

A 5-Step Transformation of Your Faith

FINDING YOUR





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Hi, I'm Ash



I know what it feels like to wrestle with faith when life doesn't go the way you thought it would. I've walked through seasons of doubt, fear, and unanswered prayers. I've held trembling hands and questioned whether God was really listening. And while trying to care for children, navigate challenges, and still keep my own heart intact.

I created this workbook—and the Be Mighty in Christ Academy—because I want to walk alongside women like you. Women who are ready to do the hard work of faith, who are willing to face their broken places, acknowledge their emotions, invite God back in, trust again, and embrace healing.

I believe that faith is forged in the hard places, not in comfort. And I believe that your faith can be transformed and strengthened. Even after seasons of doubt, pain, or heartbreak.

This workbook is my invitation to you: step into your story, face the hard truths, and let God rewrite the broken places with His love, presence, and hope.

Because I believe, truly believe, that you were made to walk in faith that endures, heals, and thrives. And I am honored to walk with you on that journey.

Ash

About This Workbook

This workbook is not a quick fix. It is not a checklist for easy answers. The FAITH framework is designed to guide you into deep, honest, soul-level work that will transform your relationship with God; if you're ready to meet Him with truth, courage, and vulnerability.

Faith is not passive. Faith is active, messy, and sometimes painful. It calls us to lean into God, even when life is hard, even when prayers feel unanswered, even when our hearts feel heavy.

This workbook is a glimpse into the Be Mighty in Christ Academy, where we do the hard work together. Soul work, spiritual enrichment, and transformative practices that leave you stronger, braver, and more deeply connected to God.

Before you begin:

- Find a quiet space.
- Give yourself permission to write, reflect, and even wrestle with your thoughts.
- Be honest with God and with yourself.
- Remember: transformation takes time, courage, and persistence.

The FAITH Framework

FAITH is not just a word. It is a map for your soul. Each letter is a step toward a faith that can carry you through storms, doubts, and struggles.

F — Face What Broke You

Faith begins with truth. If you cannot face the places that hurt you or the moments that broke your heart, you cannot heal fully.

What past wounds, disappointments, or betrayals have you been avoiding?

How have these experiences shaped the way you see God or yourself?

Psalm 34:18 — “The Lord is near to the brokenhearted and saves the crushed in spirit.”

Meditate: How does God meet me in my brokenness today?

A – Acknowledge Your True Emotions

Faith grows when we stop pretending everything is okay. Honesty with your feelings; fear, anger, grief, shame; is essential.

What emotions have you been suppressing in your relationship with God or yourself?

When was the last time you gave yourself permission to feel fully?

Write a raw, unfiltered reflection of your emotions. Do not judge what arises.

Psalm 62:8 – “Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.”

I – Invite God Back Into Your Story

Even when life has gone wrong, even when faith has wavered, God invites Himself into every part of your story.

Where have you pushed God out of your narrative?

How can you invite Him to step into the broken or uncertain parts of your life today?

Write a letter to God, inviting Him back into the parts of your story you have held onto alone.

Revelation 3:20 – “Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in...”

T – Trust Again

Faith is rebuilt when trust is renewed. Not in people, circumstances, or outcomes, but in God’s character and promises.

What areas of your life feel impossible to trust again?

How can you begin to surrender control and place your trust in God, step by step?

Identify one small area to practice trusting God this week. Journal how it feels before and after.

Proverbs 3:5-6 – “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”

H – Healing

Healing is the fruit of faith. It doesn't erase the past but transforms it. Healing is possible when we face, feel, invite, and trust.

What would healing look like in your heart today?

How would your relationship with God shift if you allowed His restorative love in fully?

Write a prayer of surrender and openness to God's healing. Speak it aloud daily.

Jeremiah 30:17 – "For I will restore health to you, and your wounds I will heal, declares the Lord..."

You Did It!

Congratulations on completing this workbook. You've taken steps into honest, soul-level work, and that is no small thing.

Transformation does not happen in a single exercise or reflection... it happens in the cumulative, courageous choices you make to face your heart, feel fully, invite God in, trust, and embrace healing.

Take a deep breath. Pause. Let yourself feel proud of every step you've taken here, even the small ones. Faith is not about perfection, it's about showing up in every circumstance.

Reflect:

- What truths about myself did I uncover in this process?
- What emotions did I give space to feel, and what did I learn from them?
- How did God reveal Himself to me today?
- Where do I see evidence of healing already in my heart?
- What is one actionable step I can take this week to keep walking in FAITH?

Journaling Exercise:

Write a letter to yourself from God's perspective:

- What would He say about your courage, your faith, your willingness to face the hard places?
- How would He encourage you to keep moving forward?

Daily Practice:

- Focus on prayer, journaling, or an action.
- Celebrate even the tiniest steps of growth.

Remember, the work you are doing here is sacred, powerful, and eternal in its impact. God sees every brave, honest moment, and He is working in ways you cannot yet fully see.



Grow your **faith**.
Refresh your **spirit**.
Find peace in **prayer**.

As a mom raising an autistic child with medical complexities and a rare disease, I know how life can feel overwhelming and how easy it is to put yourself last. I wanted to create a space prayer is simple, joyful, and part of your everyday life.

The Be Mighty in Christ Academy is a monthly subscription designed to help moms connect with God through guided prayer and devotion.

Here's what you'll get as a member:

- **Monthly Workbooks** – guided prompts to guide you in your relationship with God in a tactical and transformational way.
- **Monthly Devotional** – meaningful reflections for daily inspiration.
- **Prayer Guide** – prayers to guide you through the week with strength and courage.
- **Subscriber-Only Podcast Episode** – a monthly message or teaching for encouragement and growth.
- **Monthly Pre-Recorded Prayer Circle** – join in prayer anytime that fits your schedule.
- **& more on the way!**

Everything is sent straight to your email. No need to download new apps. It's simplified for your life so you can get refreshed and closer to God.

Join today and start your journey of faith restoration.

Sign Up for The Be Mighty in Christ Academy →
bemightymom.com/academy

Our **MIGHTY** mission

Our Mission Statement

The Be Mighty Mom Ministry exists to uplift and equip moms raising autistic and medically complex children by walking with them in truth, grace, and action. We guide mothers to grow mighty in their faith, find refreshment through prayer, and advocate with the compassion of Jesus in an inclusive, Christ-centered community. Through Scripture, science, and storytelling, we help moms hold onto strength, courage, and hope in every season of their journey.

Our Core Values

- 1. Truth**
We ground everything in God's Word, bringing clarity, honesty, and wisdom to moms walking through the challenges of raising autistic and medically complex children. Truth reminds us that God is always faithful.
- 2. Grace**
We create a safe, inclusive space where moms can show up as they are without shame or judgement. Grace meets us where we are, reminding us that God's love is bigger than our weakness.
- 3. Action**
We believe faith moves us forward. Whether it's taking a small step in prayer, advocating for our children, or saying "yes" to God's call, we live out our faith in ways that bring hope and healing to our families and communities.

*"But the Lord is with me like a **mighty** warrior; so my persecutors will stumble and not triumph. They will fail and be thoroughly disgraced; their dishonor will never be forgotten."*

Jeremiah 20:11

Connect *with* us!



podcast

[Faith for Autism Moms Podcast](#)



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