

Listed As One of the Top 25 Christian Bloggers in the Country!



# INSIDE OUT WITH COURTNAYE

52 Week Devotional with Study Guide

GROWING FROM THE INSIDE OUT  
ONE WEEK AT A TIME

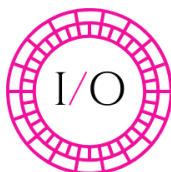
COURTNAYE RICHARD

# INSIDE OUT WITH COURTNAYE

52 WEEK DEVOTIONAL WITH STUDY GUIDE

**GROWING FROM THE INSIDE OUT  
ONE WEEK AT A TIME**

COURTNAYE RICHARD



INSIDE OUT MEDIA GROUP, LLC

INSIDE OUT WITH COURTNAYE  
52 Week Devotional with Study Guide  
Published by Inside Out Media Group, LLC  
P.O. Box 253  
Marble Falls, TX 78654, U.S.A.

Copyright © 2020 by Courtayne Richard  
Inside Out Media Group, LLC  
Published & Distributed by Inside Out Media Group, LLC

[www.insideoutmediagroup.com](http://www.insideoutmediagroup.com)

All rights reserved by Inside Out with Courtayne and Inside Out Media Group, LLC. No part of this publication may be reproduced, shared from a downloaded purchase with anyone other than the initial person purchasing, transmitted in any form or by any means, without written permission from the publisher.

Scripture quotations are from the Holy Bible: New Living Translation,  
New International Version, English Standard Version, The Living  
Bible,  
and King James Version.

Cover Design: Inside Out Media Group, LLC  
Cover & Back Author Photos: Kevin Garner Photography  
Study Questions: Courtayne Richard

Printed in the United States of America  
First Edition 2020

*This book is dedicated to all of the women who are hungry for more of God's Word and living a life that glorifies Him. Whether you're just starting your journey with Christ or maturing in the faith, this book was created for you. It's also to my daughter Cali, who I pray will be a woman after God's own heart until Christ returns for her. I love you, beautiful. And I love you too, my dear sister reading this right now.*

*To God be all the glory for every life that is changed!*

## INTRODUCTION

How to Use this Devotional & Study Guide

### **1 JANUARY**

Growing Deeper in God

### **2 FEBRUARY**

Focus

### **3 MARCH**

Faith Over Fear

### **4 APRIL**

Self-Care

### **5 MAY**

Trusting God

### **6 JUNE**

Christian Character

### **7 JULY**

Sharing Your Faith

### **8 AUGUST**

Controlling Your Emotions

### **9 SEPTEMBER**

Forgiving Others

### **10 OCTOBER**

Unity in the Body of Christ

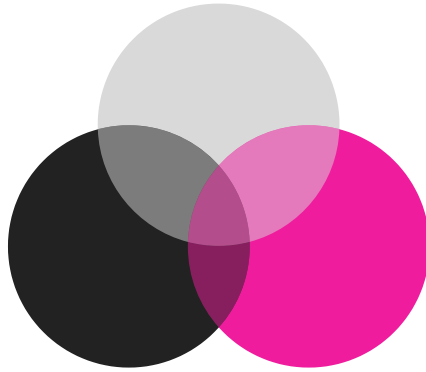
### **11 NOVEMBER**

Remaining Faithful

### **12 DECEMBER**

Balance

# TABLE OF CONTENTS



"It's a New Year for a new and improved you!  
It's time to grow in the Lord from the Inside Out!"

*~Courtraye Richard*

# INTRODUCTION/HOW TO USE THIS DEVOTIONAL & STUDY GUIDE

Hey there! I am so grateful to God that you've decided to join me for 52 weeks (I've even given an extra week for when there are 53 weeks in a year)! So, BONUS! Now, before I go any further, if you've never met me in person, virtually, or through previous writings, I want to introduce myself.

I am Courtayne Richard, founder of Inside Out with Courtayne, which is a ministry that is designed to help women (such as yourself) grow in their walk with the Lord from the inside out, and do what they are called to do. I do this through my blog, audio and video teachings, speaking engagements, and also through my mentorship/coaching programs (see [www.courtneyerichard.com](http://www.courtneyerichard.com) for more details on it all).

I want to start by telling you that this devotional was created 100% with you in mind and heart! It's all about helping you grow spiritually, personally, and vocationally, week after week. This book is LOADED with scriptures, practical advice, transparency, reflection/study guide questions, and more!

But before I dive in any deeper, I want to speak to the woman reading this who may be seeking a relationship with God. If that is you, then you can totally start right now by repenting of your sins, confessing with your mouth that Jesus Christ is Lord, and believing that He died on a cross for your sins to restore a right relationship with God the Father, and give you eternal life.

If you believe this from your heart, then you will be saved today and we will become sisters in Christ. I echo the words of the apostle Paul in 2 Corinthians 6:2, "Indeed, the 'right time' is now. Today is the day of salvation." I would also encourage you to read Romans 10:9-13 and 17, and be baptized when the Lord leads you. I pray that you will make this life-eternal decision today, *before* you journey on in this devotional.

Now, if you are a believer already and are looking to go deeper in your walk with God and mature in your faith this year, then get ready for this life-changing expedition!

## How to Use This Devotional & Study Guide

Whether you read this book from start to finish or pick it up to grab a few nuggets on the go, I'm good with that! As long as you're getting something out of it to help you grow in your walk with the Lord, it's a win-win!

But here are just a few ways that you can get the best use out of this devotional and study guide...

- Personal Use (week to week)
- Topical Study (i.e. pick a topic of your choice from the devotional and study it for a whole month)
- Peer to Peer
- Mentor to Mentee
- Mother to Young Adult Daughter
- Leader to Leader (i.e. "Iron sharpens iron")
- Monthly Book Club
- Gather 4-6 Women for a Monthly Small Group Study with Coffee or Tea (or Potluck - Yum!)
- Women's Bible Study Sessions
- Be creative!

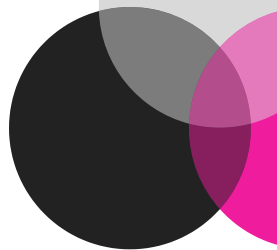
However you use it, it's time to start growing from the **inside out**. Let's do this, sister!

Love,

*C. Richard*







### NEW YEAR, NEW GROWTH

Happy New Year to you, sis! Are you ready to take on this year and grow in your walk with the Lord like never before? I hope you said a resounding, "YES, Courtnaye!" If so, GREAT! The beginning of the year is a great time to kick everything off. You're fresh and ready to start anew. So, let's do it - this year, this week! For starters, if you want to grow spiritually, you've got to get focused. That's right! It starts with renewing your mind and letting go of your past. Last year is over. Bye-bye. Gone. So let's thank God for the wins by shouting praises of glory and grow from our losses. Break out your Bible, new journal, planner, and goals. It's a New Year for New Growth!

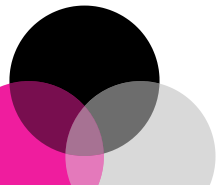
### PERSONAL REFLECTION/STUDY GUIDE

1. As a Christian woman, how would you like to grow and mature spiritually this year? For instance, would you like to pray more, read more Scripture, fast, etc.? Write it out and talk to God about how to accomplish this goal. (Take about 10 minutes)
2. What negative thoughts or attitudes do you need to kick out of your life at this time? Ponder that for a moment.
3. If you could choose a verse to stand on throughout the year, what would it be? Write it on an index card and place it where you can see it every day.
4. Think about a good word to grow from this year (i.e. trust, love, etc.).

### GOD'S WORD FOR YOU

"So let us stop going over the basic teachings about Christ again and again. Let us go on instead and become mature in our understanding."

~Hebrews 6:1





## JANUARY - WEEK 2

### GET MOVING, SIS!

It's a new week! Did you read last week's devotional? If not, go back and catch up, sis. It's a prelude to our time together this week. Either way, let's dive in. Here's the thing - if you want to grow spiritually, you've got to take some action steps. My motto is, "Nothing happens until you start moving." And it's so true. This motto gets me moving when I start feeling slothful in anything! I pray that it helps you, too. My point here is to encourage you to get moving on your spiritual goals. So if you want to grow in the Lord by reading your Bible more, consider a Bible reading plan (if you haven't started one already). If you're wanting to read one book off of your shelf this year, grab it and bring it with you everywhere you go until you finish reading it. If you want to pray more, decide to pray about everything, no matter where you are or what time of day it is. If you want to grow in fasting, decide what sacrifice you're going to make and choose a good fasting plan. Whatever it is that you're striving for, get moving, sis!

### PERSONAL REFLECTION/STUDY GUIDE

1. What do you need to get moving on as it relates to your spiritual goals this week?
2. Write out at least three action steps that you can take to help you reach your goals.
3. After you write them out, go for it! Once you complete one, check it off and move onto the next one, until they're all completed. This is how you'll get moving.
4. What would be your next goal? Write it out and follow through with those action steps as well. It's time to mature even more in the faith by moving forward in reaching your spiritual goals.

### GOD'S WORD FOR YOU

"May he grant your heart's desires and make  
all your plans succeed."

~Psalm 20:4



## JANUARY - WEEK 3

### SPENDING MORE TIME WITH GOD

Do you want to read more of the Bible and study it vs. peep in it for a few minutes every day? For me personally, I definitely want to spend more time with God this year and every year for that fact. Honestly, I just can't get enough of the Lord! I get up and the first thing that I do on most mornings is break out my journal, Bible, pen, highlighters, and a few books and dive into that goodness or conviction (right?). Oh, and I can't forget about the coffee! I just LOVE spending time with God in prayer and His Word. Do you? If so, then be more intentional about spending focused quiet time with the Lord this year. It can be early in the morning, in the middle of your day, or late at night. It really doesn't matter when, unless you feel a direct prompting of the Holy Spirit leading you to stop what you're doing to pray or simply stop what you're doing to open up the Bible or read a word of wisdom from a book on your desk or bookshelf. Whichever way the Lord leads you, when you spend time with Him, you will grow.

### PERSONAL REFLECTION/STUDY GUIDE

1. What's your devotional routine? Write it out and if you need to tweak it or do something differently this year to grow, switch it up.
2. What does being more intentional mean to you as it relates to your quiet time with God?
3. Have you felt the Lord leading you to read more, lately? If so, what has He been leading you to read?
4. If you haven't been growing like you've desired in the past, pray and ask the Lord what were the hindrances, so that you don't repeat them this year.

### GOD'S WORD FOR YOU

"Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation.

Cry out for this nourishment."

~1 Peter 2:2



## JANUARY - WEEK 4

### PRAY ABOUT EVERYTHING

Growing deeper in God takes reading and studying His Word, but it also takes prayer. That's how we communicate with the Lord. He loves it when we talk to Him. He's all about relationship. That's one of the reasons why He sent His only begotten Son Jesus Christ to die on a cross for us. He did it to restore a right relationship with us and to give us the gift of salvation. So prayer is how we talk to Him and let Him know about all that concerns us like our worries, hurts, or setbacks. But we also talk to Him in prayer about our hopes, dreams, and aspirations. So pray about everything, sis. If you're married, don't stop praying for your husband (or yourself). If you have a child or children, don't stop praying. If you're in need of a financial breakthrough or promotion, pray. If you have goals and desires, keep praying. If you need a healing, pray. Pray whether things are good or bad. The Lord longs for us to come and talk to Him. We also need to be still enough to listen or look out for His answers. So again, pray about everything, sis. He speaks in so many ways, especially when we take time to stop and pray.

### PERSONAL REFLECTION/STUDY GUIDE

1. How is your prayer life, sis? Do you pray daily or do you need to talk to God more?
2. Have you ever let life get in the way and forgot or neglected to stop and pray for others or even yourself?
3. Would you like to grow in your prayer life? If so, what would you need to change or alter to make this happen?
4. How has God spoken to you lately? (i.e. through His word, through the Holy Spirit, through a book, blog post, article, video, person, etc.)

### GOD'S WORD FOR YOU

"Never stop praying."

~1 Thessalonians 5:17





# JANUARY - WEEK 5

## TOPICAL STUDY

Doing a topical study is all about choosing a topic that you either feel led to study or desire to study. It's like taking the word "commitment" and researching scriptures on this particular topic. Some call it a "word" study. But no matter what you want to call it, break out a notebook, your pen and highlighters, the Webster's dictionary, study Bible online or offline (not required, but helpful), and dig in for a healthy helping of knowledge of your topic, while praying for wisdom and understanding. Additionally, research some good articles, blog posts, and videos. Also, take great notes. I want to add here that when you and I study a word written within the Bible, it's not just for knowledge-sake, but for deeper or further understanding of truth and application to our lives. I want to challenge you to try it this week and throughout the year. Because I believe when we put into practice what we've learned, it's amazing how much it spills over into our spiritual growth, but also how much it can help others inside our homes and out!

### PERSONAL REFLECTION/STUDY GUIDE

1. Have you ever thought about doing a topical or word study?
2. If you were to study a topic this week, this month, or this year, what would it be?
3. Once you do this, meditate on the word. Pause and consider. Think about what God is revealing to you personally and for others. After you finish, write out what you've gained from your study time and reflection.
4. If you haven't found your word yet, pray about one and dig in deeper.

### GOD'S WORD FOR YOU

"Study this book of instruction continually. Meditate on it day and night so you will be sure to obey everything written in it.

Only then will you prosper and succeed in all you do."

~Joshua 1:8

