

A sunset over the ocean with gold glitter. The sun is low on the horizon, casting a warm glow over the water. The sky is a mix of orange, yellow, and blue. Gold glitter is scattered throughout the image, particularly on the right side and bottom.

YOU ARE CALLED

*"Do not fear, for I have redeemed
you; I have called you by name,
you are mine.
Isaiah 43:1"*



Madonna Lily

WEEK ONE
YOU ARE CALLED

Opening Prayer

Heavenly Father,

You created me in love and called me by name.

Quiet my heart to hear Your voice,

Help me to rest in Your Truth -

That I am Fearfully and Wonderfully made.

Amen.

*Do not fear, for I have redeemed you; I
have called you by name,
you are mine,
Isaiah 43:1*



Four horizontal dotted lines for writing, spaced evenly down the page.

Song for Reflection:
Sheep May Safely Graze - Bach



WELCOME TO YOUR SYMPHONY

Every journey begins with a single note.

You are holding something that took a long time to write — not because it was complicated, but because it had to be true. True to the way God actually made women. True to the particular ache of wanting to know yourself and never quite landing anywhere that felt like home.

This is not a program about self-improvement. It is not a checklist or a formula. It is an invitation to receive what has always been true about you — that you are fearfully and wonderfully made, that God composed you with intention and delight, that there is a symphony in you that the world has not yet fully heard. Over fifteen weeks, we will move through four movements: Foundation, Body, Mind, and Spirit. We will look at how God made you — the colors He painted you in, the way your mind works, the strengths He entrusted to you, the wounds He wants to heal, the charisms He placed in you for the sake of others. Each piece belongs to the whole. Nothing is wasted. Nothing is accidental.

A saint will walk with us each week — someone who lived fully as themselves in God, whose story illuminates something of your own. Music will carry us, because this is, at its heart, a symphony — and a symphony is not complete until every instrument plays its part.

You are one of those instruments. And God has been waiting to hear you play.

YOUR ROADMAP

The Four Movements

Foundation — Sessions 1–3 Who you are before you are anything else You Are Called · Identity in Christ · Receiving His Love

Body — Sessions 4–6 The beauty God wove into your physical presence Colors of Creation · Sacred Style Essence · Sacred Silhouettes

Mind — Sessions 7–10 The unique way God wired you to love and think Love Languages · Character Strengths · Temperament · Personality Type

Spirit — Sessions 11–15 The interior life God is shaping and sending Wound Work · Virtues · Charisms · Rule of Life · Your Beautiful Symphony

How Each Session Works

Each week follows the same rhythm so you can settle in and go deep:

- Opening Prayer & Scripture — tuning your heart
- Our Guide — a saint who walks with you this week
- Their Story — who they were and why they matter here
- The [Element] of Your Song — how this week connects to your symphony
- An Overview — the core concept for the session
- Know Thyself — personal reflection questions
- Bring It to God — taking what you've found into prayer
- Living It Out — practical ways to live this truth this week
- This Week — sending you forward

OUR GUIDE

Stella Maris

Our Lady, Star of the Sea



"Look to the star, call on Mary"

- St. Bernard of Clairvaux

THEIR STORY

- ✦ **The Name:** "Stella Maris" — Star of the Sea — is one of the oldest titles given to the Virgin Mary, appearing as early as the 9th century. It comes from a meditation by St. Jerome, who connected Mary's name to the Hebrew *mar*, meaning "drop of the sea." She is the star that does not set — constant, brilliant, orienting.
- ✦ **The Star That Guides:** Sailors in the ancient world navigated by the North Star — a fixed point in a turning sky. Mary is given this title because she does the same for souls. She does not move. She does not waver. When the waters rise and the horizon disappears, she is still there, above the storm, pointing toward her Son.
- ✦ **Mother of the Church:** From the foot of the Cross, Jesus gave Mary to John — and through John, to all of us. "Woman, behold your son. Son, behold your mother." She is not merely an intercessor; she is a mother. She holds what we cannot hold ourselves and brings it to the One who can.
- ✦ **Patroness of This Journey:** We place this entire program under her mantle because she knows what it is to be known by God — to be called by name before the foundations of the world, to say yes to a life that was always His to write. She leads us not to herself, but always deeper into Him.
- ✦ **Her Legacy:** Every woman who has ever felt lost at sea — in grief, in doubt, in the noise of a life that won't slow down — has looked up and found her there. She is the reminder that God never leaves us without a light. And she is that light's most faithful reflection. The feast of Our Lady, Star of the Sea is celebrated on September 27th.

THE COMPOSER OF YOUR SONG

- ✦ Before there was a score, there was a Composer. Before a single note of your life was written, God knew you — not as an idea, not as a possibility, but as you. Named. Wanted. Chosen.
- ✦ In music, the composer doesn't just write notes on a page. He hears the whole piece in his mind before a single instrument plays. Every phrase, every rest, every swell of sound exists first in him — as a fully formed work of love — before it becomes anything the world can hear.
- ✦ God heard your symphony before you were born. He wrote it not as an assignment but as an act of delight. You are not a task He completed. You are a song He wanted to write.
- ✦ This is where we begin — not with what you do, not with what you carry, not even with what you hope to become. We begin here: He made you. He knows you. He called you by name.
- ✦ Everything else we explore in this program — your colors, your strengths, your temperament, your wounds, your charisms — is simply learning to read the score He already wrote. But you cannot receive a score from someone you don't yet trust. First, you have to meet the Composer.

"Do not fear, for I have redeemed you; I have called you by name, you are mine." — Isaiah 43:1

AN OVERVIEW

What Does It Mean to Be Called?

- Before we can understand who we are, we have to understand whose we are.
- To be "called" is not merely to be invited. In Scripture, when God calls someone by name, He is doing something — claiming them, commissioning them, conferring an identity that cannot be taken away.
- He called Abram and made him Abraham. He called Jacob and made him Israel. He called Simon and made him Peter. The name God speaks over you is not just a label — it is a declaration of what He sees and what He is making.
- Most of us have spent our lives answering to other names. The name of our failures. The name of our family's expectations. The name the world gave us when it decided what we were worth. This program begins by setting those down.
- You are a daughter of the King. Not because you earned it. Not because you are doing everything right. Because He said so — and what God speaks, is.
- This is the foundation on which everything else is built. Your colors, your strengths, your temperament, your wounds — none of it can be properly understood until it is understood as His. Given by Him. Held by Him. Redeemed by Him.
- The journey of A Symphony of Grace begins here: not with self-discovery, but with being called.

MEET YOUR COMPOSER

This is what He says about you.

"Before I formed you in the womb I knew you." —
Jeremiah 1:5

"I have called you by name, you are mine." — Isaiah 43:1
"You are precious in my sight, and honored, and I love
you." — Isaiah 43:4

"For you formed my inward parts; you knitted me
together in my mother's womb. I praise you, for I am
fearfully and wonderfully made." — Psalm 139:13-14

"I have loved you with an everlasting love; therefore I
have continued my faithfulness to you." — Jeremiah
31:3

"See what kind of love the Father has given to us, that
we should be called children of God — and so we are."
— 1 John 3:1

"You did not choose me, but I chose you." — John 15:16

"Can a mother forget the baby at her breast and have
no compassion on the child she has borne? Though
she may forget, I will not forget you. See, I have
engraved you on the palms of my hands." — Isaiah
49:15-16

THE PRAYER BRACELET

You did not find your way here by accident. Before you were ever called, you were already being prayed into being — by women who said yes to God in ways you may never fully know. A mother. A grandmother. A godmother. A saint whose name you carry. A friend who said "come" once and meant it. Some are living. Some are in heaven. Some you will not meet until you meet them there.

Their yeses braided together. And here you are.



We have ten Hail Marys for a reason. Ten is the shape the Church gives us for sitting with Mary's yes — one bead, one prayer, one recognition at a time. This activity borrows that shape.

You will tie ten knots in a red cord. One for each yes of a women who helped bring you here.

Before you pick up your cord, write their names below.

Living or in heaven. Known to you or only to God. Do not overthink it. Mary belongs if she belongs. A great-grandmother you only heard stories about belongs if her yes shaped the line that became you.

THE WOMEN WHO GAVE THEIR YES

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



THE PRAYER BRACELET, CONTINUED

The knot is the same one used on hand-tied rosaries — a small, raised bead you can feel under your fingers.

You'll need:

- Your red cord — from your Prayer Cord Kit, or 24" of 6-strand cotton embroidery floss
- A quiet few minutes
- (Optional) Someone in your home to tie it onto your wrist

To tie each knot:

- Find a spot on your cord about six inches from one end.
- Make a simple loop by crossing the cord over itself.
- Pass the end of the cord through the loop — once, twice, three times.
- Say the first woman's name aloud.
- Holding both ends, pull slowly until the knot tightens into a small bead.

Space the next knot about a finger's width from the first. Repeat until you have ten knots and ten names spoken.

Wearing it:

You will wear this cord for the next fifteen weeks. You do not need to fuss over it. Shower with it. Sleep in it. Forget it is there. Like a wish bracelet, when its time is done, it will fray and fall on its own — or you will cut it off in Session 15, to mark the woman you have become.

Ten women prayed you into this room. Let them keep praying.

KNOW THYSELF

When you hear God say "you are mine" — what is your honest, gut reaction? Does it land easily, or does some part of you resist it?

What names have you been living under that aren't His? What has the world — or your own inner voice — been calling you?

Is there a moment in your life when you felt genuinely known and claimed — by God or by someone who loved you well? What did that feel like?

KNOW THYSELF, CONTINUED

Which of the scriptures from "Meet Your Composer" landed most deeply? What do you think God might be saying to you through it?

What is one thing you are hoping God shows you about yourself over the next fifteen weeks?

If you fully believed — not just intellectually, but in your bones — that you are His daughter, what would change?

BRING IT TO GOD

The Composer is not distant. He is here. Bring what stirred in you today directly to Him.

Read back through the scriptures in Meet Your Composer. Which one felt most personal — like He was speaking it specifically to you?

Sit with that verse for a moment. Let it land. Then speak it back to Him as a prayer — "Lord, You say I am..."

Is there a part of you that finds it hard to believe He means it for you specifically? Bring that resistance to Him honestly. He can hold it.

Ask Him: "What do You want me to know about who I am to You?" Then wait. Write what comes.

LIVING IT OUT

Take what God spoke to you today and carry it into your week.

Pause in Prayer: Each morning this week, before you do anything else, speak Isaiah 43:1 aloud over yourself — with your own name in it:

"Do not fear, [your name]. I have redeemed you. I have called you by name. You are mine."

Notice what it feels like to hear your own name in that sentence.



Reflect: Where this week do you most need to remember that you are His — not what you do, not what you produce, not how well you hold it together — just His?

LIVING IT OUT, CONTINUED

Notice: Watch for the moments this week when you feel most like yourself — most at rest, most alive, most free. Write them down. They are clues. God is already speaking.

Discern: Is there a name or an identity you have been living under that isn't from Him? What would it look like to set it down this week — even in one small moment?

"The Lord your God is in your midst... He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing.
— Zephaniah 3:17

THIS WEEK

Every morning this week, repeat Isaiah 43:1 aloud as a reminder of your identity



Closing Prayer

Lord,
You have called me to be Yours.
Let me rest in the truth that I belong to you.
Keep Your words, "You are mine" in my heart
and remind me that I am always loved and never
alone.
Amen.



CALLED BY NAME

A scripture from Meet Your Composer that
felt written for me

What I sensed God saying to me today

One thing that shifted for me in this session

When I passed the string, what I shared was

— and what I noticed was

