



Chapter 6

Permission to Grow Spiritually

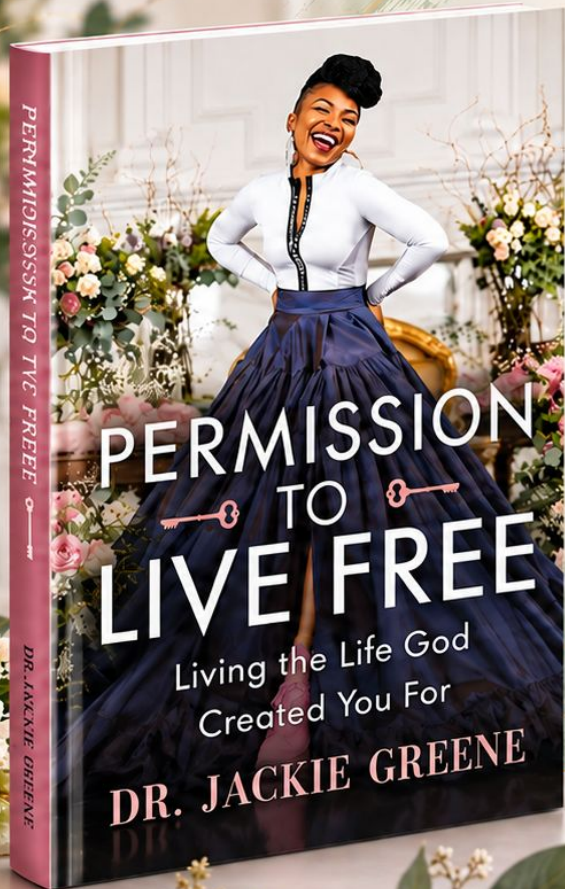
Pamala Ellens

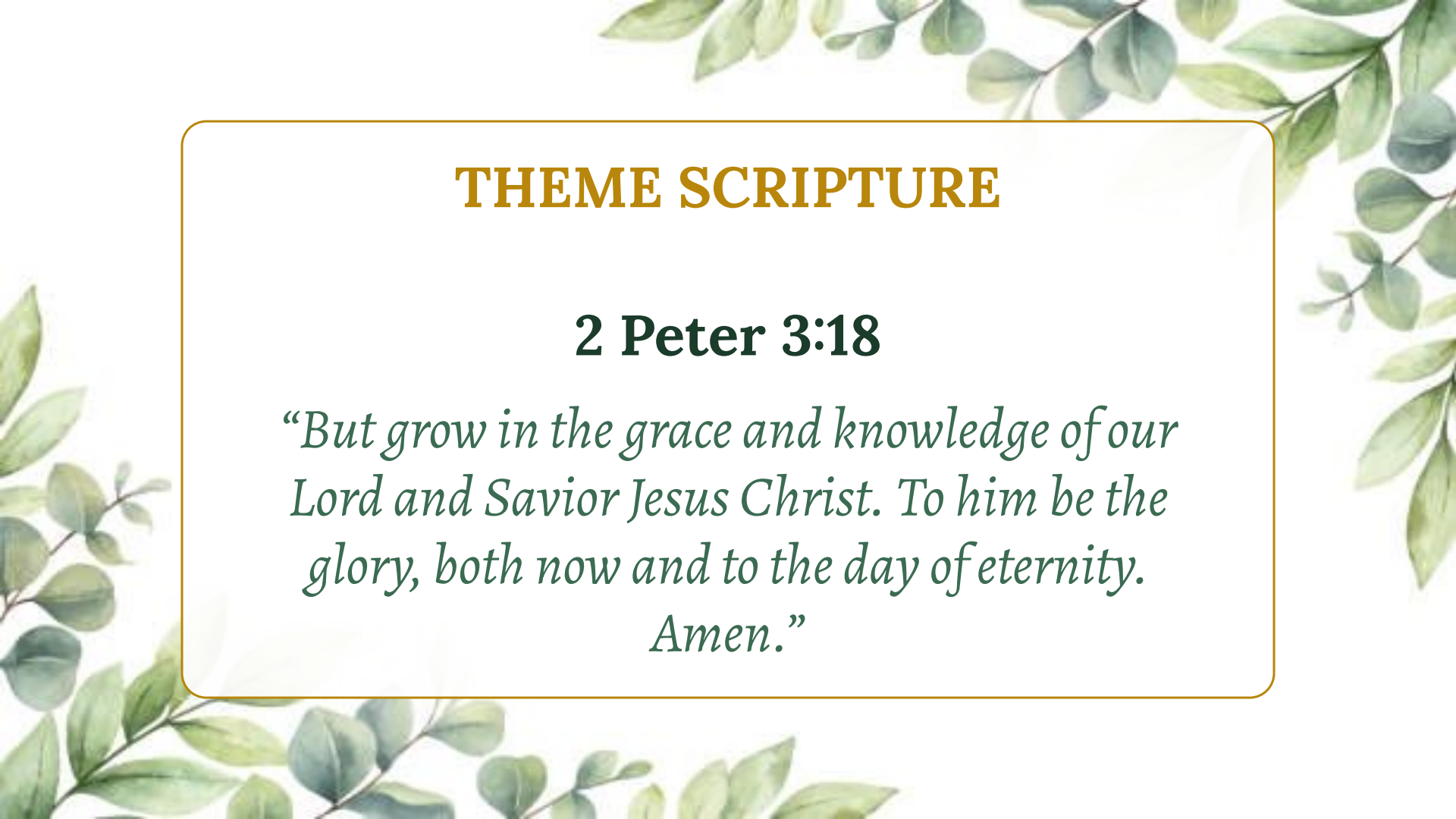
FACILITATOR

WORD Conference

Friendship Baptist Church

October 17, 2026



The image features a white background with decorative green leaves and branches in the corners. A central white box with a thin gold border contains the text. The text is centered and includes a title, a reference, and a quote.

THEME SCRIPTURE

2 Peter 3:18

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory, both now and to the day of eternity. Amen.”

REFLECTION

“What do I want to be known for as a Kingdom Woman?”



THE FOUR PILLARS OF Spiritual Growth

Prayer	The Word	Obedience	Faith
			
I communicate honestly and intimately with God.	I learn, believe, and stand on God's truth.	I follow God's direction even when it is uncomfortable.	I trust God even when I cannot see the outcome.

THE PROCESS OF Spiritual Growth

PRAY

READ

OBEY

BELIEVE

GROW

THE PROCESS OF

Spiritual Growth

PRAY

READ

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BELIEVE

GROW



PRAYER REVEALS

1 THESSALONIANS 5:16-18

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."



*What do you need to
examine, reflect on, and
assess within yourself?*

The Dressing Room of Prayer is a space for:

1. Examination

2. Reflection

3. Assessment

4. Surrender

5. Transformation



PRAYER REVEALS

My Dressing Room Prayer

Father, search my heart. Help me be honest about what I am carrying. Show me what needs to come off and what You want me to put on. I surrender what You reveal. Transform me as I grow closer to You. Help me become a woman of prayer and the Kingdom Woman You have called me to be. In Jesus' name, Amen.

THE PROCESS OF

Spiritual Growth

PRAY

READ

OBEY

BELIEVE

GROW

GOD'S WORD INSTRUCTS



JAMES 1:22-25

"But be doers of the message and not hearers only, deceiving yourselves, because if anyone is a hearer of the message and not a doer, this one is like someone staring at his own face in a mirror, for he looks at himself and goes away and immediately forgets what sort of person he was. But the one who looks into the perfect law of liberty and continues to do it, not being a forgetful hearer but a doer who acts, this one will be blessed in what he does."



GOD'S WORD INSTRUCTS

God's Word is my spiritual mirror. It helps me recognize truth, challenge lies, and see what needs to change.

What truth is God asking me to believe and live?



THE PROCESS OF

Spiritual Growth

PRAY

READ

OBED

BELIEVE

GROW



OBEDIENCE RESPONDS

JOHN 14:15

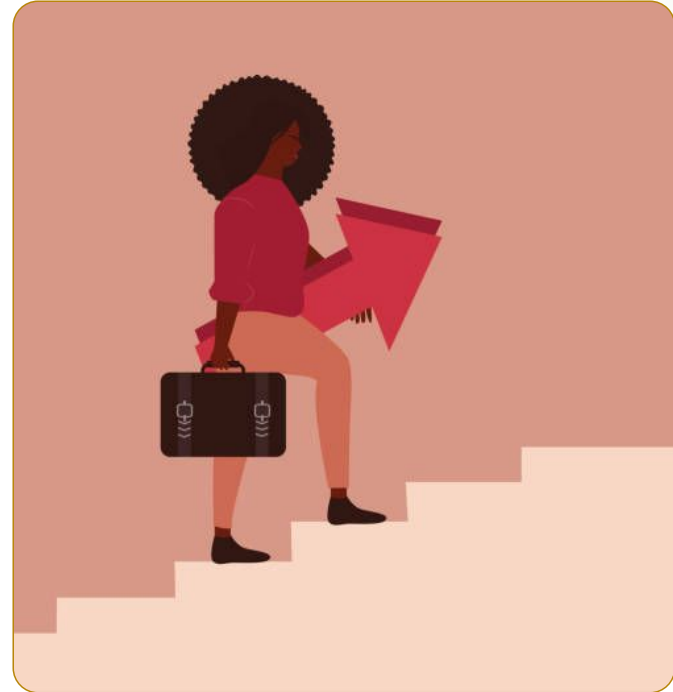
*"If you love me, you will keep my
commandments."*



OBEDIENCE RESPONDS

Obedience is where spiritual growth becomes visible. My “yes” to God must become greater than my comfort.

***Where have I delayed,
resisted, or partially
obeyed?***



THE PROCESS OF

Spiritual Growth

PRAY

READ

OBEY

BELIEVE

GROW



FAITH TRUSTS

2 CORINTHIANS 5:7

"For we walk by faith, not by sight."



FAITH TRUSTS

Faith trusts God's character when I cannot see the outcome. I may not have the whole map, but God gives enough light for the next step.

What am I trying to control that I need to trust God with?



THE PROCESS OF

Spiritual Growth

PRAY

READ

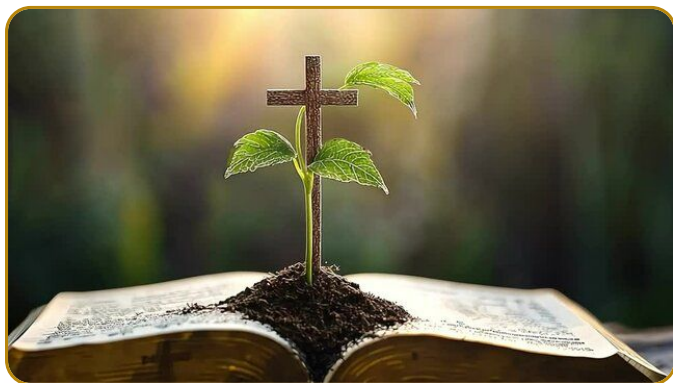
OBEY

BELIEVE

GROW

Growth Check

Prayer	The Word	Obedience	Faith
Am I being honest with God?	Am I allowing God's truth to correct my thinking?	Am I doing what God has already told me to do?	Am I trusting God even when I cannot see the outcome?



***Where is God
asking me to
grow right
now?***

My Four Pillar Growth Check

- ❑ **Prayer** - Am I being honest with God?
- ❑ **The Word** - Am I allowing God's truth to correct my thinking?
- ❑ **Obedience** - Am I doing what God has already told me to do?
- ❑ **Faith** - Am I trusting God when I cannot see the outcome?

GROWTH FOLLOWS

KINGDOM WOMAN DECLARATION

*I am becoming a woman of **PRAYER**. I will bring God the real me.*

*I am becoming a woman of **THE WORD**. I will allow God's truth to renew
my mind.*

*I am becoming a woman of **OBEDIENCE**. I will not only hear God's Word; I
will respond to it.*

*I am becoming a woman of **FAITH**. I will trust God even when I cannot see
what He is doing.*

*I give myself permission to be examined. Permission to reflect. Permission to
change. Permission to surrender. Permission to heal. Permission to mature.*

And most importantly—

PERMISSION TO GROW.