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Grace & Grit

Women of the Word

A 7-Day Journey of Faith, Strength, and Stillness in God

By Denise T. Taylor, MBA, CLC

Author • Faith Writer • Speaker

“She is clothed with strength and dignity.” — Proverbs 31:25

About the Author

Denise T. Taylor, MBA, CLC is a mental-health therapist intern and life coach who has devoted her life to helping women heal, grow, and rediscover their God-given strength. After a decade as a successful entrepreneur and founder of The Brave Centre, Denise answered a deeper call pursuing her Master of Social Work while walking boldly in her faith. Through her work in mental health, mentorship, life coaching, business coaching and spiritual development, Denise has created safe spaces for women to unpack their stories and stand in their truth. *Grace & Grit: Women of the Word* is an extension of that mission, a devotional movement reminding women that faith and fortitude can coexist, and that every woman of God carries both tenderness and tenacity within her.

Dedication: For every woman finding her strength in stillness.

How to Use This Devotional

You don't have to be "good at journaling" to meet God on paper. This devotional invites you to slow down, picture each woman's world, and let the Holy Spirit connect their story to yours.

- 1) Find a quiet space.
- 2) Read the Scripture aloud.
- 3) Visualize the Story Summary.
- 4) Sit with the Reflection.
- 5) Write honestly with the Guided Prompts.
- 6) Close in Prayer.

If you feel stuck, begin with: "This reminds me of...", "If I were in her place...", "God, help me to...", or "I see myself in her because..."

Take today to pray and prepare your heart. Day 1 begins tomorrow.

Day 1 — Esther: Grace Under Pressure

“And who knows but that you have come to your royal position for such a time as this?” — Esther 4:14

Before she was Queen Esther, she was Hadassah, a young Jewish girl raised by her cousin Mordecai in exile. When Haman's plot threatened her people, Esther fasted and prayed, then risked her life to speak up uninvited. Grace gave her access; grit gave her the courage to use it not for comfort, but for calling.

Esther shows that God prepares us long before the moment requires our courage. Your brave “yes” in intimidating rooms can change the story for more people than you realize.

Grace & Grit Lesson: Grace gives divine access. Grit gives divine boldness.

Guided Journal Prompts

- What 'door' feels intimidating right now that God might be nudging you to walk through?
- When have you stayed silent but sensed you should have spoken, what would courage look like this time?

Prayer — Lord, give me Esther's courage to move when You call. Let me remember I am here for such a time as this. Amen.

[illegible]

Day 2 — Ruth: Grace to Stay, Grit to Begin Again

“Where you go, I will go, and where you stay, I will stay.” — Ruth 1:16

Loss shattered Ruth's world. She chose covenant over comfort, following Naomi to Bethlehem and a God she was learning to trust. She gleaned leftovers with aching shoulders, scraps that God used as seeds of redemption, placing her in the lineage of Jesus.

Grace helped Ruth release what she couldn't change; grit helped her step into what she couldn't yet see. God meets us on the road back to purpose.

Grace & Grit Lesson: Grace helps you trust again. Grit helps you try again.

Guided Journal Prompts

- Where have you had to start over and what small provision became grace?
- What single faithful step can you take this week toward a new beginning?

Prayer — Lord, teach me to gather grace from what remains and believe You can build beauty again. Amen.

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Day 3 — Deborah: Grace to Lead, Grit to Stand

“Villagers in Israel would not fight; they held back until I, Deborah, arose, until I arose, a mother in Israel.” — Judges 5:7

In Deborah's day, women were not seen as national leaders, many could not even leave home without a husband's permission. Yet God raised Deborah as judge and prophetess. She dispensed wisdom under the palm tree, heard God when others were silent, and stood with Barak when he hesitated. Where previous male judges faltered, Deborah led with clarity, humility, and holy authority.

Deborah's grace was discernment; her grit was obedience to rise when culture said sit. God's calling overrides human expectation.

Grace & Grit Lesson: Grace listens when others doubt. Grit acts when others hesitate.

Guided Journal Prompts

- Where have you waited for approval to lead when God already called you to rise?
- How can you practice strength and humility together this week?

Prayer — Lord, give me Deborah's clarity and courage. Help me rise and lead with Your wisdom and love. Amen.

[illegible]

Day 4 — Hannah: Grace to Wait, Grit to Keep Praying

“In her deep anguish Hannah prayed to the Lord, weeping bitterly.” — 1 Samuel 1:10

Year after year, Hannah longed for a child. Mocked by others and misunderstood by leaders, she kept returning to prayer. In time, the promise came, and she offered Samuel back to the Lord.

Waiting didn't weaken her faith; it deepened it.

Grace held Hannah's hope together; grit kept her praying through the ache. Waiting isn't wasted, it grows roots that hold you steady in storms.

Grace & Grit Lesson: Grace trusts through tears. Grit prays through pain.

Guided Journal Prompts

- What prayer have you quietly given up on? Bring it back to God in one honest sentence.
- How can you build a small daily rhythm of prayer that feels sustainable?

Prayer — Lord, teach me Hannah’s persistence. Hold my heart while I wait and strengthen my hope. Amen.

[illegible]

Day 5 — Mary (Mother of Jesus): Grace to Carry, Grit to Birth the Vision

“Greetings, you who are highly favored! The Lord is with you.” — Luke 1:28

Gabriel called Mary ‘highly favored,’ but favor did not mean ease. It meant carrying a divine vision few would understand, traveling while pregnant and birthing the Savior in a stable when there was no room at the inn. Grace chose her; grit sustained her. Holy things are often born in humble places.

Grace positioned Mary to carry; grit helped her labor through less-than-ideal conditions. God's plan can look messy and still be miraculous.

Grace & Grit Lesson: Grace receives the vision. Grit carries it to completion.

Guided Journal Prompts

- What dream has God planted that feels too big or too messy to carry?
- Name one way you can nurture that vision this week, even with limited resources.

Prayer — Lord, give me Mary's obedient strength. Help me carry what You've given me with faith and humility. Amen.

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Day 6 — The Woman at the Well: Grace to Be Seen, Grit to Be Changed

“Come, see a man who told me everything I ever did.” — John 4:29

She came to the well at noon to avoid the stares. Jesus met her there, named her truth without shaming her, and offered living water. She left her jar, ran back to town, and became the first evangelist in her community. Grace met her in hiding; grit sent her running with hope.

God sees the whole story and still chooses you. Your past becomes testimony when grace rewrites your ending.

Grace & Grit Lesson: Grace sees who you are. Grit steps into who you're becoming.

Guided Journal Prompts

- What part of your story have you hidden and what might freedom look like there?
- Who could be blessed if you shared even a small piece of what God has done for you?

Prayer — Jesus, thank You for seeing me fully and loving me completely. Help me live and share from that freedom. Amen.

[illegible]

Day 7 — Mary Magdalene: Grace Redeemed, Grit Restored

***“Mary Magdalene went to the disciples with the news: ‘I have seen the Lord!’” —
John 20:18***

Delivered from seven demons, Mary Magdalene followed Jesus with steadfast love. When others fled the cross, she stayed. At the tomb, she became the first witness of the resurrection. Grace rescued her; grit kept her faithful, turning darkness into the first declaration of new life.

No past is too tangled for God's mercy. Redemption is not only an event, it is a new way of walking. Hold steady to Jesus in grief and joy and become a messenger of hope.

Grace & Grit Lesson: Grace saves you. Grit keeps you walking in that salvation.

Guided Journal Prompts

- Where has God set you free and how can you honor that freedom today?
- Write a simple testimony that begins, “I have seen the Lord in...”

Prayer — Lord, anchor my heart like Mary Magdalene, faithful in the dark and bold in the dawn. Amen.

[illegible]

A Prayer for the Brave Woman

Lord, thank You that grace and grit are holy companions. Teach me to lead like Deborah, wait like Hannah, love like Ruth, carry like Mary, and rise like Esther. Let my life be proof that tenderness and strength can live together in You. Amen.