



# HARDER STORMS HIGHER STRENGTH

*Seven pillars for faith,  
Miracles & Lasting Joy*

TRANSFORMATION WORKBOOK

RACHEL SMARTT

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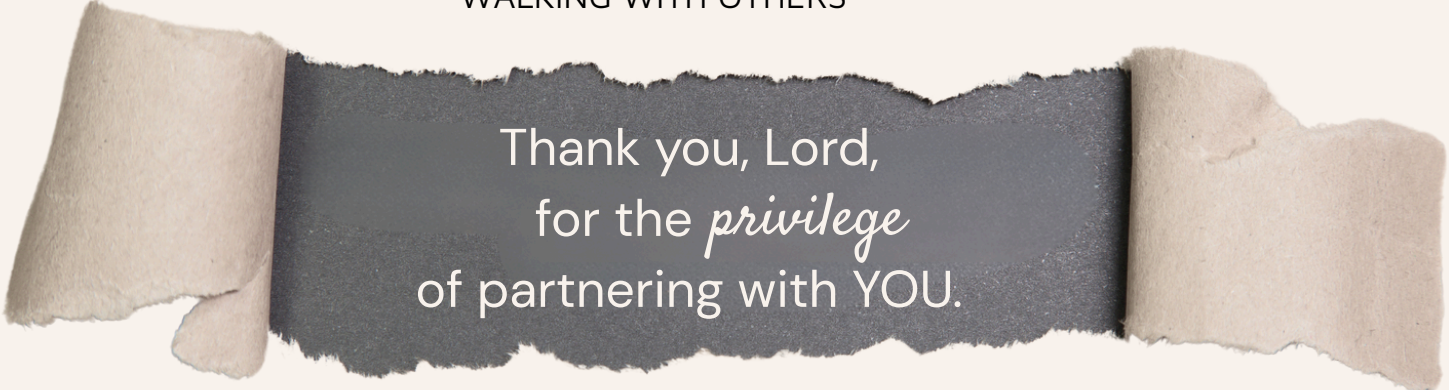
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Thank you, Lord,  
for the *privilege*  
of partnering with YOU.




# *Welcome to the course*

This 7-week course is a powerful, guided journey designed to help you rise strong, heal deeply, and live beautifully—no matter what storms life sends your way. Rooted in the seven transformative pillars from my book *Harder Storms, Higher Strength*, this course isn't built on theory but on real-life experiences—shaped by pain, anchored in prayer, and refined through perseverance. Each pillar is grounded in faith, family, and timeless truth to help you grow, overcome, and thrive.

## *What to Expect*

- ◆ Watch the weekly videos.
- ◆ Read a chapter in the book with corresponding pillars.
- ◆ Complete each week's lessons+ journal prompts.
- ◆ Focus on the weekly challenges, quiet time.



When you walk hand in hand  
with the Lord, no storm can  
steal your peace. Even in the  
middle of the mess and struggle.  
He's already working the  
miracle. Sometimes what may  
feel like the storm is the very  
soil where your strength and  
story begin to grow and you  
are able to step into the person  
that you were designed to be.

~ Rachel Smartt

**PARTNERING WITH THE LORD****Lesson 1: Recognizing God's Presence [VIDEO]**

When have you realized God was guiding or protecting you?

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Why do we sometimes miss His presence in the moment?

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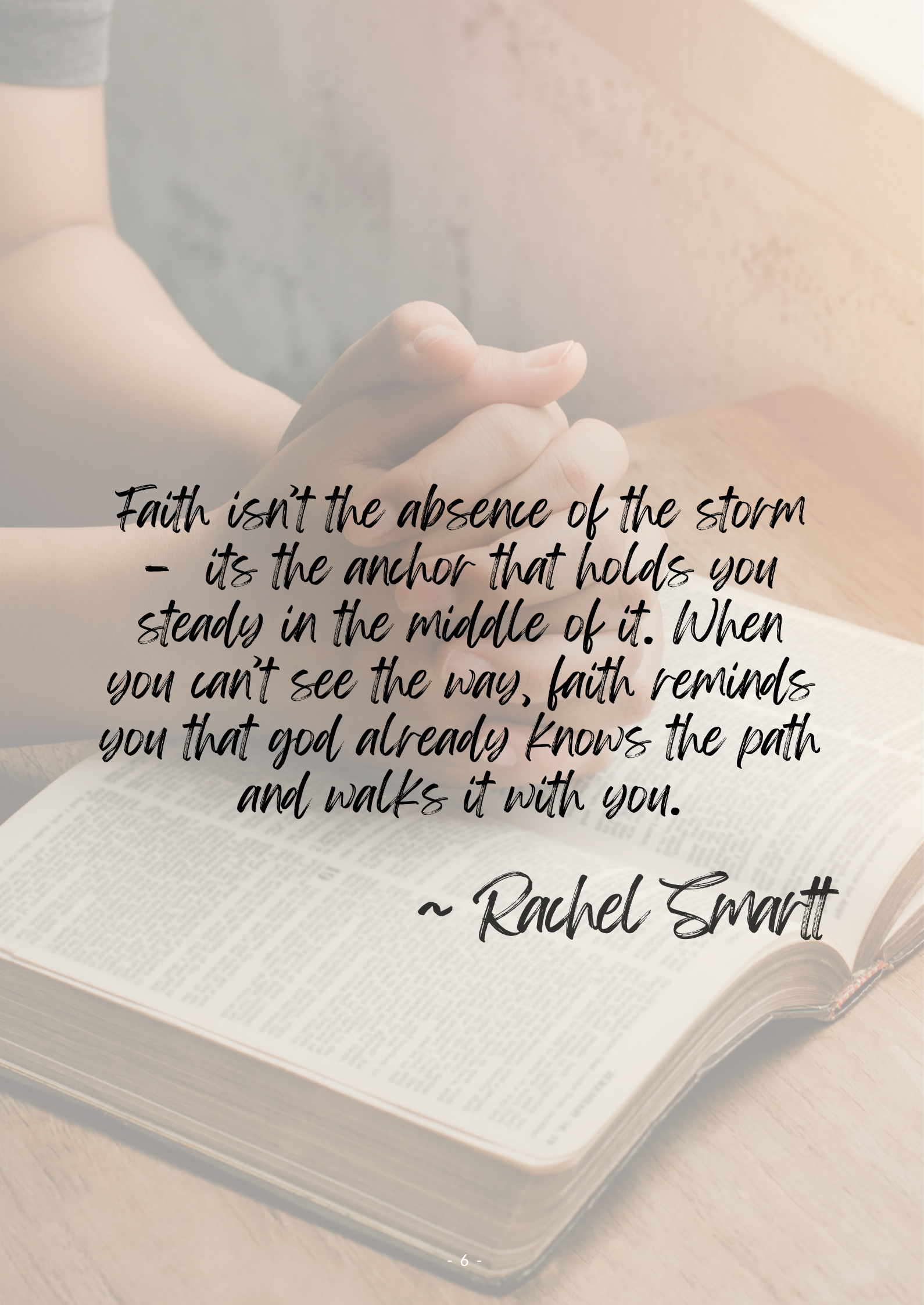
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**Key Messages:**

- ◆ God is always present, even when we don't perceive HIM.
- ◆ Recognize His presence requires shifting our perspective from circumstances to truth.
- ◆ Just like Hellen Keller felt God before she new His name, we can sense His presence even in moments of uncertainty.

A close-up photograph of a person's hands clasped together in a prayerful gesture, resting on an open Bible. The Bible is open to a page with text, and the hands are positioned over the center of the page. The lighting is soft and warm, creating a serene and spiritual atmosphere. The background is slightly blurred, focusing attention on the hands and the Bible.

Faith isn't the absence of the storm  
- its the anchor that holds you  
steady in the middle of it. When  
you can't see the way, faith reminds  
you that god already knows the path  
and walks it with you.

~ Rachel Smartt



## LESSON 2: HOW PERCEPTION SHAPES OUR FAITH [VIDEO]

Analogy: Imagine looking through a dirty window - it doesn't change what's outside, but it affects what you see. In the same way, our perception of God can be blurred by past pain or false beliefs.

Reflection: How has your view of God been shaped by your experiences? Have they drawn you closer or led you to question Him?

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## LESSON 3: FEELING GOD'S PRESENCE [VIDEO]

## LESSON 4: NAVIGATING STRUGGLES & BARRIERS [VIDEO]

### #1 Barriers - Distractions & Busyness

Reflection: What areas of your life are "too noisy" for you to hear God's voice? (social media, stress, comparison or overcommitment)

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## #2 Barriers - Doubt & Fear

Reflection: What doubts or fears are making it hard for you to trust God's presence? Write at least 3 down in the box below. Besides each one, write a truth from scripture that reminds you of who God is. You can use AI to give you truths if you struggle. Highlight the verses you find and review often.

### FEARS

(EXAMPLE: NOT  
WORTHY)

### TRUTH

(ISAIAH 43:1)  
"FEAR NOT, FOR I HAVE REDEEMED YOU; I  
HAVE CALLED YOU BY NAME, YOU ARE  
MINE."

### #3 Barriers - Expectations - Looking for God in the Wrong Places

Action: Take five minutes of silence today. Simply ask, "God where have you been present in my life?"

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## LESSON 5: PERSONAL REVELATION & HEAVENLY TUTORING [VIDEO]

Journal Prompt: What is one way you can invite Gods' presence this week? Record anything you hear, feel, or receive from the Spirit.

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*Fear not, for I am with you; be not dismayed, For I am  
God; I will strengthen you, I will help you, I will  
uphold you with my hand of righteousness.  
~Isaiah 41:10*



# WEEKLY ANCHORING ASSIGNMENT:

Trace the hand of God

List 3 key moments when you felt divine alignment:

1. 

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2. 

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3. 

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# ACCEPT TRIALS & GROW YOUR FAITH

*"Faith isn't forged in comfort – it's refined in the fire. Trials are the soil where deep roots of trust take hold."*

# Lesson 1: Trials are Part of the Faith Journey - We Are IN Training!

## VIDEO: Candy Matson's Story

**Reflection:** What were your thoughts after hearing Candy's story? How can her faith elevate yours?

[illegible]

Can you think of a challenge that revealed strength, patience, or wisdom you didn't know you had?

[illegible]



## Lesson 2: God

VIDEO: 4 minutes

Reflection: What are

VIDEO: 4 minutes with Nick Vujicic

Reflection: What area of your life currently feels like it's "in the fire"?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What would trusting in God look like, rather than just asking for it to end?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Lesson 3: Spiritual Muscles Grow Through Resistance

### Analogy: The Butterfly and the Struggle

If you remove the struggle, you weaken the wings. Just like the butterfly must fight its way out of the cocoon to be able to fly, we must walk through our trials to build the spiritual strength we need for the journey ahead.

### Reflection:

Think about a time when the “struggle” felt overwhelming. What if that moment wasn’t there to break you, but to build your wings?

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What “thorn” are you carrying or have carried that you’ve begged God to remove? I encourage you to pray and ask God to reveal his love for you and to give you added strength to overcome your challenges.

## Lesson 4: Your Response To Trials Determines Your Growth

### Reflection:

What spiritual rhythms and practices help me stay anchored when life feels uncertain? How can I deepen one of these habits starting this week?

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### Weekly Anchoring Assignment: Trials to Triumph Timeline

Draw or write a short timeline of 1 to 3 hardest trials you've experienced.

Mark these 3 points:

1. The moment of impact
2. A decision to trust
3. An unexpected blessing or lesson that came from it.

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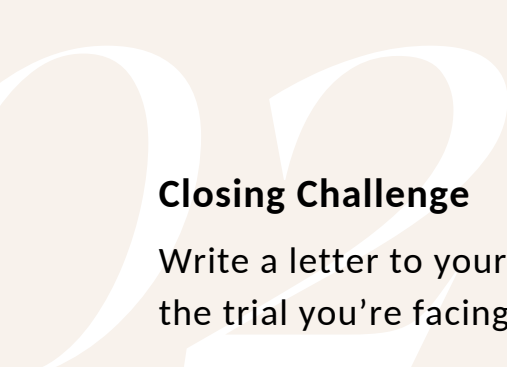
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*"Storms do not contribute to strengthening your roots; they expose them. Every storm is an opportunity to enhance their depth."*  
~ Rachel Smartt



## Closing Challenge

Write a letter to your  
the trial you're facing

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Weekly Declaration:** “In the midst of the storm, I am not falling apart – I am being forged into something greater.”





# *Pillar 3*

## **EMBRACE YOUR TRUE IDENTITY**

### **Lesson 1: The Battle For True Identity**

#### **Activity: Identity Truth Mirror Exercise**

Stand in front of a mirror and speak aloud 3-5 times, “I AM” statements rooted in God’s Word. See the list below with ideas.

#### **My True Identity**

- ◆ I was chosen by God before the foundation of the world (Ephesians 1:14)
- ◆ I am God’s workmanship, His masterpiece (Ephesians 2:10)
- ◆ I am born of God, the devil cannot touch me (1 John 5:18)
- ◆ I am part of God’s family (Romans 8:15)
- ◆ I am a new creation (2 Corinthians 5:17)
- ◆ I am holy and dearly loved by God (Colossians 3:12)
- ◆ I have been redeemed and forgiven (Colossians 3:12)
- ◆ I am a temple, a dwelling place of God (1 Cornithians 6:19)
- ◆ Christ Himself lives in me (Colossians 1:27)
- ◆ I have been given the mind of Christ (1 Corinthians 2:16)
- ◆ I have direct access to God through the Spirit (Ephesians 2:18)
- ◆ I am free from condemnation (Romans 8:1)
- ◆ I have been given the Spirit of wisdom and revelation (Ephesians 1:17)
- ◆ I am a member of Christ’s Body (1 Corinthians 12:27)
- ◆ I am called friend by Jesus (John 15:15)
- ◆ I have been made complete in Christ (Colossians 2:10)

**Reflection:** Which truth felt hardest to say? Why? How can you replace self-limiting thoughts with these daily truths?

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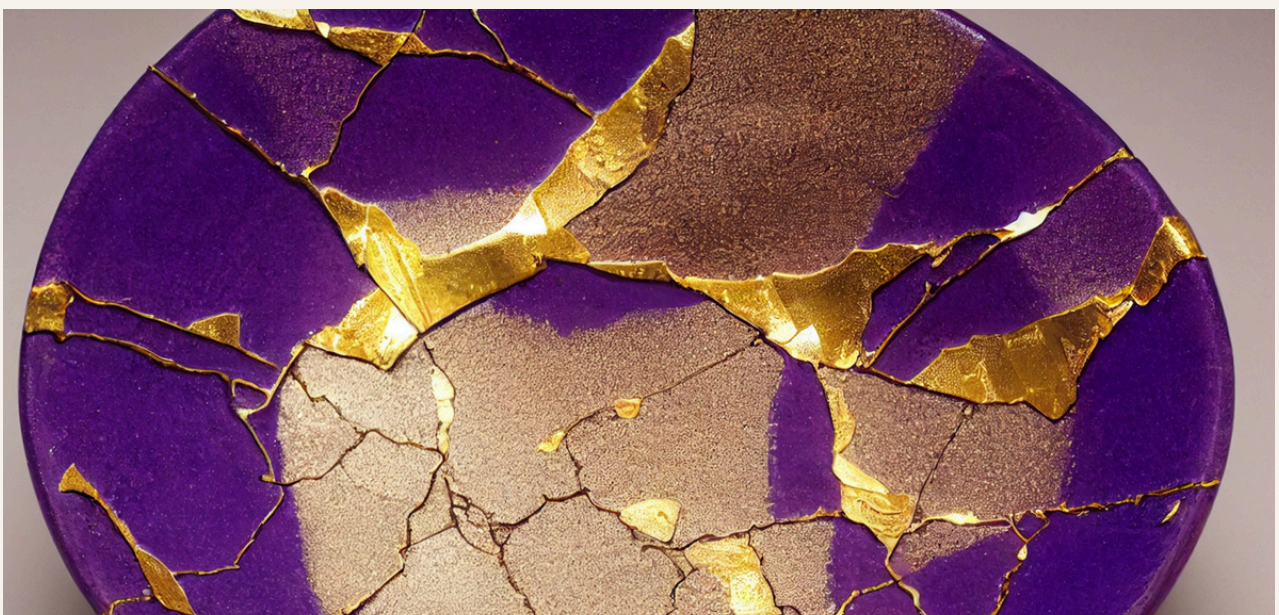
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## Lesson 2: You Are NOT Your Past - Your True Identity is in Christ

There's an ancient Japanese art called "Kintsugi" – it means "golden joinery". When a piece of pottery is broken, instead of throwing it away, the artist gathers the shattered pieces and glues them back together with a lacquer mixed with gold. The result? A restored vessel, more beautiful and more valuable than it was before it broke.

The cracks don't disappear – they're highlighted. They become part of the story. And I believe that's exactly what God does with us.



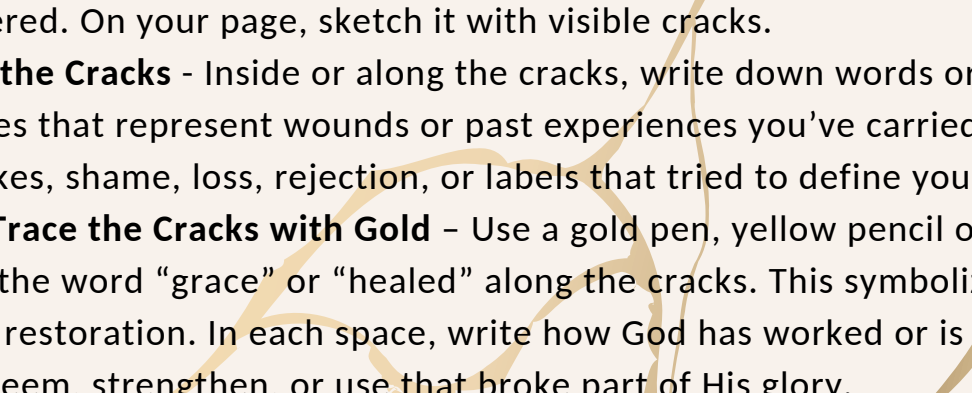
If cracks could speak, what would they say about the healing God has done and the strength you've gained in the process?

[illegible]

## BOUNS ACTIVITY

## “MY BROKEN PIECES, HIS GOLDEN GRACE”

### Instructions:

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1. **Draw a Broken Vessel** - Imagine a bowl, pot or a cup that's been shattered. On your page, sketch it with visible cracks.
  2. **Label the Cracks** - Inside or along the cracks, write down words or phrases that represent wounds or past experiences you've carried - mistakes, shame, loss, rejection, or labels that tried to define you.
  3. **Now Trace the Cracks with Gold** - Use a gold pen, yellow pencil or simply write the word "grace" or "healed" along the cracks. This symbolizes God's restoration. In each space, write how God has worked or is working to redeem, strengthen, or use that broke part of His glory.
  4. **Give a Title to Your Drawing.**

## Lesson 3: You Are NOT What Others Say About You!

*"Don't let someone else's broken lens tell you about who you are. God sees you clearly - and He calls you His." ~ Rachel Smartt*

### **Activity:**


Rewrite or reframe any negative words that might be surfacing in your life.

### Example:

I am not enough \_\_\_\_\_ → I am complete in Christ.

I always fail \_\_\_\_\_ → I can do all things through Christ.

Life is too hard \_\_\_\_\_ → I can focus on just today.





## Lesson 4: Living Confidently In Your True Identity

**Engaging Questions:** How would your life look if you fully embraced your identity as a child of God?

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What's one insight that deeply resonated with you from Chapter 3 of *Harder Storms, Higher Strength* – especially through Andra Prowant's powerful journey of discovering her true identity in Christ?

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## *Prayer for Releasing Lies and Embracing God's Truth*

Heavenly Father,  
I come before You with a heart that longs to know who I truly am—  
not through the lens of past wounds, labels, or lies,  
but through Your eyes of love and truth.

Reveal to me, Lord, the false beliefs I've been holding onto—  
the names I've accepted that You never gave me,  
the shame, the fear, the unworthiness.  
Help me recognize them, and with Your strength, toss them out like  
garbage they are.

Replace every lie with Your living truth.  
Let Your Word reframe my identity,  
rooting me in grace, dignity, and purpose.  
Call me back to the name You've always given me—  
Beloved. Chosen. Redeemed. Free.

I surrender the voices that don't speak life,  
and I open my heart to Yours.  
Lead me into the fullness of who You created me to be.  
In Jesus' name, Amen.

## SURRENDER WITH FAITH & TRUST IN GODS PLAN

### Lesson 1: Illusion of Control

Surrender is one of the most misunderstood spiritual principles. It's often seen as weakness or giving up – but in God's hands, surrender is where the miracle begins.

Its not passive, its powerful.

### Lesson 2: Surrender in Suffering [VIDEO]

*“Watch the powerful video of Jose Montez’s story – a near-death accident that left him in the ICU for 40 days. His surrender wasn’t just physical, it was eternal and deeply spiritual.”*

**Reflection:** What did Jose’s journey teach you about surrendering through suffering?

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### Challenge

Each day this week, pray over one thing you’re surrendering and write it down.

“Today, I surrender \_\_\_\_\_”

**LISTEN TO THE SPIRIT &  
ACT**

**Pillar of Truth:** The still, small voice won't always shout, but it will always lead you to make the right choice.

## Lesson 1: Remember God is Always Speaking

Imagine a radio station broadcasting 24/7 – but if your dial isn't set to the right frequency, you'll miss the message. God is always speaking, but if we're tuned into distractions, doubt, or fear, His voice can be drowned out. We must intentionally align our hearts to His frequency – through prayer, stillness, and time in the word.

**Reflection:** When was the last time you truly sensed the Spirit prompting you? Are there any distractions in your life right now that might be making it harder to hear God's voice?

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## Lesson 2: Recognizing the Spirit of God

**Question to Ponder:** What steps can I take to become more spiritually sensitive?



## Lesson 3: Obeying the Lord from a Place of Love

**Story Connection:** Reflect on a time when someone in your life obeyed the spirit and it deeply impacted you. Remember, God answers prayers but it is us – who usually through another person – that meet our needs.

**Reflective Questions:** Pick three questions that resonate with you and write about them in your journal.

1. Have you ever experienced a prompting from the Holy Spirit? What happened?
2. What does God's voice feel like compared to my own thoughts?
3. What steps can I take to become more spiritually sensitive?
4. How can I respond with more confidence when I feel led by the spirit?

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**Final Encouragement:** Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way, walk in it." ~ Isaiah 30:21



# *Pillar 6*

## **HONOR THE PRESENT & ADAPT**

### **Lesson 1: Seasons of Life are Designed for Growth**

*We all are going to go through different seasons – Nothing stays the same.*

#### **Analogy: The Changing Seasons in Nature**

We don't resist when summer turns into fall, or winter into spring. We accept the change because we know it's natural and necessary. Yet, in our personal lives, we resist seasons of transition – whether its waiting, healing or rebuilding, What if instead of fighting change, we trusted that God has purpose in every season?

Question:

Where in your life could you make small shifts, practice acceptance, or invite someone in to help lighten the load?

Peace lives in the present moment. When you honor the now, you open the door to God's grace and guidance.

## Lesson 2: Finding Peace in the Now

### Analogy: The Passenger vs. The Driver

Imagine taking a long road trip. If you're constantly staring at the GPS, anxious about the next turn, you'll miss the beauty of the scenery along the way. Too often, we live life this way – focusing so much on what's next that we fail to appreciate where we are.

God calls us to **be present** because that's where He meets us – not in the past, not in the future, but right now.

### **Activity:** 5 Senses Grounding Walk

Activity: Go for a short 5-10 minute walk (or sit in a quiet space) and write down one thing you can...

- ◆ see
- ◆ hear
- ◆ smell
- ◆ feel
- ◆ taste (or imagine tasting)

Set a timer for 5 minutes. With each inhale, breathe in gratitude, peace, and joy. With each exhale, let go of stress, control, and anything weighing you down.

**Purpose:** This simple sensory grounding helps practice mindfulness and trains the brain to stay in the present.

## Lesson 3: Adapting to Change with Gratitude

*Gratitude turns what we have into enough.*

Take a few quiet moments to reflect and write:

1. My current season look like...(describe what this season of life feels like emotionally, spiritually, or physically)

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2. One way I can intentionally practice gratitude in this season is...

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3. What strengths have been revealed in me because of this season?  
(Example: resilience, compassion, surrender)

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## SPIRITUAL EXPERIENCE LIST

Write down moments, big or small, where you felt God's hand or saw beauty, provision, or peace.

◆ \_\_\_\_\_

◆ \_\_\_\_\_

◆ \_\_\_\_\_

◆ \_\_\_\_\_

### REFLECTION PROMPT:

Circle one word that describes your focus for this week:

Gratitude – Strength – Presence – Faith – Peace – Trust – Surrender



# *Pillar 7*

## **CONNECT & RELY ON FAMILY & COMMUNITY**

### **Lesson 1: The Power of Godly Connections**

**Pillar Truth:** You were never meant to walk alone. Strength multiplies in unity, and healing flows through the bonds of love and belonging.

We grow stronger when we lean on family, friends and faith-centered community.

#### **Reflection Prompt:**

Who in your life has been a spiritual anchor for you?

How has God used community to bring you comfort, growth, or strength?

**Anchor Thought:** God often answers our prayer through other people.



## Lesson 2: Being a Source of Strength for Others [VIDEO with Debbie Gronner]

### **Prompt:**

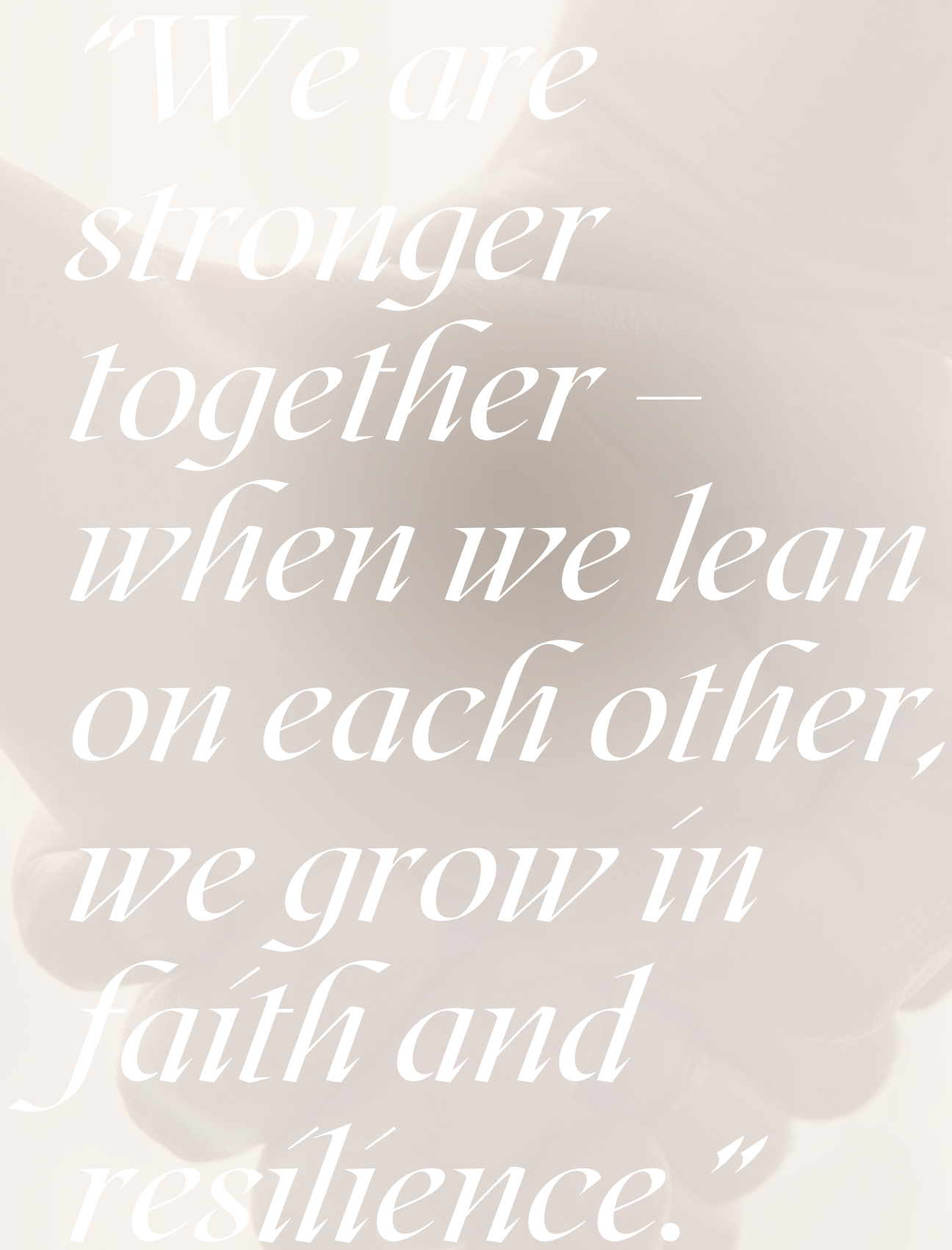
Where are you afraid to let others in?

Who are the people God has placed in your life currently that can help you stay strong? Have you let them in lately?

What does community mean to you and what impressed you about Debbie Gronner's Journey and the impact of the Women at the Well Ministry?

**Remember:** Vulnerability is not weakness – its a doorway to connection.





*“We are  
stronger  
together –  
when we lean  
on each other,  
we grow in  
faith and  
resilience.”*

# *Closing*

*"Let's intentionally build our relationships and be a source of encouragement to someone in need."*

**Challenge:** Reach out to one person this week – encourage them, pray for them, or simply be present. Write a letter of gratitude to someone who has supported you.



*"Encourage one another and build each other up, just as in fact you are doing." (1 Thessalonians 5:11)*

*Congratulations,  
You have completed  
the course!*



“Everything fades, but God’s love is forever.”