rooms you thought you'd already locked. That is not failure. That is the work. Be patient with yourself. Be honest with the pages. Give yourself permission to feel what is real, to name what has been nameless, and to trust that every word you write here is witnessed by a God who has never looked away.

I am praying for you as you go. Not in the distant, generic sense — but with specificity and intention. I am praying that the Holy Spirit meets you in every quiet moment, every hard question, every tear that may land on these pages. I am praying that by the time you reach the last page, you will have remembered something ancient and beautiful and completely true about yourself:

You are still — and will always be — the King's Daughter.

Now let's begin.

A Blessing Over You

"May the Lord bless you and keep you; may the Lord make His face shine upon you and be gracious to you; may the Lord lift up His countenance upon you and give you peace — as you walk into every page of this journey."

Numbers 6:24–26 (NKJV) — adapted as blessing

How to Use This Workbook

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This workbook is designed to be a sacred companion — not a race, not a checklist, and not a performance. There is no grading system here, no one watching your progress, no wrong way to show up on the page. Your only assignment is to be *honest* and to *come back* — even when it's hard.

Before You Begin Each Session, Gather:

- Your Bible (KJV, NKJV, NIV, or AMP — whichever speaks most clearly to you)
- A pen — let these pages hold your real words
- A quiet space where you can breathe, think, and be fully present
- An open heart — not a perfect one, just an open one

The Four Parts of This Journey

This workbook is organized into **four distinct parts**, each representing a season of your healing journey:

Part	Theme	The Journey
Part One	**Remember Who You Are**	Reclaiming your God-given identity
Part Two	**Release What Held You Captive**	Letting go of what has kept you bound
Part Three	**Rebuild on Holy Ground**	Allowing God to restore your identity and worth
Part Four	**Walk in Your Inheritance**	Stepping into your God-given calling and legacy

What Each Daily Session Includes

Each of the 12 sessions follows a consistent, gentle rhythm to lead you deeper:

1. **A Scripture Anchor** — the truth that grounds each session
2. **The Truth of It Questions** — 3 reflection questions to open your heart
3. **A Guided Journaling Prompt** — a focused invitation to write freely and honestly
4. **Journaling Space** — 12 fill-in lines for your personal reflections
5. **An Inner Healing Exercise** — a practical, Spirit-led activity
6. **An Identity Declaration** — speak it aloud, own it, carry it with you
7. **Prayer Space** — guided framework: Praise | Release | Ask | Receive

A Gentle Reminder

Go at your own pace. Some sessions may take one sitting; others may take several days. Healing is not a sprint — it is a sacred, steady walk. Don't rush the process. The King is not in a hurry, and neither should you be.

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Part One

Remember Who You Are

Theme: Identity — Reclaiming your God-given identity as a daughter of the King

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Opening Scripture

"The royal daughter is all glorious within: her clothing is of wrought gold."

Psalm 45:13 (KJV)

Long before the world handed you its verdict, God had already written a different one. Before the first wound landed, before the first word cut, before the first person looked at you and failed to see what was really there — God saw you. He had already called you. He had already crowned you. He had already said: *this one is mine.*

But life has a way of obscuring what was placed in us at the beginning. The wounds come — through relationships, through loss, through the careless words of people who didn't know how to hold what was precious — and slowly, quietly, we begin to trade our God-given identity for the names our pain has given us. We stop being daughters and start being survivors. We stop walking in inheritance and start hiding in survival.

Part One is an invitation to remember. Not to pretend the wounds didn't happen — they did. But to excavate, beneath the wounds, the identity that was placed in you before a single one of them ever touched you. Your identity is not built on what happened *to* you. It is built on what God declared *over* you — and His declarations are eternal.

You are not starting over. You are returning to yourself. You are coming home.

Declaration Prayer — Part One

Father, as I enter this first part of the journey, I ask You to help me remember. Remind me of who I was before the wounds — and who I am, still, in spite of them. Silence the voices that have spoken over me what You never said, and let Your voice be the loudest one in this room. I am ready to remember. I am ready to reclaim. In Jesus' name. Amen.

Part One | Daily Session 1

You Were Named Before You Were Wounded

Scripture Anchor

> *"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)**

Before the rejection came, God already knew your name. Before the abandonment, the betrayal, the silence that cut deeper than any shouting — God had already spoken over you. He is not surprised by your story. He is not scandalized by your wounds. He is the God who *knew* you before the knowing of this world ever began.

Today, we begin here: with the truth that your identity was established by a God who does not change His mind. The wound did not rewrite what He wrote. The label does not replace what He declared. You were named — truly, permanently, lovingly named — before you were ever wounded.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What names or labels have been spoken over you — by others or by yourself — that you have allowed to define you?

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2. What does it feel like — truly feel like — to know that God knew you before the wound ever happened?

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3. What name does God call you that you have not yet fully accepted or believed about yourself?

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✦ GUIDED JOURNALING

Write a letter to the version of you who first started believing the lie about who you are. Speak to her gently. Tell her what you know now that she didn't know then. Tell her what God says...

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✦ Inner Healing Exercise

The Name Exchange

In the table below, write down 3 names or labels you have been given (by others, by circumstances, or by your own inner voice). Then beside each one, write the name God calls you — His name for you, found in Scripture or spoken to your heart. Once completed, **speak the God-names aloud three times.** Let your own voice carry the truth back to your own heart.

The Name I Was Given	The Name God Calls Me

Examples: Rejected → Chosen (Isaiah 43:1) | Forgotten → Remembered (Isaiah 49:15–16) | Unwanted → Beloved (Romans 1:7)

✦ Identity Declaration — Speak This Aloud

"I am not what was done to me. I am who God says I am.
I am chosen, known, and called by name.
I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part One | Daily Session 2

The Wounds That Shaped the Wrong Story

Scripture Anchor

"But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed."

Isaiah 53:5 (NKJV)

There are wounds that reshape us. Not because they were meant to — not because the pain had that right — but because we are human, and pain is a persuasive narrator. It tells us a story about who we are, what we deserve, what we can expect. And if we aren't careful, we begin to live inside that story as though it is the only one.

Today we are going to name the wound. Not to glorify it, not to give it more power — but to hand it over. Jesus was *wounded*. He knows the vocabulary of your pain. He was bruised so that your bruises would not be the final word. He carried the weight so that you would not be crushed by it forever.

You are not your wound. But first, we must look at it honestly.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What wound has had the most power over your story — the one that has shaped how you see yourself more than any other?

2. How has that wound shaped the way you see yourself — your worth, your relationships, your future?

3. What would it mean — practically, emotionally, spiritually — to let Jesus carry that wound for you?

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✦ GUIDED JOURNALING

Describe the wound honestly. Don't dress it up. Don't use the polished version. Tell the truth about what happened and how it changed you — the parts you've never said out loud...

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✦ Inner Healing Exercise

Wound to Witness

In the space below, write the wound in one sentence — plainly, honestly, without softening it. Then, rewrite it from God's perspective: where was He in that moment? What was He doing? What was He saying to you even then? Let the Holy Spirit guide your words.

The Wound (in one sentence):

God's Perspective — Where He Was, What He Was Doing, What He Said:

✦ Identity Declaration — Speak This Aloud

"My wounds do not disqualify me.
They are the very places where His healing becomes my testimony.
I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part One | Daily Session 3

Daughter, Not Orphan

Scripture Anchor

"For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, 'Abba, Father.'"

Romans 8:15 (NKJV)

There is a difference between knowing you have a father and actually living as a daughter. Many of us know — theologically, intellectually — that God is our Father. But knowledge that stays in the mind and never lands in the heart produces a kind of spiritual orphan: someone who belongs but doesn't feel it. Someone who has a home but keeps sleeping on the porch.

Orphan living looks like: striving to earn what's already been given. Hiding because you're afraid of being sent away. Performing because you believe love is conditional. Hustling for belonging you've already been granted. If you've been living this way — and most of us have, in some measure — today is an invitation to something different. You have been *adopted* into royalty. You have a Father who calls you by name, who delights in you, who has prepared a table and a room and a crown with your name on it. You don't have to earn your seat. You already have one.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. In what ways have you been living as a spiritual orphan — striving, hiding, performing, or working for love that was never conditional?

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2. What would it look like — specifically, practically — to live as a fully loved, fully accepted daughter every day this week?

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3. What do you need from your Father God that you have been afraid to ask for — perhaps because you didn't believe you deserved it?

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✦ GUIDED JOURNALING

What does the word "daughter" mean to you? What images, feelings, or memories does it bring up? And what do you wish that word had always meant — and could mean now?

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✦ Inner Healing Exercise

The Father's Chair

Find a quiet space. Place an empty chair across from you. Close your eyes and imagine your Heavenly Father seated in that chair — not with disappointment, not with distance, but with the full, unhurried, undivided attention of a Father who loves you completely. When you're ready, speak three things you have never told Him. Then open your eyes and, in the space below, write what you imagine He says back to you.

Three Things I Said to Him:

What I Believe He Said Back:

✦ Identity Declaration — Speak This Aloud

"I am not an orphan fighting for a place.

I have been adopted into royalty.

My Father is the King and I belong at His table.

I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Two

Release What Held You Captive

Theme: Freedom — Letting go of what has kept her bound

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Opening Scripture

"Therefore if the Son makes you free, you shall be free indeed."

John 8:36 (NKJV)

Healing requires more than remembering who you are. It requires the courageous, sometimes painful, work of releasing what you've been holding — unforgiveness that has calcified into

bitterness, shame that has become your secret companion, lies that have quietly taken up residence in the deepest parts of how you see yourself.

Releasing is not the same as excusing. It is not saying that what happened was acceptable. It is not pretending the pain wasn't real. Releasing is the act of removing from your own hands what belongs in God's — the debts, the wounds, the judgments, the false agreements — and trusting that He is more than able to handle what you've been carrying alone.

Wholeness does not happen while you are still gripping the thing that hurts you. The hand that holds the wound cannot simultaneously receive the healing. Part Two is your invitation to open your hands. To uncurl the fingers. To lay it down — not because the other person deserves it, but because *you* deserve to be free.

Declaration Prayer — Part Two

Father, I come to Part Two with hands that have been holding things too long. I ask You today for the grace to release. Give me the courage to open what I have kept closed, to say what I have kept silent, and to lay down what has kept me bound. I declare that freedom is my inheritance — and I receive it now, in Jesus' name. Amen.

Part Two | Daily Session 4

The Weight of Unforgiveness

Scripture Anchor

> *"For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."*
>
> **Matthew 6:14–15 (NKJV)**

Unforgiveness is heavy. Not loudly heavy — not always. Sometimes it sits quietly, presenting itself as self-protection, as justice, as righteous anger. But left unaddressed, it becomes a weight that grows heavier every day. And the most insidious thing about unforgiveness is this: it doesn't punish the person who hurt you. It punishes *you*.

Today's invitation is one of the hardest in this entire workbook, and it deserves to be approached with both honesty and grace. Forgiveness is not minimizing what was done to you. It is not forgetting, excusing, or reconciling with someone who is unsafe. Forgiveness is the act of releasing the debt — of taking the claim out of your hands and placing it in God's — so that you can walk free.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. Who are you still carrying unforgiveness toward — including, if necessary, yourself?

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2. What does holding on to unforgiveness cost you — emotionally, relationally, spiritually?

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3. What is one concrete step you could take today — just one — toward releasing this?

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✦ GUIDED JOURNALING

Write the name of the person or situation. Then write honestly: what do they owe you? What has not been repaid? Then, when you're ready — write what it would mean to cancel that debt. Not for them. For you.

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✦ Inner Healing Exercise

The Release Letter

Write an unsent letter to the person — or to yourself — that you need to forgive. This letter will not be sent. It exists only for your healing. Do not write excuses. Write to release. End your letter with these words, written in your own hand:

"I release you from my account. What I am owed, God will repay. I choose to be free."

Begin your letter here:

✦ Identity Declaration — Speak This Aloud

"Unforgiveness no longer has a home in me.
I release what was done to me and I step into freedom.
I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Shame Has No Throne Here

Scripture Anchor

"Instead of your shame you shall have double honor, and instead of confusion they shall rejoice in their portion. Therefore in their land they shall possess double; everlasting joy shall be theirs."

Isaiah 61:7 (NKJV)

Shame is one of the most skilled thieves in a woman's life. It doesn't announce itself loudly. It whispers. It works in secret. It convinces you that the thing you're hiding is the *truest* thing about you — that if people really knew, they would leave. And so you manage the image. You control the narrative. You perform wholeness while carrying the weight of something you've never said aloud.

But God's response to shame has always been the same: *double honor*. Not just the restoration of what was lost — but more than was lost. He does not just replace the shame; He exchanges it for something far greater. He does not just forgive; He *restores dignity*. You were not created to live crouched under shame. You were created to walk upright, head held high, robed in righteousness — as the daughter that you are.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What shame have you been carrying in secret — the thing you have never said out loud, never brought into the light?

2. How has shame shaped your relationship with God? With other people? With yourself?

3. What would "double honor" look like in your life — concretely, specifically, beautifully?

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✦ GUIDED JOURNALING

What is the thing you have never said out loud — the thing you are afraid makes you unworthy? Say it here. This is a safe place. These pages hold no judgment, only love. Name it, and then let God speak over it...

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✦ Inner Healing Exercise

Shame to Honor Exchange

In the table below, write a shame statement — something you have believed about yourself rooted in shame. Then beneath it, write the Scripture truth that directly contradicts it. Do this for three shame statements. Let God's Word have the last word.

Shame Statement	God's Truth (Scripture-Based)
Example: "I am too broken to be used."	*→ "For we are His workmanship, created in Christ Jesus for good works." (Ephesians 2:10)*

✦ Identity Declaration — Speak This Aloud

"Shame is not my covering.
I am clothed in righteousness and robed in praise.
I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Two | Daily Session 6

Breaking Agreement with the Lies

Scripture Anchor

"...casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ."

2 Corinthians 10:5 (NKJV)

Every lie requires your agreement to have power. A lie that you reject cannot take root. But a lie you accept — a lie you replay, rehearse, and build your life around — becomes a stronghold. Strongholds are not built overnight. They are built thought by thought, agreement by agreement, until what was a whisper becomes a wall.

Today we are identifying the lies you have agreed with — the ones you may have stopped calling lies because you've believed them for so long they feel like facts. We are calling them by their right name: *lies*. And then we are breaking agreement with them — deliberately, vocally, and by the authority of the name of Jesus.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What lies have you agreed with about yourself — the ones that have quietly shaped your decisions and your self-perception?

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2. When did you first hear or believe this lie — do you remember the moment or the source?

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3. What is the cost of continuing to believe it — what has it already cost you, and what will it cost you if you don't break free?

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✦ GUIDED JOURNALING

What is the most persistent lie that shows up in your mind — the one that surfaces in moments of vulnerability, of opportunity, of love? Where did it come from? How has it shaped the choices you've made? Write honestly and without self-judgment...

✦ Inner Healing Exercise

Agreement Breaker

For each of the three lies below, complete both statements — speaking the first aloud as a declaration of release, and the second as a declaration of truth received. Speak each one aloud.

Agreement #1

I break agreement with the lie that: _____

I come into agreement with the truth that: _____

Agreement #2

I break agreement with the lie that: _____

I come into agreement with the truth that: _____

Agreement #3

I break agreement with the lie that: _____

I come into agreement with the truth that: _____

✦ Identity Declaration — Speak This Aloud

"No weapon of lies formed against my mind shall prosper.

I walk in the truth of who God says I am.

I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Three

Rebuild on Holy Ground

Theme: Restoration — Allowing God to rebuild her identity, her worth, and her life

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Opening Scripture

"And they shall rebuild the old ruins, they shall raise up the former desolations, and they shall repair the ruined cities, the desolations of many generations."

Isaiah 61:4 (NKJV)

There is a profound beauty in what God rebuilds. Not just that He restores — but *how* He restores. He does not simply put the old pieces back together as they were. He rebuilds on a better foundation. He raises up what was desolate not to return it to its former state, but to bring it into something even greater. What God restores is always better than what was lost.

You have done the demanding work of remembering who you are and releasing what held you captive. Now comes the sacred work of rebuilding. This is not starting over — you are not beginning from zero. You are starting *again*, this time with God as the architect, His Word as the foundation, and your healed identity as the blueprint.

Rebuilding takes time. It takes intentionality. It takes choosing, day after day, to build according to the new design rather than the old one. But every brick laid in this season is permanent. Every truth received, every declaration spoken, every step of faith taken — it is all going into the structure of a life that will hold.

Declaration Prayer — Part Three

Father, I give You the ruins. I give You the desolations. I give You the places in me that feel like rubble. I trust Your hands to rebuild what the enemy tried to destroy — and I declare that what You rebuild will be better than what was broken. I come into agreement with Your blueprint for my life. In Jesus' name. Amen.

Part Three | Daily Session 7

What Belongs in the New Blueprint

Scripture Anchor

"'For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"

Jeremiah 29:11 (NIV)

You cannot build a new life with the old blueprint. The old blueprint was drawn in fear, in survival, in the language of wounds that told you what was possible and what was not. But God has drawn a different plan — and it has always been there, waiting for the moment when you were ready to receive it.

Today is about becoming intentional. What goes into the new design? What patterns, habits, and beliefs do you deliberately leave out — not because you are running from anything, but because you are building toward something? A healed life does not happen by accident. It is chosen, brick by brick, declaration by declaration.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What old patterns or habits do you want to intentionally leave out of your rebuilt life?

2. What does a healed version of you look like — how does she think, speak, move through the world, and treat herself?

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3. What is one area where you are ready — even if imperfectly — to trust God's blueprint over your own?

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✦ GUIDED JOURNALING

Describe the life you are believing God for. Be bold. Be specific. Don't edit it down to something "reasonable" — write the full vision. Write it as though it has already happened, and give thanks for what you are receiving...

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✦ Inner Healing Exercise

Blueprint Vision

In each box below, write one declaration for each core pillar of your rebuilt life. What does healing look like in this area? What do you declare over it?

Pillar	My Declaration Over This Area
Faith	
Identity	
Relationships	
Purpose	
Peace	

✦ Identity Declaration — Speak This Aloud

"I am not rebuilding on the old foundation of fear and shame.

I am building on the Rock.

My life is being restored to its original God-design.

I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Three | Daily Session 8

Reclaiming Your Voice

Scripture Anchor

"Death and life are in the power of the tongue, and those who love it will eat its fruit."

Proverbs 18:21 (NKJV)

There was a moment — perhaps one you can pinpoint, perhaps one that happened so gradually you didn't notice — when you stopped using your voice. Maybe it was silenced by someone who preferred your quiet. Maybe it was shaped by consequences that came when you spoke too loudly or too honestly. Maybe you learned that it was safer, easier, and less painful to swallow your words than to let them land in the world.

But your voice was given to you by a God who spoke the universe into being and then breathed that same creative, authoritative power into you. Your voice carries the weight of your testimony, the power of your declaration, the life that Proverbs says dwells in the tongue. It is time to reclaim it — not as a weapon, but as the instrument of healing and authority that it was always meant to be.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. When did you stop fully using your voice — or when did you begin using it in ways that were harmful rather than healing?

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2. What would you say — about yourself, your life, your truth — if you weren't afraid of how it would be received?

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3. How can your healed voice serve others — who needs to hear what you carry?

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✦ GUIDED JOURNALING

What has been silenced in you? What truth, what dream, what declaration has been waiting — sometimes for years — for your voice to carry it? Write it now. Give it words. Give it breath...

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✦ Inner Healing Exercise

Voice Activation

Speak each of the five declarations below aloud — with full volume, with intention, in your own voice. Then write in the space beside or below how it felt to say each one. What arose? What shifted?

1. "I am worthy of love and belonging — not because of what I do, but because of who I am."
2. "My voice matters. What I carry matters. My story has value."
3. "I release the silence that was never meant for me."
4. "I speak life over myself and over everyone I encounter."
5. "I am a woman whose voice has been restored by the King Himself."

How did it feel to speak these aloud?

✦ Identity Declaration — Speak This Aloud

"My voice carries the authority of a daughter of the King.
I will no longer stay silent about who I am and whose I am.
I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Three | Daily Session 9

Restored to Royalty

Scripture Anchor

"But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light."

1 Peter 2:9 (NKJV)

The word *royal* belongs to you. Not as a title to be earned. Not as a destination you are still journeying toward. It is a description of what you already are — chosen, set apart, belonging

to the Most High King, called out of darkness and into light. The question is not whether you are royalty. The question is whether you believe it.

So many women walk through life crouched when they were created to stand tall. They minimize their gifts, apologize for their presence, and shrink in spaces they were born to fill. Today is the day we stop shrinking. Today is the day we remember: a daughter of the King does not beg for a seat at the table. She was invited to the head of it.

✦ —— ✦ —— ✦

✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What does royalty mean to you — and do you genuinely believe that you qualify for it?

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2. What would it look like to walk in royal authority — not arrogance, but dignified, grounded, God-given authority — in your everyday life?

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3. What specific area of your life needs the confidence, the boldness, and the grace of a daughter of the King right now?

✦ —— ✦ —— ✦

✦ GUIDED JOURNALING

Describe a moment in your life when you felt truly seen — truly powerful, truly yourself. What was happening? Who were you being? What does that moment reveal about who you really are and what God placed in you?

✦ —— ✦ —— ✦

✦ Inner Healing Exercise

The Royal Inventory

List five God-given gifts, strengths, or callings that you have been minimizing, hiding, or apologizing for. Then beneath each one, write your declaration: "**This is what the King placed in me, and I will no longer bury it.**"

#

God-Given Gift, Strength, or Calling

1

2

3

4

5

✦ Identity Declaration — Speak This Aloud

"I walk in the authority, grace, and dignity of a daughter of the Most High King.

I am not ordinary. I am royalty.

I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Four

Walk in Your Inheritance

Theme: Purpose — Stepping into her God-given calling and legacy

✦ —— ✦ —— ✦

Opening Scripture

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

Ephesians 2:10 (NKJV)

You were not healed just to feel better. You were healed to be *sent*. Healing was never meant to be the final destination — it was meant to be the launching pad. The wounds you have named, the lies you have renounced, the identity you have reclaimed — all of it has been building toward this: a woman who walks in her God-given purpose, who carries her testimony as a torch, whose very life becomes an answer to someone else's prayer.

Your story is not just about survival. It is about legacy. The pages of your life are still being written — and the chapters ahead are not determined by what happened in the chapters behind. They are determined by who you are becoming, and by the God who has never stopped authoring your story.

You are not just a healed woman. You are a commissioned one. In Part Four, we move from healed to *sent* — from receiving healing to carrying it into the world that still needs what only your story can offer.

Declaration Prayer — Part Four

Father, I have done the work of remembering, releasing, and rebuilding. Now I ask You to commission me. Send me with purpose. Use the very places that were wounded as the places from which I minister. Let my story not end with my healing, but let it begin there — for the sake of every woman who still needs to know she is Your daughter. In Jesus' name. Amen.

Part Four | Daily Session 10

Your Wound Becomes Your Ministry

Scripture Anchor

"...who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God."

2 Corinthians 1:4 (NKJV)

The greatest comfort a wounded person can receive is from someone who has been in the same wound and found a way through. This is the genius of God's economy: He does not waste pain. He does not allow suffering to be merely suffered. He converts it — transforms it into a form of ministry that could not have been generated any other way.

The wound you've been carrying? It is not evidence of God's absence. It is the very material He intends to use to build your ministry. The people who need you most are not looking for someone who has never struggled. They are looking for someone who has struggled — and made it through. That person is you.

✦ —— ✦ —— ✦

✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What pain in your story could become a direct source of comfort, wisdom, or hope for someone else?

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2. Who needs to see you healed, whole, and walking in your purpose — who is watching your story?

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3. How is God asking you to use your story — what is the ministry that has been hidden inside your wound?

✦ —— ✦ —— ✦

✦ GUIDED JOURNALING

If your pain had a purpose — and it does — what would that purpose be? Write the mission statement of your testimony. Who is it for? What does it say? What does it accomplish in the Kingdom?

✦ Inner Healing Exercise

Ministry Map

Complete each line below with a single sentence. Together, these four sentences form the map of your ministry — from wound to witness.

Step	My Story (One Sentence Each)
The Wound	
The Healing	
The Message	
The People I Am Called To	

✦ Identity Declaration — Speak This Aloud

"What tried to destroy me has become my greatest ministry.

My story is not over — it is just beginning.

I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Four | Daily Session 11

Walking in Expectation

Scripture Anchor

"For the vision is yet for an appointed time; but at the end it will speak, and it will not lie. Though it tarries, wait for it; because it will surely come, it will not tarry."

Habakkuk 2:3 (NKJV)

Hope is not wishful thinking. It is not a passive, quiet, fingers-crossed kind of waiting. Biblical hope — the kind that Habakkuk writes about — is an *active posture*. It is the woman who prepares the room before the guest arrives. It is the farmer who plants in a drought, trusting

the rain is coming. It is the daughter who sets her table for a feast, not because she can see it, but because she knows who her Father is.

The vision God has placed in your heart is not dead. It is not delayed because you are not deserving. It is appointed. There is a time — and that time is coming. Your assignment in the waiting is not to shrink. It is to prepare, to practice, to position yourself so that when the appointed time arrives, you are ready to receive everything God has been holding for you.

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What promises of God are you still standing in faith for — what has been spoken over your life that you have not yet seen?

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2. What does active waiting — the kind that is both hopeful and preparatory — look like for you practically?

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3. What step of faith is God calling you to take today — even before you see the full picture?

✦ —— ✦ —— ✦

✦ GUIDED JOURNALING

Write the vision God has placed in your heart. Be specific. Be bold. Don't edit it for reasonableness — write the full, unfiltered vision. Write it and make it plain, as Habakkuk 2:2 instructs. Let the page hold what your heart has been afraid to say out loud...

✦ —— ✦ —— ✦

✦ Inner Healing Exercise

Faith Timeline

Create your personal faith timeline below. At each of the three points, write a brief description and one word of declaration that captures where you are and where you are going.

Point 1

Where I Was

Point 2

Where I Am Now

Point 3

Where I Am Going by Faith

My Declaration:

_____

My Declaration:

_____

My Declaration:

_____

✦ Identity Declaration — Speak This Aloud

"I walk in expectation, not desperation.

My appointed time is coming and I will be ready.

I am Still the King's Daughter."

✦ Prayer Space

Praise

Release

Ask

Receive

Part Four | Daily Session 12

The Legacy Declaration

Scripture Anchor

"His descendants will be mighty on earth; the generation of the upright will be blessed."

Psalm 112:2 (NKJV)

You have arrived at the final session — and nothing about that is small. What you have done in these pages is remarkable. You sat with the wounds. You named the lies. You released the unforgiveness. You rebuilt on holy ground. You reclaimed your voice, your royalty, and your purpose. And now you stand at the threshold of a new chapter — not just of this workbook, but of your life.

The work you have done here does not end with you. It ripples forward into every person you will ever love, every woman you will ever pour into, every generation that comes after you. The legacy you leave is shaped by the woman you are becoming. And the woman you are becoming has been in these pages, doing the work, showing up, refusing to quit.

Today, you close this chapter — and begin the rest of your story. A healed woman. A free woman. A commissioned woman. *Still the King's Daughter.*

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✦ THE TRUTH OF IT — REFLECTION QUESTIONS

1. What legacy do you want to leave — for your family, your community, and the women who come after you?

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2. What has this journey — all twelve sessions — taught you about who you are?

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3. What one truth will you carry with you from this workbook — the truth that changed everything?

✦ —— ✦ —— ✦

✦ GUIDED JOURNALING

Write a letter to the next woman who will pick up this workbook after you. Tell her what she needs to know. Tell her what you wish someone had told you at the beginning. Tell her about the King and about her crown. Let your words be a gift to her...

✦ —— ✦ —— ✦

✦ Inner Healing Exercise

The Crown Ceremony

Take a quiet moment. Close your eyes. Breathe deeply. Imagine standing in the presence of the King of Kings — not trembling, but steady. Loved. Known. Welcome. You have walked through fire and you are not burned. You have carried wounds and they have become your testimony. You have done the work, and the Father sees it.

He rises. He places a crown on your head — not as a reward you earned, but as the declaration of who you have always been and who you are still becoming. He calls you by name. He calls you *daughter*.

Now write your personal commissioning statement in the space below:

"I, _____, am going forth as

_____.

I carry

_____.

I leave behind

_____.

I declare that I am Still the King's Daughter."

✦ Final Identity Declaration — Speak This Aloud with Everything You Have

"I carry a legacy of healing, faith, and power.
The generations after me will know that God is faithful.
I have walked through the fire and I am not burned.
I am Still. The King's. Daughter."

✦ Prayer Space — Your Final Personal Prayer

Write your own prayer in the lines below — from your heart to His.

✦ A Corporate Closing Blessing — Spoken Over You

"May the God of all grace, who called you to His eternal glory in Christ Jesus, after you have suffered a little while, perfect, establish, strengthen, and settle you. May you go from this place knowing that you are chosen — not second-class, not a runner-up, but chosen.

May the peace that passes understanding guard your heart and your mind. May you walk in the fullness of everything the Father paid for on your behalf. May your crown never slip. May your voice never be silenced. May your story never stop speaking life into the lives of every woman who needs to know she is still — and always will be — the King's Daughter. In Jesus' name, Amen."

Reflections from My Journey

✦ — — ✦ — — ✦

A Space Just for You

Use these pages to record any breakthroughs, moments of healing, revelations, or prayers that don't fit anywhere else. This is your overflow space — for the things God said between sessions, the tears that became clarity, the moments that changed everything.

Reflections from My Journey (continued)

✦ — — ✦ — — ✦

Scriptures for the Journey

✦ — — ✦ — — ✦

A reference guide to every Scripture used in this workbook, organized by session.

Session	Scripture Reference	Scripture Text (Brief)
Part One Opener	Psalm 45:13 (KJV)	*"The royal daughter is all glorious within…"*
Session 1	Jeremiah 1:5 (NKJV)	*"Before I formed you in the womb I knew you…"*
Session 2	Isaiah 53:5 (NKJV)	*"…and by His stripes we are healed."*
Session 3	Romans 8:15 (NKJV)	*"…you received the Spirit of adoption by whom we cry out, 'Abba, Father.'"*
Part Two Opener	John 8:36 (NKJV)	*"…if the Son makes you free, you shall be free indeed."*
Session 4	Matthew 6:14–15 (NKJV)	*"For if you forgive men their trespasses, your heavenly Father will also forgive you."*

Session	Scripture Reference	Scripture Text (Brief)
Session 5	Isaiah 61:7 (NKJV)	*"Instead of your shame you shall have double honor..."*
Session 6	2 Corinthians 10:5 (NKJV)	*"...bringing every thought into captivity to the obedience of Christ."*
Part Three Opener	Isaiah 61:4 (NKJV)	*"They shall rebuild the old ruins, they shall raise up the former desolations..."*
Session 7	Jeremiah 29:11 (NIV)	*"'For I know the plans I have for you,' declares the Lord..."*
Session 8	Proverbs 18:21 (NKJV)	*"Death and life are in the power of the tongue..."*
Session 9	1 Peter 2:9 (NKJV)	*"But you are a chosen generation, a royal priesthood, a holy nation..."*
Part Four Opener	Ephesians 2:10 (NKJV)	*"For we are His workmanship, created in Christ Jesus for good works..."*
Session 10	2 Corinthians 1:4 (NKJV)	*"...who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble..."*
Session 11	Habakkuk 2:3 (NKJV)	*"For the vision is yet for an appointed time... though it tarries, wait for it..."*
Session 12	Psalm 112:2 (NKJV)	*"His descendants will be mighty on earth; the generation of the upright will be blessed."*
Author's Note	Numbers 6:24–26 (NKJV)	*"May the Lord bless you and keep you; may the Lord make His face shine upon you..."*

I Am Still the King's Daughter

My Declarations — To Be Spoken Daily, With Authority and Faith

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Cut out or copy this page. Speak these declarations aloud every morning as a reminder of who you are.

1. *I am not what was done to me. I am who God says I am. I am chosen, known, and called by name. I am Still the King's Daughter.*

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2. *My wounds do not disqualify me. They are the very places where His healing becomes my testimony. I am Still the King's Daughter.*

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3. *I am not an orphan fighting for a place. I have been adopted into royalty. My Father is the King and I belong at His table. I am Still the King's Daughter.*

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4. *Unforgiveness no longer has a home in me. I release what was done to me and I step into freedom. I am Still the King's Daughter.*

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5. *Shame is not my covering. I am clothed in righteousness and robed in praise. I am Still the King's Daughter.*

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6. *No weapon of lies formed against my mind shall prosper. I walk in the truth of who God says I am. I am Still the King's Daughter.*

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7. *I am not rebuilding on the old foundation of fear and shame. I am building on the Rock. My life is being restored to its original God-design. I am Still the King's Daughter.*

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8. *My voice carries the authority of a daughter of the King. I will no longer stay silent about who I am and whose I am. I am Still the King's Daughter.*

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9. *I walk in the authority, grace, and dignity of a daughter of the Most High King. I am not ordinary. I am royalty. I am Still the King's Daughter.*

10. What tried to destroy me has become my greatest ministry. My story is not over — it is just beginning. I am Still the King's Daughter.

11. I walk in expectation, not desperation. My appointed time is coming and I will be ready. I am Still the King's Daughter.

12. I carry a legacy of healing, faith, and power. The generations after me will know that God is faithful. I have walked through the fire and I am not burned. I am Still. The King's. Daughter.

✦ ✦ ✦

A Note of Encouragement

✦ — — ✦ — — ✦

Dear Friend —

You *did it*.

I want you to stop for just a moment and let that land. You picked up this workbook — perhaps not knowing exactly what it would ask of you — and you did the work. You named things. You felt things. You wrote things you have never written, and spoke things you have never spoken. You faced the wounds instead of walking around them. You chose healing when it would have been easier to stay numb. That is extraordinary. *You* are extraordinary.

I want to honor you for showing up — not just on the days it was easy, but on the days it cost you something. Because healing always costs something. It costs the comfort of familiar pain.

It costs the identity that was built on wounds instead of truth. It costs the armor you wore to protect yourself — and the willingness to lay it down and trust that the King who called you here will also keep you safe.

What God has begun in you in these pages, He is faithful to complete. The work does not end here. It begins here. Every declaration you have spoken, every lie you have renounced, every moment of forgiveness extended — it is now woven into the fabric of who you are. You carry it forward. You carry it into every room you enter, every relationship you invest in, every woman who will one day look at your life and think: *If God did it for her, He can do it for me.*

That is your legacy. And it is already in motion.

A Final Blessing Over You

"Father, I ask You to bless every woman who has walked through these pages. Seal the work You have done in her — let it be unshakeable. Let every lie that was uprooted stay uprooted. Let every truth that was planted bear fruit in every season of her life. Protect her identity. Guard her mind. Strengthen her voice. Let the crown You have placed on her head never be moved — not by circumstance, not by opposition, and not by the voice of the enemy. Send her out from this place as a living testimony that healing is real, that You are faithful, and that a wounded woman who gives You her broken pieces always becomes something far more beautiful than she was before. In the mighty name of Jesus — go, daughter. The world needs what you carry. Amen."

With profound love, deep honor, and an unshakeable belief in who you are becoming —

[Author Name]

✦ — — ✦ — — ✦

Now go — the Kingdom needs what only *YOU* carry.

Still the King's Daughter. Always.

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