

N THE KNOW CARES 4 U 2026 WOMEN'S RETREAT

OFFICIAL CLASS WORKBOOK DAY 1



HOW TO USE THIS WORKBOOK

This workbook is designed to follow the **live class agenda exactly**. Each section corresponds directly to one session. Write honestly. Do not rush. This is sacred work paired with practical clarity.

Throughout this workbook you will see: - Three reflection lines under each teaching section for personal notes - **Bolded exercises with clear instructions** - **Dedicated space to write directly in the workbook**

SESSION ONE: REFLECT

LOOKING BACK ON 2025 WITH GRACE, NOT JUDGMENT

TEACHING FOCUS

My Notes: _____

Reflection is observation, not punishment. God invites us to look back to gain wisdom, not shame. 2025 contained both growth and resistance, and both have value when viewed through God's truth.

God does not measure your past by perfection but by formation. Where you see loss or delay, God sees instruction. Reflection allows us to close a season cleanly, so we do not carry unresolved weight into what's next.

SCRIPTURE

"Let us examine our ways and test them and let us return to the Lord." — Lamentations 3:40

GUIDED REFLECTION EXERCISE

Instructions: Follow each step below and write directly in the space provided.

2025 Quarter Review

1. Take one sheet of paper.
2. Write **2025** at the top.
3. Draw one vertical line and one horizontal line to create four boxes.
4. Label them Quarter 1, Quarter 2, Quarter 3, Quarter 4.

In each quarter, write: - One good thing - One difficult thing

Do not overthink. Write the first thing that comes to mind.

REFLECTION

Write your thoughts below:

Questions

Write your responses below:

- What did 2025 teach me?
- What did I survive that proves my strength?
- Where do I now see God's hand?

TRUTH STATEMENT

Write what stands out to you:

What hurt me did not harm me. It instructed me. Nothing from 2025 was wasted.

What did you learn from your pain?

SESSION ONE DECLARATIONS – REFLECT

I declare that I look back on my life with honesty and grace.

I do not judge myself for what I did not know then.

I acknowledge where I have been without shame.

My past does not disqualify me; it informs me.

I declare that God was present in every season of my life.

Not only in the victories, but also in the difficult moments.

I release guilt, regret, and self-criticism connected to my past.

I refuse to rehearse what God has already redeemed.

I declare that reflection brings wisdom, not pain.

What I review, God refines.

I honor the year that shaped me.

I acknowledge both the good and the difficult.

I declare that nothing I lived through was wasted.

Every season served a purpose.

I trust God's timing, God's process, and God's faithfulness.
I move forward with clarity, peace, and gratitude.

I reflect with grace.
I release the weight.
I am ready for what comes next.

Amen.

SESSION TWO: REVIVE

RESTORING WHAT WAS INTERRUPTED

TEACHING FOCUS

My Notes:

Revival does not begin with motion; it begins with alignment. You can be obedient and still exhausted. God does not rebuke depletion — He restores it.

Burnout is not always disobedience. Often, it is responsibility without renewal. Revival is God reawakening what has been running on empty.

SCRIPTURE

"I will restore to you the years that the locust has eaten... You shall eat in plenty and be satisfied, and praise the name of the Lord your God, who has dealt wondrously with you." — Joel 2:25–26

"To give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness." — Isaiah 61:3

ENERGY AUDIT EXERCISE

Instructions: Complete each step honestly. This is for awareness, not perfection.

1. Draw a small circle and write **ME** inside.

2. Around it, write:

- Faith
- Body
- Mind
- Purpose

3. Rate each area from 1–5.

REFLECTION

Write your thoughts below:


Questions

Write your responses below:

- Where am I functioning but not restored?
- Which area feels most depleted?
- Which area is God calling me to restore first?

ALIGNMENT STATEMENT

God restores what is needed first. Revival begins within me.

 **Joel 2:25–26 (KJV)**

And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you.

And ye shall eat in plenty, and be satisfied, and praise the name of the Lord your God, that hath dealt wondrously with you: and my people shall never be ashamed.

SESSION THREE: IDENTITY RESET

WHO YOU ARE BECOMING

TEACHING FOCUS

My Notes:

You cannot build a future while operating from a former version of yourself. Identity determines decisions, boundaries, and expectations.

God is not calling you to fix who you were — He is revealing who you are becoming.

SCRIPTURE

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here.” — 2 Corinthians 5:17

IDENTITY RESET EXERCISE

Instructions: Write clearly and without overthinking. Let truth lead.

Release & Rename

1. Write one label or role you are releasing: _____
2. Write one identity God is calling you into: _____

“I AM” DECLARATIONS

Write three statements:

- I am _____
- I am _____
- I am _____

TRUTH STATEMENT

Write what stands out to you:

My identity is aligned with God's truth, not my past.

IDENTITY RESET DECLARATION

I declare that my identity is rooted in Christ, not in comparison, approval, or past seasons.

I am not defined by likes, views, comments, or acceptance from others.

I am defined by who God says I am.

I release every outdated version of myself that was formed in survival, pressure, or pain.

I honor what carried me through, but I will not live there anymore.

I declare that the old has passed away, and the new has come.

I am not becoming who I was.

I am stepping into who God is forming me to be now.

I break agreement with insecurity, people-pleasing, and the need to be validated by visibility.

I choose alignment over approval.

I choose purpose over performance.

I declare that my past prepares me but does not imprison me.

My experiences refine me, they do not limit me.

I agree with heaven's perspective of me.

I receive God's definition of my identity.

I walk forward with clarity, confidence, and peace.

I am becoming.

I am aligned.

I am free.


In Jesus' name, Amen.

Ladies, as we come to the close of **Day One**, take a moment to reflect on what you have already accomplished.

10 DECLARE & DECREE STATEMENTS — 2026 WOMEN'S RETREAT


1. Declaration of Alignment

I declare and decree that my life is aligned with the will of God.
I am no longer striving for what looks good — I am walking in what is God-ordained.
My steps are ordered, my decisions are clear, and my path is established.

 *"The steps of a good woman are ordered by the Lord."* — Psalm 37:23


2. Declaration of Restoration

I declare and decree that everything interrupted in my life is being restored by God.
No season was wasted. No delay was permanent.
God is restoring strength, clarity, confidence, and peace.

 *"I will restore to you the years that the locust has eaten."* — Joel 2:25

3. Declaration of Identity

I declare and decree that I am not who I was — I am who God says I am.
Old labels are broken. False identities are released.
I walk forward as a new creation with renewed purpose.

 *"If anyone is in Christ, she is a new creation."* — 2 Corinthians 5:17

4. Declaration of Authority

I declare and decree that I walk in God-given authority.
I take back my voice, my confidence, and my boundaries.
I do not shrink. I do not apologize for alignment.

 *"I have given you authority... over all the power of the enemy."* — Luke 10:19

5. Declaration of Peace

I declare and decree that peace governs my mind, my body, and my decisions.
I release anxiety, pressure, and unnecessary urgency.
I move at God's pace, not the world's demand.


 *"The peace of God... will guard your hearts and minds."* — Philippians 4:7

6. Declaration of Consistency

I declare and decree that I am consistent, disciplined, and faithful.

I do not rely on motivation — I walk in obedience.

What I do daily will produce lasting fruit.


 *"Let us not grow weary in doing good."* — Galatians 6:9

7. Declaration of Wisdom

I declare and decree that I operate with wisdom, not emotion.

I make decisions with clarity, discernment, and understanding.

I choose strategy over urgency and truth over reaction.


 *"If any of you lacks wisdom, let her ask of God."* — James 1:5

8. Declaration of Provision

I declare and decree that God is my source.

I lack nothing needed for my assignment.

Provision follows obedience, and increase meets alignment.

 *"My God shall supply all your need."* — Philippians 4:19

9. Declaration of Courage

I declare and decree that I walk forward with courage and confidence.

Fear no longer delays my obedience.

I move boldly into what God has prepared for me.


 *"Be strong and courageous... for the Lord your God is with you."* — Joshua 1:9

10. Declaration of Vision

I declare and decree that the vision for my life in 2026 is clear, written, and activated.

I speak it, I believe it, and I walk it out in faith.

What God revealed, I will steward with obedience.

 *"Write the vision and make it plain."* — Habakkuk 2:2

END OF CLASS WORKBOOK

© 2026 Teresa Nelson. All rights reserved.

Created with purpose and prayer. This workbook is intended for personal growth and spiritual development by authorized participants of the 2026 Women's Retreat. Duplication, distribution, or commercial use without written permission is not permitted.