

STAND FIRM on God's Word



*Be Bold. Walk in God-Given
Authority. Live in the Holy Spirit
Dunamis Power.*



STAND FIRM ON GOD'S WORD
1 CORINTHIANS 16:13

TABLE OF CONTENTS

STAND FIRM Foundation Scriptures	Pages 1–6
What We Stand On	Page 7
YOU ARE WHO GOD SAYS YOU ARE.....	Pages 8–10
Vision and Mission.....	Pages 11–12
How It All Began.....	Pages 13–19
The STAND FIRM Trail.....	Pages 20–23
The Gemstone Journey.....	Pages 24–25
Future Goodness.....	Pages 26–29
STAND FIRM Restoration Campus.....	Pages 30–31
Stand Firm Legacy Friends.....	Pages 32–33
Stay Connected.....	Pages 34–35
The Most Important Decision.....	Page 36



FOUNDATION SCRIPTURES

These scriptures were not chosen randomly.

They were chosen for a specific reason because we are in a spiritual battle with unseen forces, and we also *need* to know the love of God.

Before we can STAND FIRM, we must first be in the Word, know WHO GOD SAYS WE ARE, and understand the authority we have been given, and how to fight in this daily battle.



FOUNDATION SCRIPTURES

Ephesians 6:10-18 [NLT] STAND FIRM

A final word: Be strong in the Lord and in his mighty power.

Put on all of God's armor so that you will be able to STAND FIRM against all strategies of the devil.

For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places.



FOUNDATION SCRIPTURES

Ephesians 6:10-18 [NLT] STAND FIRM continued

Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle, YOU WILL STILL BE STANDING FIRM.

Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared.



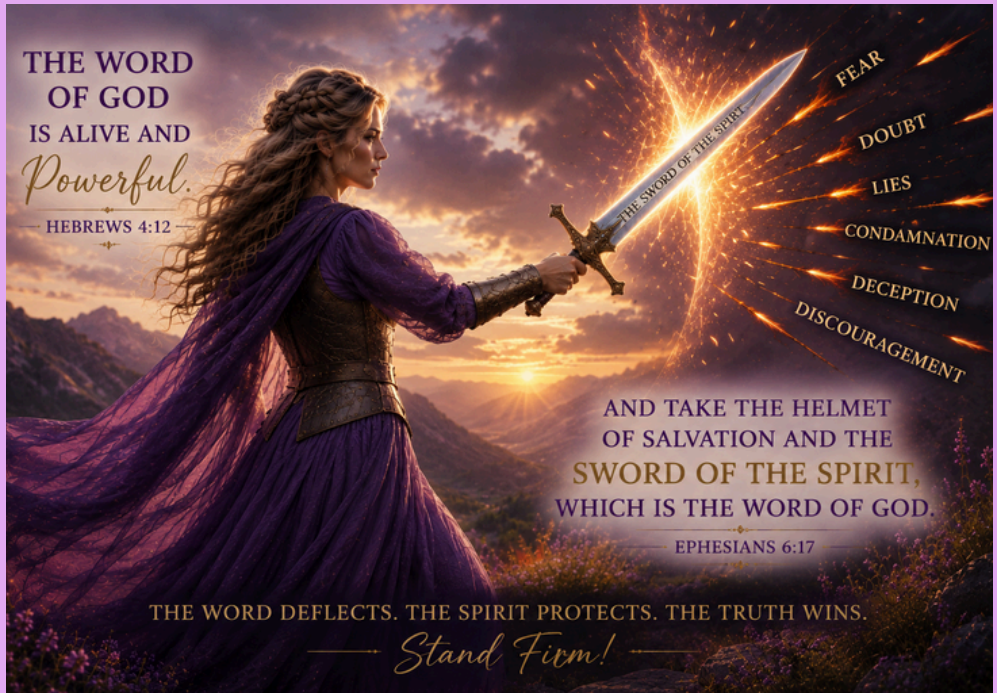
FOUNDATION SCRIPTURES

Ephesians 6:10-18 [NLT] STAND FIRM continued

In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.

Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.



FOUNDATION SCRIPTURES

Ephesians 3:16-20 [NLT] THE LOVE OF GOD

I pray that from his glorious, unlimited resources, he will empower you with inner strength through his Spirit.

Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.



FOUNDATION SCRIPTURES

Ephesians 3:16-20 [NLT] THE LOVE OF GOD continued

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.



WHAT WE STAND ON!

We are a Spirit-led community dedicated to equipping, Him-powering, and discipling women through the Word of God and the leading of the Holy Spirit.

We believe in the uncompromised truth of God's Word. Its transforming power. WHO GOD SAYS WE ARE. Our authority. Divine healing. Favor. Abundance.

Living a life that is transformed through a personal relationship with Jesus and the renewing of our mind through the Word of God.



YOU ARE WHO GOD SAYS YOU ARE!

When life is totally out of control, and the biscuits are flying, the answer isn't for us to be stressed or freak out.

We don't need another self-help strategy or just to think positive thoughts or to keep trying harder.

THE ANSWER IS GOD'S WORD

God's Word is the foundation for every issue, every flying biscuit, every question, and every concern in life.



YOU ARE WHO GOD SAYS YOU ARE!

As you spend time in the Word each day, the Lord will renew your mind, reveal WHO HE SAYS YOU ARE, and equip you to STAND FIRM no matter what biscuits are flying.

It is the Word that grounds us in God's love. It is the Word that never changes when everything is spiraling downward.

It is the Word that gives us peace when we can hardly breathe because the pain is too great to bear.

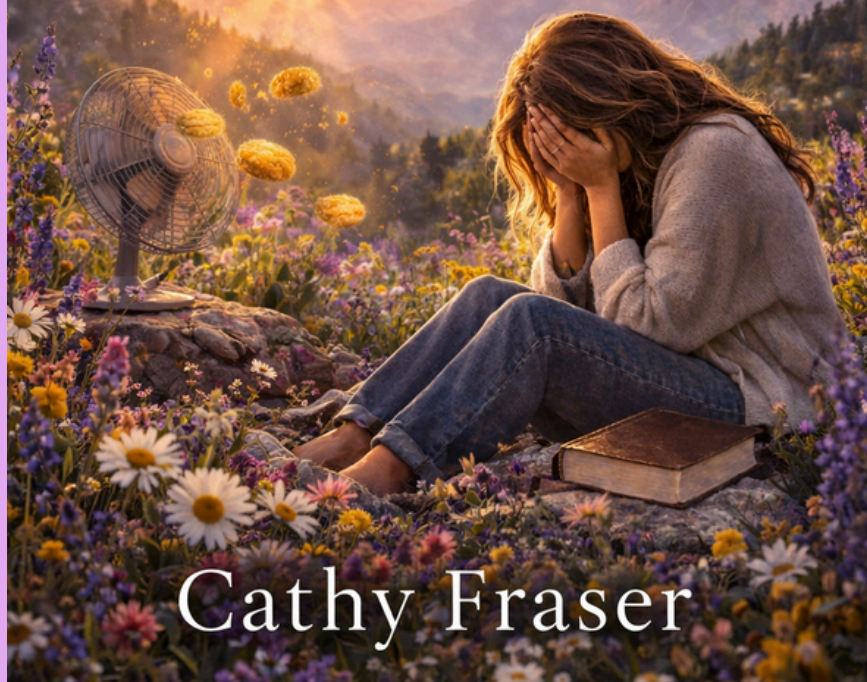
This is also the foundation for my book...



**YOU ARE WHO GOD
SAYS YOU ARE!**

When Biscuits Hit The Fan!

*You Are Who
God Says You Are*



Cathy Fraser

VISION AND MISSION

Too many women are spiritually exhausted, disconnected, and don't know how to STAND FIRM in a world filled with fear, confusion, compromise, and constant flying biscuits.

Many places offer encouragement and sometimes an uplifting message, but there remains a great need for deeper discipleship, equipping, and community.

This is why Stand Firm exists.



VISION AND MISSION

STAND FIRM

on God's Word

Be Bold. Walk in God-Given Authority.
Live in Holy Spirit *Dunamis* Power.



VISION STATEMENT:

Him-powering 10,000 solo women to know **WHO GOD SAYS THEY ARE**, walk boldly in the Dunamis power of the Holy Spirit, and **STAND FIRM** on God's Word—no matter what biscuits are flying.



MISSION STATEMENT:

We equip and disciple women through an international, online, Spirit-led community that provides biblical teaching, mentorship, prophetic healing, and transformational resources.

HOW IT ALL BEGAN...

I never set out to build a ministry or serve women.

Most of my life was spent in the business world and surrounded by men.

From the time I started my first business at twelve years old, I loved guiding people toward their business vision and purpose, building business ideas, creating business plans, and solving entrepreneurial challenges.

Then I came to know the Lord...



HOW IT ALL BEGAN...

As my relationship with Him grew, I started to have a burden for women that would not go away.

I tried many times to build what I thought should be built using my business knowledge and skills, but nothing really took off.

Every business and technology experience the Lord allowed me to have became part of the foundation He was laying for this vision.



HOW IT ALL BEGAN...

The years of helping people develop business ideas became guiding women to uncover God's vision for their lives.

Business planning became biblical discipleship.

Helping people take the next step in business became equipping women to STAND FIRM on God's Word.

This change came about when I was willing to listen to the Lord's guidance instead of running ahead of Him or doing what I thought should be done.

Then the biscuits started flying, big time...

But God didn't take the vision away. He kept expanding it and revealing just how big it really was.



HOW IT ALL BEGAN...

Those biscuits just kept coming... Loss after loss, uncertainty, setbacks, roadblocks, disappointments, financial hardship, and one "flying biscuit" after another. Major life transitions left me wondering, *what in the world is going on? Who busted out the biscuit buffet?*

It was in the middle of that absolute chaos that I heard a statement my pastor had said many times before. But this time it wasn't just words, it became a revelation.

YOU ARE WHO GOD SAYS YOU ARE



HOW IT ALL BEGAN...

This statement not only became my foundation, but it also saved my life, because I had reached the end of my rope and honestly wasn't sure I was going to make it through that flying biscuit season.

Because of circumstances, I had a lot of time to spend hours in my bible.

I learned so much about what the Word really says and means. The Lord showed me my real identity, WHO HE SAYS I AM. My mind was renewed to Stellar Thinking.



HOW IT ALL BEGAN...

The greatest lesson to come out of that season was learning to **STAND FIRM** on God's Word instead of focusing on my circumstances and all the flying biscuits.

What began as my personal journey eventually became a book: **When Biscuits Hit the Fan... YOU ARE WHO GOD SAYS YOU ARE.**

The book led to Bible teachings. The teachings grew into resources. The resources expanded into discipleship.



HOW IT ALL BEGAN...

Even now, the biscuits haven't stopped flying. Challenges still come. Unexpected setbacks still happen. Some days are really difficult and painful.

Therefore, my book, teachings, and anything you find within Stand Firm don't come from a strategic business plan or theology.

They come from my heart, the trails I have personally hiked, from the flying biscuit seasons, and from learning how to STAND FIRM when everything around me was out of freaking control!!!

The difference is that today I know who I am, what inheritance and authority I have, and how to STAND FIRM regardless of the flying biscuits.



STAND FIRM TRAIL

You are at the trailhead; you will experience transformation by walking the Stand Firm Trail – daily.

The Gemstone Journey is how your life is transformed through God's Word and the Holy Spirit.

Over the years, I have learned that growth of any kind doesn't happen by accident. The same is true of our relationship with the Lord or understanding how to apply scriptures to our lives.

It happens one day at a time, one Holy Appointment at a time, and one step of obedience at a time.



STAND FIRM TRAIL

What You May Find Along the Trail...

THE RESOURCE LIBRARY [AMETHYST LEVEL]

One thing you should know is that this Resource Library is completely free—and it will always be free of charge.

Designed to provide a self-study experience with practical biblical tools that will equip and disciple you to:

- Know WHO GOD SAYS YOU ARE
- Learn how to study and apply God's Word
- Walk in the Dunamis power of the Holy Spirit and your God-given authority
- STAND FIRM on God's Word—especially when the biscuits are flying!



STAND FIRM TRAIL

The heart of Stand Firm is God's Word, but it's also about the relationships we build along the trail. God never intended us to walk this journey alone.

In fact, it is impossible to be a true disciple of Jesus and STAND FIRM on God's Word without a community of sisters who will hold us accountable, speak the truth when needed, and STAND FIRM with us when biscuits hit the fan.

The Sapphire Membership is where community, biblical discipleship, and equipping come together as we do life, build lasting friendships, and continue walking the Stand Firm Trail—one step, one flying biscuit season, and one assignment at a time.



STAND FIRM TRAIL

Here is a taste of what you'll find inside...

- Flying Biscuits Academy
- Resource Library
- Live, Cohort, and Evergreen Biblical Teachings
- Prayer & Prophetic Gatherings
- Purpose, Calling, and Vision Workshops
- Monthly Challenges
- Book Studies & Discussion Groups
- Communion Gatherings
- Hiking Adventures & In-Person Community Experiences
- Ministry & Business Mentorship
- Publishing, AI & Technology Services



GEMSTONE JOURNEY

Throughout Stand Firm, you will notice the twelve foundation gemstones found in Revelation 21 describing New Jerusalem.

We use these gemstones as *symbolic* representations of the seasons of discipleship and being equipped.

The visual journey illustrates the progression from

- Building a firm foundation in God's Word,
- To knowing WHO GOD SAYS YOU ARE
- Walking in our God-given authority
- Living in the Dunamis power of the Holy Spirit
- Ultimately being able to STAND FIRM on God's Word—no matter what life throws your way.



GEMSTONE JOURNEY

The Stand Firm GEMSTONES JOURNEY

Throughout Stand Firm, the twelve foundation gemstones of the New Jerusalem (Revelation 21) serve as symbolic reminders of the spiritual journey God takes us on as we grow in Him.

The gemstones aren't the focus—
Jesus is.

The wall of the city was built on foundation stones inlaid with twelve precious stones: the first was jasper, the second sapphire, the third agate, the fourth emerald, the fifth onyx, the sixth carnelian, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth chrysoprase, the eleventh jacinth, the twelfth amethyst.

The twelve gates were made of pearls—
each gate from a single pearl!
And the main street was pure gold,
as clear as glass.

REVELATION 21:19-21



- | | | | | | | | |
|---|---|--|--|----|---|---|---|
| 1 |  | Jasper
FOUNDATION,
STABILITY,
GOD'S PROTECTION | Awareness there is an enemy, there is evil and there is good — recognize the need for change and choose to start journey toward freedom. | 7 |  | Chrysolite (Yellow Topaz)
JOY, ABUNDANCE,
ILLUMINATION | Cultivate daily gratitude and joy through every season. |
| 2 |  | Sapphire
REVELATION,
WISDOM,
DIVINE GUIDANCE | Be in the Word daily wisdom, correction, and revelation. | 8 |  | Beryl
PROTECTION,
COURAGE,
FAVOR | STAND FIRM on God's Word during flying biscuit seasons, |
| 3 |  | Chalcedony
GOD'S EXPANSIVE LOVE | Become aware of God's unconditional love and know YOU ARE WHO GOD SAYS YOU ARE | 9 |  | Topaz
EMPOWERMENT,
BEAUTY, LIGHT | Live knowing I AM WHO GOD SAYS I AM |
| 4 |  | Emerald
GROWTH,
CLARITY,
HEALING | Trust God fully, surrender control, and live Him-powered instead of self-reliant. | 10 |  | Chrysoprase
AUTHORITY,
CONFIDENCE,
BOLDNESS | Walk in your God-given authority, declaring His Word with boldness against the enemy. |
| 5 |  | Sardonyx
STRENGTH,
PERSEVERANCE,
DISCIPLINE | Renew our mind with Stellar Thinking, capture negative thoughts, and replace with the WORD | 11 |  | Jacinth
DEVOTION,
INTIMACY,
DEPTH | Deepen our intimacy by honoring our Holy Appointment. |
| 6 |  | Sardius (Ruby)
PASSION, POWER,
REFINING FIRE | Walk boldly in Dunamis Holy Spirit and be Spirit-led. | 12 |  | Amethyst
ROYALTY,
AUTHORITY,
VICTORY | Walk in daily freedom, as a royal daughter of the King Spirit-filled and transformed. |

Reminder

-  God is our Father
-  Jesus is the focus
-  The Holy Spirit is our guide
-  The Word is our foundation
-  The gemstones simply illustrate the journey



One Trail At a Time
You Are God's
Precious Gem

FUTURE GOODNESS

The Vision Keeps Going...

Although STAND FIRM is still in its early stages, it will continue to grow because I serve a BIG God whose plans are always bigger than I can imagine!

I am excited to share just a few of the dreams, projects, and possibilities the Lord has placed on my heart for the future of Stand Firm!



Future Goodness

God's plans are greater
than we can imagine, and
the best is yet to come.

FUTURE GOODNESS

Stand Firm Connections

A collaborative marketing platform designed to help like-minded believers who are entrepreneurs, ministry leaders, authors, speakers, and coaches expand their visibility through intentional collaboration, networking, referrals, and divine partnerships.

This group will also offer opportunities for mentorship, shared resources, and strategic investments that help launch and strengthen God-given businesses and ministries.



FUTURE GOODNESS

Stand Firm Publishing

Will continue expanding through books, cards, workbooks, devotionals, journals, board games, teaching materials, magazines, and other digital and physical resources designed to equip and disciple women.

The long-term vision also includes creating an on-site publishing center where ministries, authors, and business owners can publish and share their message.



FUTURE GOODNESS

Stand Firm Vision Retreats

Host Stand Firm in-person gatherings in Colorado and Florida focused on biblical teaching, intentional time with the Lord, and prophetic healing for the body, soul, and spirit.

Together, participants will uncover their God-given vision, mission, and purpose (Ikigai).

Each participant will leave with a living creative plan and clear steps for their next assignments



FUTURE GOODNESS

The STAND FIRM Restoration Campus

Envisioned to be in Woodland Park, Colorado. This will be a place where women can get away from the stress and chaos of everyday life.

A safe place to land during seasons of major transition, unexpected life changes, tragic loss, unbearable grief, financial hardship, or when life simply has become too overwhelming to walk alone.

This will be a place of restoration, hope, and new beginnings. A place that will be conducive to the start of rebuilding lives.



FUTURE GOODNESS

The campus will include a village of tiny homes, cabins, and full-hookup RV and van sites designed to provide a peaceful, restorative environment. The property will also feature study spaces, a central lodge for gathering, biblical teaching and discipleship, gardens, and hiking trails.

This vision is deeply personal to me because it the kind of place I wish that I had during some of the most difficult biscuit-flying seasons.

My prayer is that this campus will become that same place of hope, healing, and new beginnings for many women.



STAND FIRM LEGACY FRIENDS

We are building a legacy that will outlast all of us. A legacy that will disciple and equip women to know WHO GOD SAYS THEY ARE, walk in their God-given authority, and STAND FIRM on God's Word.

No one builds a God-given vision alone. If the Lord has stirred something in your heart, there are options to become a Stand Firm Legacy Friend.

💎 Sponsor a Sister: Provide a Sapphire Membership for a woman who desires to be part of the Stand Firm community but doesn't currently have the resources to join.



STAND FIRM LEGACY FRIENDS

💖 **Laying the Foundation:** This is a unique opportunity to be part of the very beginning of Stand Firm. Your support will assist in covering essential startup costs, administrative expenses, operational and outreach supplies, publishing resources, and other foundational expenses.

💻 **Technology & Innovation:** Support the technology, community and marketing platform, website and domain services, AI tools, software, and future technology initiatives.

🏡 **Restoration Campus:** Support the future Restoration Campus and Village, a safe place where women can experience healing, restoration, biblical discipleship, and a fresh start during seasons of transition.



STAY CONNECTED

Girlfriend, I look forward to hiking this journey with you. When the biscuits start flying, and they will, together and as a community, we will come to know WHO GOD SAYS WE ARE, walk boldly in our God-given authority, live in the Dunamis power of the Holy Spirit, and STAND FIRM on God's Word!

👑 **YOU ARE WHO GOD SAYS YOU ARE** 👑

Cathy Fraser

Stand Firm On God's Word

Community Host • Bible Teacher • Hiking Guide

719-581-2158 (Text)

Info@StandFirmOnGodsWord.com



STAY CONNECTED

Thank you for taking the time to learn about STAND FIRM On God's Word. Scan the codes below to stay connected and explore the resources!



 **Get the Book:** When Biscuits Hit the Fan... YOU ARE WHO GOD SAYS YOU ARE! Plus a Bonus Resource Library



Become a Stand Firm Legacy Friend: Help build the vision and equip women to STAND FIRM on God's Word.

MOST IMPORTANT DECISION

Everything we do at Stand Firm begins and ends with Jesus.

If you have never invited Him into your life, or if you are ready to come home after walking away, there is no better time than right now.

This journey isn't about religion; it is about a personal relationship with the One who loves you more than you can understand.



Click on image to download your copy of Heaven's Travel Brochure

