



Devotionals



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Self Study DEVOTIONAL

THIS WEEK'S FOCUS: *Imposter No More!*

Black women are the most educated group in America. We are the fastest growing segment of new women-owned businesses, and we are consistently attributed to being the main breadwinners of our families. Beyond statistical data, Black women have demonstrated our strength and resilience in the intersectionality of our womanhood and race. We led the charge in the Civil Rights Movement and the Black Panther Party. We are vital to the sustainability of the Black church. We have contributed to science and medicine through the (forced) use of our bodies. It is not a surprise that we have coined the term "Black Girl Magic" because we *are* supernatural in how we carry the burdens of society and we *still* progress forward. We have managed careers, families, and change throughout every generation...but why do so many Black women feel that they are imposters? Whether it be our careers or our innate gifts, we feel that our accomplishments and our mere existence are fraudulent.

Imposter syndrome is defined as feelings of extreme self-doubt and incompetence coupled with the fear of being found out as a fraud. The idea that we are not good enough is a layered conundrum that has been beaten into our psyches for centuries on end. We are not the first generation to question our abilities, but we can be the last. This syndrome is merely that...a symptom. The "cure" is to remember *who* you are and to remember *Whose* you are. You are brilliantly and wonderfully made. The only thing that is "fraudulent" about you you are the projected views of society. Do not internalize. Do not perpetuate. Simply exist in the fullness of you.

PRAYER

Most High, Mother, Father:

It's challenging to exist in a world that does not see me for who I am. It's even harder to exist in a state of being where I do not see myself. Sometimes, I forget that I am made in your image and that you intentionally chose those most intricate parts about me. I want to see myself how you see me. I want to shed all of what society thinks I should be. I want to exist in a state of deep love and appreciation for myself. I pray that you remind me of my power and that you ease any conflict or friction in my mind that makes me feel powerless. I want to exist in the fullness of me and the fullness of you.

Asé.

QUOTE

"It's okay to be confident in the things you are damn good at."

Iya Oloruntomi

SELF STUDY DEVOTIONAL REFLECTION

How has seeking perfectionism shown up in your life? In what ways can you show yourself more self-compassion? How about areas where you can confidently own your greatness? What do you need in order to practice full and unapologetic acceptance ?

THIS WEEK'S AFFIRMATION

I am beautifully and wonderfully made.



Self Study
DEVOTIONAL

THIS WEEK'S FOCUS: *You are Wonderfully Made!*

How many times have you prayed for things, and then when the going got tough... BOOM! It's a wrap. Sound familiar?

Sis, here's the truth: you are not alone. In fact, many Black women are confronted with this exact same circumstance. It's like deep within us, we *know that* we are worthy of more. We *know* that we are capable of more. We *know* that we are divinely designed to handle whatever comes along with the journey of aligning with the lives we're calling in. Yet and still, we struggle. We feel disempowered. We settle for less. Abandon commitments to ourselves. Create illusions. And sometimes, we even shut down completely; finding ourselves not doing *anything* to set us free.

When this happens, it can be easy to lose sight. To grow frustrated. To start doubting: "*Do I really want to do this?*" Or even, "*This is too much!*"

YOU ARE WONDERFULLY MADE. You are whole and complete. You are enough... just as you are, and even with all the 'difficulties' you're facing. What if you embraced that all the prayers you've made are heard? In fact, they are *exactly* what called in the *challenges* that are showing up along the path towards the *change* you seek.

PRAYER

Holy Spirit, I greet you. I thank you. I yield before you. I open my heart to receiving all that is in this exact moment in time. I open my mind to deepening my relationship with you, which is ultimately my relationship with mySelf. I ask that you Inspire in me the right questions. Awaken within me the capacity to be curious. To accept what's revealed. To align with myself. To accept my journey. To accept the process. Help me to embrace the truth that I AM wonderfully made. I have all that I need. I AM whole and complete. I thank you in advance. Ase.

QUOTE

"Always remember it's impossible to spell the word challenge without using the word change. Allow it in."

Iya Oloruntomi

SELF STUDY DEVOTIONAL REFLECTION

The answers you seek are within, and it is through your curiosity that you'll connect with them. Use the space below to create 3 intentional questions that can support you in unpacking the inner wisdom that is most needed at this point in your life. After doing so, take some time across this week to *honestly and thoroughly* answer each of them.

THIS WEEK'S AFFIRMATION

I AM whole, complete and wonderfully made.



THIS WEEK'S FOCUS: *Put Yourself First!*

Prioritizing Self above everything else is a taboo topic in our society. Parents are expected to put their children first. Older siblings are expected to sacrifice for their younger siblings. The priorities and needs of our significant others are paramount to our own. We are expected to go above and beyond for our jobs and careers by sacrificing our time, energy, and, in some cases, our mental health. In almost every facet of our lives, something (or someone else) takes priority, but where do our individual needs, dreams, goals, and livelihood fit into all of those things? Better yet, why do we live in a society where we must always choose between ourselves and everything else?

Putting ourselves first does not have to be an *either/or* experience. We can choose ourselves *and* attend to the needs of our loved ones. We can prioritize our mental and emotional health *and* provide space for others within our boundaries. Our lives can work in harmony with our responsibilities. The goal is to ensure our cups are full before we pour into others. We do not have to become martyrs in our destiny. The greatest honor we can acquire is loving ourselves enough to ensure we are in our best health (spiritually, mentally, emotionally and physically) so that we can show up as our best selves in all areas of our life, especially for the people/things we love.

PRAYER

Most High:

I can no longer try to save everything and everyone else. At this moment in my life, I want to recognize and honor myself, which means I have to make myself a priority. I pray that you allow me to clearly see when I am overextending myself and instill in me the courage to set boundaries that benefit my overall well-being. I pray that you allow me the strength to say "No" in love and not care what others may think of me. Show me how to best remember myself and build my capacity to the point of overflow so that I can then show up as my best self. I am ready to center my life on loving myself so much that I honor the dreams you gave me in my mother's womb.

Asé.

QUOTE

"A part of honoring our self-worth is making ourselves a priority."

Iya Oloruntomi

SELF STUDY DEVOTIONAL REFLECTION

What does it mean to prioritize your well-being? In what ways have you sacrificed yourself that has gone against your highest well-being? List 1-2 things that you can do for yourself that prioritizes your spiritual, mental, emotional and/or physical well-being.

THIS WEEK'S AFFIRMATION

I love myself and I am not afraid to make my wants and needs a priority.



THIS WEEK'S FOCUS: *Spirit is Not Complicated. We are.*

Grammy Award winning artist Lauryn Hill sang it best, "It could all be so simple, but you rather make it hard!" While Lauryn was talking about love for a significant other, her lyrics ring true if we are to examine the thoughts we have toward ourselves. Many of us can attest to moments in our lives where we felt in constant battle. There are certainly times when find ourselves up against negative forces that seek to spiritually, mentally, emotionally, and physically destroy us. However, there are even more times when the battle we are fighting is not an external experience, but an internal war fueled by the thoughts and patterns that cycle in our minds. As much as we wish to have an "off" switch to stop our minds from turning against us, the reality is that we can easily become our worst enemies if we are not careful or intentionally aware of spirals and self-created confusion.

As human beings, it is natural for us to overcomplicate things. However, as spiritual beings, we have the ability to receive divine communication on how to prioritize and simplify our experience. Though we live in a society that values overproduction and encourages us to overanalyze every situation, we do not have to succumb to the overwhelming and never-ending stimuli that crowds our self-perception and judgment. When we are aligned with Spirit we do not have to overanalyze, overthink, or overindulge. We do not have to put so much energy and effort to force change in everyday life because Spirit provides the answers on what to focus on and where to shift. Spirit is not complicated, and if we align with Spirit, we will find that simplicity can extend to us as well.

PRAYER

Most High, Mother, Father:
I pray for a complete shift in my mind. Allow me to see things as they are and not overanalyze, overcomplicate, or overthink situations that do not require it. Please show me how to detach from people and experiences that do not support my mental health and show me the areas of my life that I can simplify. I want to not only hear you but I want to be able to receive all the messages you have for me without being triggered or frustrated. I pray that you ease my mind and disconnect me from any energies of struggle or resistance. I pray that you place people around me who can support the healing of my mind and spirit. I pray that you show me how to look beyond negative scenarios so that I can access all that you have in store for me.

Asé.

QUOTE

*"You have to **move** through this. You don't have to **push** through it."*

Iya Oloruntomi

SELF STUDY DEVOTIONAL REFLECTION

What areas in your life do you feel are more complicated than they need to be? What things do you often find yourself overanalyzing and overthinking? What do you need to do in order to shift your mindset and thought patterns? What supports can you seek and commit to that will help you simplify your thoughts and experiences?

THIS WEEK'S AFFIRMATION

I am addicted to having a peaceful mind.