



RISE,  
HEAL  
AND  
LEAD

*A 21-Day Devotional for Women  
Called to Rise in Faith,  
Heal the Heart and  
Lead With God-Given Purpose.*



DR. CAROLYN COLEMAN

— THE LADY OF WISDOM —

The Lady of Wisdom Publishing Company

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## DEDICATION



This book is lovingly dedicated:

To the women who carry vision in their spirit and  
courage in their steps.

To every daughter who has heard the quiet whisper of  
God calling her to rise.

May these pages remind you that your voice matters, your  
presence matters, and your leadership is needed.

Rise with grace.

Lead with wisdom.





## LETTER TO MY DAUGHTER, NICHOLE



My Beloved Daughter,

Before this devotional ever became a manuscript, it lived first as prayer. Many of the reflections that now fill these pages were whispered to God during seasons of learning, waiting, healing, and rising. Through those seasons, I often found myself thinking of you.

A mama's heart carries many prayers, but one of the deepest is the desire that her child will know who she is in God; not simply by what the world says, or by what circumstances try to define, but by the steady voice of truth that reminds her she is chosen, capable, and covered by grace.

Nichole, you have always carried a quiet strength. It is the kind of strength that does not need to announce itself, yet it sustains, uplifts, and endures. Watching you grow into your calling has been one of the great privileges of my life.

This devotional was written not only for the women who will read it, but also for you. For the woman you are, the woman you are growing into, and the woman God continues to shape through every season of life. My prayer is that these words remind you, and every reader who turns these pages, that rising is not about perfection. Rising is about trusting God with each step forward.

There will be moments in life when the road feels uncertain, when strength feels distant, or when the weight of responsibility seems heavier than expected. In those moments, remember this: the same God who calls you is the God who sustains you.

Rise with courage.

Heal with grace.

Lead with wisdom.

You are never alone on this journey. My prayers walk with you, and God's presence goes before you.

With love, pride, and unending faith in the woman God created you to be,

**Mama**

Dr. Carolyn Coleman

*The Lady of Wisdom*



## LETTER TO AMIEL



My Precious Amiel,

By the time you read these words, you will already know that you are deeply loved. Love surrounds you in the prayers spoken over your life, the hands that guide you, and the faith that has been planted in your heart.

This devotional was written during a season of reflection and rising. While many women will read these pages, I also wrote them with the generations of our family in mind, especially you.

You are growing up in a world that will try to tell you many things about who you should be. Some voices will be loud, and some may try to make you doubt your worth. But always remember this truth: your identity does not come from the world around you. Your identity comes from the God who created you.

You were created with purpose.

You were created with wisdom.

You were created with strength.

As you grow, there will be moments when life feels confusing or uncertain. That is part of learning and becoming strong. When those moments come, take a breath, pray, and remember that God walks beside you every step of the way.

Never be afraid to ask questions. Never be afraid to seek wisdom. And never believe that your voice or your dreams are too small to matter.

My prayer for you is simple but powerful: that you grow into a young woman who rises with courage, heals with grace, and leads with kindness and wisdom.

Always remember that your family stands behind you, and God's love surrounds you.

With all my love,

**Nana**

Dr. Carolyn Coleman

*The Lady of Wisdom*



## A SACRED PAUSE



**B**efore you begin this journey, take a moment to breathe. This devotional was not written for perfection. It was written for real life. For the seasons of joy and the seasons of healing, the moments of strength, and the moments when faith must carry you forward.

Perhaps you are opening these pages in a time of clarity. Perhaps you are opening them while carrying questions, burdens, or quiet grief. Wherever you find yourself today, you are welcome here.

This journey is not about rushing toward change. It is about walking gently with God, one day, one prayer, and one rising step at a time.

Over the next twenty-one days, allow yourself to be honest. Allow yourself to listen. Allow yourself to grow. And most of all, allow yourself to rise.

Take a deep breath. Whisper a prayer. Then turn the page. Your rising begins now.



*“Arise, shine;  
for your light has come,  
and the glory of the LORD rises upon you”  
(Isaiah 60:1).*



## OPENING LITANY



### THE DECLARATION OF RISING

#### Permission Granted

Beloved, you don't need another sign.  
You don't need another confirmation.  
You don't need approval from anyone but God.  
This is your moment to say:

**“I give myself permission to rise.”**

Not later.

Not someday.

Now.

This is your new beginning and you own it.

## THE DECLARATION OF RISING

I give myself permission to be new.

I give myself permission to heal.

I give myself permission to grow.

I give myself permission to arrive fully in my now.

I am rising: boldly, beautifully, and unapologetically.

And nothing can stop the woman I am rising into.

## THE RISING MANIFESTO

I am done shrinking.  
I am done apologizing for my light.  
I am done carrying weight that is not mine.  
I am done living small in spaces God made big for me.

I embrace wisdom.  
I embrace healing.  
I embrace clarity.  
I embrace my voice.  
I embrace my calling.

I am stepping into my new now.  
I am choosing myself with grace.  
I am honoring who I am rising into.

This is my season of permission.  
My season of ownership.  
My season of becoming.

## 21-DAY OWNERSHIP PRAYER

Father,

Thank You for calling me into my new now.

Thank You for the strength to let go,  
the courage to rise, and the wisdom to walk  
in who You created me to be.

For the next 21 days:

Align my thoughts with Your truth.

Align my heart with Your peace.

Align my steps with Your purpose

Align my identity with Heaven's vision for me.

I take ownership of my becoming.

Not by perfection, but by surrender.

Not by striving, but by grace.

Not by fear, but by faith.

I receive my new now.

Amen.

## THE NEW NOW CREED

I am not waiting.  
I am not hesitating.  
I am not retreating.

I step into my new now with:  
Authority.  
Identity.  
Wisdom.  
Courage.  
Grace.

I honor my healing.  
I honor my growth.  
I honor my transformation.

I own my voice.  
I own my worth.  
I own my rising.

This is my new now and I rise.

# TABLE OF CONTENTS

Author's Note .....	1
Introduction .....	3
How to Use This Devotional.....	6
Section I: I Rise.....	13
Day 1: The Beginning.....	15
Day 2: The Unveiling .....	18
Day 3: The Awakening.....	20
Day 4: The Stillness .....	23
Day 5: The Surrender .....	26
Day 6: The Confidence .....	29
Day 7: The Gratitude .....	32
Section II: I Heal .....	35
Day 8: The Alignment.....	37
Day 9: The Courage.....	40
Day 10: The Trust.....	43
Day 11: The Hope .....	46
Day 12: The Peace .....	49
Day 13: The Clarity.....	52
Day 14: The Joy .....	55
Section III: I Lead .....	59
Day 15: The Favor.....	61
Day 16: The Strength .....	64
Day 17: The Discernment .....	67
Day 18: The Release .....	70
Day 19: The Healing.....	73
Day 20: The Vision.....	76
Day 21: The Becoming .....	79

As the Journey Continues .....	82
Closing Reflection: The Woman Who Rises .....	83
Closing Prayer.....	85
The 21-Day Rising Tracker .....	91
Appendices.....	95
Appendix A: Vibrations of Healing .....	97
Appendix B: Rising for Teens.....	102
Appendix C: Rising Parenting Activation Guide....	106
Appendix D: The I Rise and Heal Workshop Kit .	110
Appendix E: AI Faith & Authority .....	113
Devotional Innovations.....	121
The 21 Rising Companion Quick Reference Guide.....	123
The 21 Rising Prayers .....	127
The 21 Rising Affirmations.....	132
Institutional Structure .....	134
About the Author.....	136
Connect with the Author.....	137
A Word to the Reader.....	140



## AUTHOR'S NOTE



**W**riting *Rise Heal and Lead* has been both a spiritual journey and a personal reflection on the many seasons that shape our lives. These pages were not written from theory alone, but from prayer, experience, and the lessons God continues to teach me about faith, healing, and perseverance.

Like many of you, my life has held moments of great joy as well as seasons of loss and challenge. Through each experience, I have witnessed the faithfulness of God guiding, strengthening, and restoring what seemed impossible to mend. This devotional was written with that same hope in mind. Wherever you find yourself today, you will be reminded that rising is always possible with God.

My desire is that these reflections encourage you to walk forward with courage, to allow healing to take place in the hidden places of your heart, and to lead your life

with wisdom and grace. Spiritual growth rarely happens in dramatic moments alone; it is often found in the quiet daily choices to trust God, to forgive, to begin again, and to keep moving forward.

If these words have encouraged you even in a small way, then the purpose of this book has been fulfilled. May you continue to rise, heal, and lead with faith, knowing that God's presence walks with you every step of the journey.

With gratitude and encouragement,

Dr. Carolyn Coleman

*The Lady of Wisdom*



## INTRODUCTION



### The Call to Rise

**T**here are moments when the soul senses a quiet call, a holy stirring deep within, a knowing that you were made for more than survival. There comes a time when what once held you can no longer define you, and what once wounded you can no longer rule you. Something within begins to awaken and rise.

*Rise, Heal and Lead* is a 21-day devotional journey designed to help women rediscover clarity, courage, and spiritual alignment. Through scripture, reflection, prayer, and daily affirmations, you are guided into deeper faith, emotional renewal, and confident leadership.

This journey calls you to awaken your spiritual identity and remember who you are in God. It leads you to release burdens that no longer belong to you and lay down the weight of past pain, fear, and limitation. It

strengthens your trust in God's direction, even when the path ahead is not fully visible. It invites you to embrace vision, healing, and purpose with clarity and boldness.

With wisdom, compassion, and spiritual insight, Dr. Carolyn Coleman, *The Lady of Wisdom*, offers a pathway for women who are ready to step forward in faith and lead with strength. Whether read privately, shared with friends, or used in church groups, this devotional invites you to embrace the next chapter of your journey.

Your story is not finished. It is time to rise.

This is not merely a devotional for reading. It is an invitation to transformation. It is a call to come out of fear, silence, delay, and spiritual fatigue. It is a summons to remember your voice, reclaim your authority, and move forward with holy confidence.

There are seasons in life that leave women carrying more than they were meant to bear. Disappointment, grief, rejection, transition, and quiet battles of the heart can weigh heavily on the soul. Yet even in those places, God still calls His daughters forward. He still strengthens, restores, and speaks life where weariness once tried to settle.

These pages are designed to help you pause long enough to hear that call again, breathe again, believe again, and rise again.

Not as a woman pretending to be whole, but as a woman allowing God to heal her from the inside out.

Not as a woman chasing titles, but as a woman embracing purpose.

Not as a woman driven by pressure, but as a woman led by presence.

As you walk through this journey, remain honest, prayerful, and open. Let the Scriptures anchor you. Let the reflections search you. Let the prayers steady you. Let the affirmations remind you that your identity is not in what broke you, but in the God who is restoring you.

You are not behind.

You are not forgotten.

You are not disqualified by what you have endured.

There is still vision in you.

There is still healing for you.

There is still leadership in you.

The hand of God is still upon your life.

This is your time to **rise** with wisdom.

This is your time to **heal** with intention.

This is your time to **lead** with faith, grace, and strength.