



Charlena Ortiz: [\(00:03\)](#)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is. His good, pleasing and perfect will.

Joanna Meyer: [\(00:18\)](#)

You're listening to the Faith and Work podcast, where we explore what it means to serve God, neighbor and society through our daily work.

Joanna Meyer: [\(00:28\)](#)

Hi and welcome to the Faith and Work podcast, I'm Joanna Meyer, Denver Institute's director of Public Engagement. It's the peak of summer when recording this episode, and for many people, it's a slightly slower season of work. You may be enjoying a summer vacation or just a little lighter schedule as people are spending more time celebrating the less restrictive COVID regulations. I find that summer offers mental and emotional space to reflect on my work before the fall rush starts. Questions like, "How do I feel about my work these days? Do I like the projects that I'm working on how I'm interacting with my colleagues? Or what's keeping me from doing my best work?" I find that those questions can reveal weird things that often are skewing the way I think about myself or my work or to use psychological language, I call them limiting beliefs.

Joanna Meyer: [\(01:16\)](#)

And I even think about this morning as I woke up ready to start the week, I just have subtle anxiety in my heart and I was thinking, "What is going on here?" I needed to dig in a little bit about why I was feeling so anxious about my work life. And I think that happens to many of us as we interact with colleagues, as we face the pressure of our workday. It raises emotion. It reveals things that we believe about ourselves are the load and how we respond to those limiting beliefs is critical to what we'll be able to do in our working lives. So our conversation today is going to be unique. It's not like one we've ever had on the podcast, but I think you'll be encouraged.

Joanna Meyer: [\(01:52\)](#)



My prayer for you is that you'll come away with some practical tools that invite you deeper into your walk with God and also bring new hope and empowerment for your work. Our guest today is Charlena Ortiz. She's the founder of Grit & Virtue, which is a personal development company for modern day women. And if you're a guy listening, don't tune out. There's a lot of insight in here for you as well. Charlena founded this community with her husband, Roberto, and they have built a growing online network of more than 75,000 women that are excited about their personal growth and walking with the Lord in areas of professional development. She's joining us today from Puerto Rico, our first guest from outside the continental U.S., which is really fun.

Joanna Meyer: ([02:33](#))

And our conversation will be wide ranging. We're talking about everything from identifying some of those limiting beliefs we have about our work, but also some very practical coaching skills that we can use to engage them. And we'll finish with an empowering prayer from Charlena. So I want you to keep listening because it's a really important conversation. And I'm thrilled for you to be able to interact with this powerful thought leader. Well, Charlena, before we dig into our topic today, tell us a little bit more about Grit & Virtue, bit about your journey to forming this community.

Charlena Ortiz: ([03:05](#))

So what I would say about Grit & Virtue, I'll first start with our mission, which is to equip women on a mission to build unstoppable momentum, become spiritually confident, and to never go alone on the journey. And what a mission that that father has invited us into. And I would say it's definitely been our journey of walking with the father and co-creating what it is that he has called me to in this marketplace and how to position this brand of Grit & Virtue to women, his beloved daughters, I would say it started from my personal journey of finding my calling as a coach that then led me to this bigger vision where women can also show up and share their stories and also participate.

Charlena Ortiz: ([04:03](#))

It's not just a one woman platform, but we create a platform so that women's voices are heard, their stories are told, and we just want to champion the work that God is calling women and his daughters to do all around the



world. So we're a personal development company and we provide different resources, different challenges and coaching with our team of coaches to equip you on the journey.

Joanna Meyer: ([04:31](#))

It's been so fun to see your community grow. As I mentioned in our introduction, you now have 75,000 women that are part of your network who are passionate about living their gifts in the world. And I have loved seeing how your perspective and your coaching skills are really making this community a vibrant place for women to grow. And I want to stress today in our conversation, this conversation is not limited to women.

Charlena Ortiz: ([04:52](#))

That's right.

Joanna Meyer: ([04:52](#))

You have gained expertise in that but you're married to a man who's an entrepreneur and you have been in highly entrepreneurial communities around the U.S. before moving to Puerto Rico. And so the insight that you have to share is not limited to gender. Let's jump in and talk a little bit about limiting beliefs. I know we all experience them, but what are they?

Charlena Ortiz: ([05:15](#))

I would say that limiting beliefs is our biggest enemy. Limiting beliefs often paralyze us from becoming who God has created us to become, from doing what God has created us to do, from living, actually, in lockstep with the father. And it's exactly what they are, what they're called limiting. Limiting us from the more that he has for us.

Joanna Meyer: ([05:49](#))

As you interact with the members of the Grit & Virtue community, are there common themes that you see like limiting beliefs where like, "Oh yeah, this is something I see every day in the women that work with us."

Charlena Ortiz: ([06:01](#))



Absolutely. And I would say that men as well have very similar beliefs. I think maybe it's just not talked about as often for men. My husband has been a part of creating the foundation of Grit & Virtue for a long time and I need it but we also had men to work with us to help us move the vision forward. And so it's an interesting because we created this manifesto and there were men who were actually helping with the recording of it. And there is a moment where one of the young men was testing the mic and he stood in the mic and he said, "I am enough. I am enough." He didn't say testing. He didn't say testing one, two, three. Mic check but he started to declare that he was enough.

Charlena Ortiz: [\(07:00\)](#)

And I think men similar limiting beliefs that there's definitely room to talk about. But when it comes to women, the manifesto definitely addresses the core of the questions of, "Am I enough?" And I believe that question comes or carries different weight depending on your season. And so when you are a woman pursuing a business or your professional endeavor, you're asking the question, "Am I enough to be able to do this? And I qualified enough? Do I have what it take to pursue this passion, to pursue this mission or this calling?" When you become a mother, that's a huge question. "Am I enough to be a mom? To be a mom and to be a professional? And how do I balance it all?" It can also show up in your relationships with your significant other. "Am I enough for that person?" Am I enough can come in so many different layers depending on the season.

Charlena Ortiz: [\(08:15\)](#)

Another limiting belief would be, "Am I loved." And it's a question. It's interesting how a lot of limiting beliefs are in a form of questions, but then they resonate as beliefs. And of course we are loved, right? We are all loved by the father. However, our life experiences, sometimes our upbringing gave us moments and experiences that cause us to question, are we loved? Am I loved? So that's just a couple of them. There are a ton. One that we could probably go into a little bit more is for women is about our voice.

Joanna Meyer: [\(09:01\)](#)

Okay. Tell me more about that.



Charlena Ortiz: ([09:04](#))

Okay, so there's one phrase in a manifesto that says, "I have a voice for the world to hear." And that's not necessarily for or trying to empower you to go up on stage and be a speaker or to become an author to share a message with the world. It's an invitation to acknowledge what you currently believe about your voice. Maybe it's in the tone of your voice that you question. Maybe someone says something about your tone or you have a deep voice and so therefore it's not enough. Or maybe you have an accent because you've been brought up in a certain location or environment or country. And that causes you to limit your posture, limit yourself from taking risk and embracing the message that you want to communicate, even if it's to a neighbor, even if it's within your church or within your workplace. So there are layers to the question of my voice and having a voice for the world to hear.

Joanna Meyer: ([10:25](#))

I even think a passing comment from a parent or someone that is in competition with you, whether it's in your social circles or at work, who says, "What makes you think you have anything to say?" All of a sudden you'll absorb that. You'll think, "I don't have anything to say. Why would anyone listen to me?" And suddenly a little doubting question becomes a convincing belief. It's very easy for those to settle into our hearts and really keep us from moving forward in courage in the Lord.

Charlena Ortiz: ([10:49](#))

Absolutely. And that just speaks to the question of where do these limiting beliefs come from?

Joanna Meyer: ([10:55](#))

Yeah. Where do you think they come from?

Charlena Ortiz: ([10:58](#))

They come from everywhere. There are how I describe limiting beliefs as clusters that there is just clusters of limiting beliefs that we have. Some of them, you can identify them and they're easy to pluck out. Others, they are rooted. There are some strong roots that you have to yank that stuck around. And depending on where it



has come from, how long you've allowed it to... How long you've ruminated on it depends on the layer of the limiting belief. But it can definitely come from your childhood. Very best for a lot of stronger limiting beliefs come from the messaging that we allow to... The messaging from our parents, from our mothers, from our fathers, the meaning that we've placed on situations to trauma or pain that we experienced as an adult or even as a child. Pain, anything that causes any sort of pain, a limiting belief can be from, can be drawn from or just even any conversation, actually. Anything that you create meaning that is an enlightenment with your true identity and what God has for you, it can be created.

Joanna Meyer: ([12:29](#))

Oh, I think of a friend whose high school guidance counselor scoffed the choice of college that she wanted to apply for. Thankfully, that didn't become a negative limiting belief. It became something that drove her action. But a teacher or a counselor that says, "Why would you even think of going there?" Could easily become a negative set pattern in your life that would keep you from moving forward and courage in the Lord.

Charlena Ortiz: ([12:51](#))

That's right. And an example of one that still surprise me today, the limiting belief that I carried and that I fought through for years. So as a teenager, I was really involved with my youth group and we had a ministry. We actually had a youth ministry that was led by us teenagers. And we would go the parks as I grew up in Philadelphia, urban Philadelphia, and the ministry was in Kensington, K&A. It's like the hardest place, one of the hardest places as far as brokenness, drugs, abuse, alcohol in the city of Philadelphia. And with my youth group, we will go to the parks to set up an area where we could do puppet shows and drama. And before we set out, we had to make sure we had the right shoes and we had to clean up because they were needles in the park that we had to make sure as teenagers that we were safe as well.

Charlena Ortiz: ([14:05](#))

And so we would set up and we would just minister, provide [inaudible 00:14:13] for the kids and just provide an experience outside of the environment that we were in. And then I would often give my testimony as a teenager of my upbringing and what it was like with having been raised by a single mother and the actions of



my father and in the presence of my father. And so I was public speaking all the time. So when I was 17 and I was a part of a church that was about 2,000 I went on stage and gave a whole testimony/ sermon, they couldn't sit me down. And then it was in my college years where I went up for a presentation and I've done presentations before, but I was 24 and my husband was actually in the audience because he was taking the same class with me. And for some reason, my experience of when I stood up there caused me to cry, tears coming down. It caused me, my legs to shake and my hands to shake.

Charlena Ortiz: ([15:20](#))

And I was surprised by how my body was reacting. I was very comfortable with the people in the room. I was very prepared with my content, but my body reacted in a way that otherwise would communicate and the message that I took away was, "You are afraid to do public speaking. This is not for you." And from that day, I had to fight through that belief of like, "If I go up on stage again, my body is going to shake, I'm going to cry and I have to decide if I'm going to push through or I'm going to run out the room." It was crazy. And I think one of the things that I realized is the teacher, when he was preparing us for everybody giving their first presentation, he gave a story of someone who stood up in front of the class and they were so much afraid that they ran out the room.

Charlena Ortiz: ([16:16](#))

So there was something with his the story that he told and the reaction that my body gave that then set the limiting beliefs settled in that I was afraid of public speaking. And it became, I would say, a seven year battle of me fighting that lie that I can't do this. And I'm afraid to actually stand up and speak to people.

Joanna Meyer: ([16:40](#))

I'm wondering, can you think of any examples of limiting beliefs that we see in scripture? One that came to mind to me was that moment where God asks Moses to be brave and to become a spokesperson for the people of Israel. And his first reaction is, "No, who am I?"

Charlena Ortiz: ([16:57](#))



That's right.

Joanna Meyer: ([17:00](#))

And in Exodus four he's saying, "Who am I to be speaking up? I stutter. I struggle to speak in front of people." It echoes your story. Can you think of other examples in scripture of people that had limiting beliefs?

Charlena Ortiz: ([17:12](#))

I will say specifically when it came to me struggling with my voice in public speaking, that's the scripture that God kept reminding me of. And the part where he says, "I gave you your mouth." When the Lord said that to Moses, "I gave you your mouth." That hit me so hard so many times and that's the main one that just comes to mind because it is true, God gave us our voice, he gave us the tone of our voice. He gave us a message to share in the season that he's called us to share. And so it's aligning to that truth that's going to really help us to push through the shakes of the nervousness in your body. It's going to help rewire your mind as it relates to standing up in front of people where it becomes about the message that you have to share versus about you and how you look and how you sound, because God gives us this invitation not for ourselves, but to give away what he has allowed us to experience so that we can be storytellers of the stories that he's done within our lives.

Jeff: ([18:39](#))

Hi, this is Jeff Hanan, the founder of Denver Institute for Faith and Work. Hey, thanks for listening to the Faith and Work podcast and for letting me interrupt you briefly to share just a request. I want to ask you to consider becoming a financial contributor to Denver Institute. Each day, thousands of people listen to our podcast, engage our short courses and grow spiritually as a result of generous donors like you. Each podcast episode is 100% funded by generous donors who believe that work as a way to love God, serve our neighbors and demonstrate the gospel to our world.

Jeff: ([19:09](#))

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Joanna Meyer: ([19:40](#))

Charlena, do you have any advice for our listeners for how they can begin to identify limiting beliefs in their own lives?

Charlena Ortiz: ([19:55](#))

I have a whole list. Definitely it requires self awareness. And sometimes we hear self awareness just thrown out often, but really, I would encourage every person listening to really peel back the layers of what it means to be self aware. And for me, journaling has been a great tool to help me become more self aware of what's going on in my inner world. When I sit down to journal, I'm not just recording my day, but I'm processing with the father, every emotion and every thought that comes up so that then I can invite him into these thoughts and these emotions and ask the question, "Lord, what is it that you want me to know about you as it relates to this topic at hand? Lord, what is it that you want me to know about me as it relates to this topic at hand"

Charlena Ortiz: ([21:06](#))

And those are some powerful questions. That journal, if you sit there and you journal and you listen, you will hear and become so much more aware of what's happening in your world so that as you move forward, you will be able to identify, "Okay, is this the limiting belief or is this a truth that God has invited me into?" And so from there you can decide, are you going to align to truth or are you going to default to the limiting beliefs that you've been hearing so long?

Joanna Meyer: ([21:43](#))

That's powerful. So, so powerful. I think for me, beginning the journey even begins with cluing into some of those intense emotions that I might be feeling, whether it's anxiety, stress, fear, anger, any kind of emotion that seems outside of my normal range that I carry on a day to day basis is an opportunity for me to look underneath



the hood emotionally and say, "What's really going on here? What am I afraid is going to happen? What am I anticipating with negative emotion?" All of those are an opportunity to sit down.

Charlena Ortiz: ([22:18](#))

Absolutely. There is my friend, when I was going through a phase, actually, when I just moved to Colorado at the time. It was so interesting how I'd overcome by this time, the fear of public speaking and I would step in fully, more fully into the work of Grit & Virtue. And the question that I kept encountering, the limiting belief that I kept encountering is, "Am I qualified enough?" And it's so interesting because growing up as a teenager, my youth pastor would say, "God qualifies the called." Like he will qualify you to do the work that he has called you to do. And I always had that in my mind, that's a belief that I've had. But in this season of always stepping into what God has called me to with the work of Grit & Virtue, the question of qualification was huge. It was amplified in a way that I couldn't ignore it.

Charlena Ortiz: ([23:28](#))

And what my friend who's Spiritual Director in Colorado, she mentioned, she said, "What God stirs up, he intends to heal." And so whatever emotion that is there now that you can't deny, that you can't tuck away, that's an invitation for you to go deeper and to peel back the layers and to ask the question, "Lord, what is it that you want me to know?"

Joanna Meyer: ([23:59](#))

Powerful. Lord, what is it that you want to heal?

Charlena Ortiz: ([24:02](#))

Yes.

Joanna Meyer: ([24:02](#))

So I have a question. I picture people going into their workplace. And one of the struggles that we talk about a lot about at Denver Institute is figuring out how do you take your soul to work. Because it's so easy to head into



a workday and just kind of check out. You feel like that wonderful moment of peace that you had with the Lord to start your day you have kind of forgotten about it and moved into your busyness of your work routine. When you think about how people can apply these principles to limiting beliefs they have when they step into the workplace or when they have that intense, important business meeting, what do you think it looks like to actively address those limitations in the moment at work?

Charlena Ortiz: [\(24:43\)](#)

I would say that it comes back to first realizing that you want to operate from a place of freedom and not fear. That you want to operate from a place of freedom and not anxiety. Anxiety driven or worry or stress, that you want to walk into your workplace from a place of wholeness. And when you have that alignment of that's your core desire of operating in the day to day so that when the pressure is on and the decisions has to be made, that you're making those decisions from a place of wholeness. That desire has to be very strong in order for you to say, "You know what, I'm going to be intentional about how I step into my day."

Charlena Ortiz: [\(25:35\)](#)

And there are some ways in which you can do that. One is you can actually have an identity statement, which I recommend everyone have an identity statement for every season. And it's just a simple statement that you... I always say simple because sometimes it could be very long, depending on what God wants to download to you in the season. But to have an identity statement that you created with the father. An identity statement that is hard for you to actually believe in the moment, is an identity statement that is an invitation to become more of who God has caused you to be. And sometimes is an identity statement that has [inaudible 00:26:13] that God desires to bestow on you that you otherwise wouldn't realize unless you ask him. To create this identity statement and to read it before entering your workplace.

Charlena Ortiz: [\(26:27\)](#)

If you have a new role, say, for instance you are the new director of HR and you have the experience but you're still figuring things out. What is the identity say for that specific role? I have an identity statement for me being a coach. I've an identity statement for overall just a businesswoman, a business owner and an identity



statement I've one that encompass me as a mother, me as a wife and then me as a daughter with the father. So there's so much identity that the father want to bestow on us. And when it comes to our workplace and our roles, specifically you're just stuck there. Lord, who is it that you called me to be in this role as, you fill in the blank. As a podcaster, as a coach, as an author, as a leader. And write down what he download to you and make sure you read that often.

Joanna Meyer: [\(27:34\)](#)

Can you give us a sample of what an identity statement might look like? How does it sound when you read it?

Charlena Ortiz: [\(27:39\)](#)

Okay. So let's see. My identity statement as a coach says, "I am a powerful coach. I am resourceful, creative and whole. I have what it takes to unlock the true beauty in women and to help set them free. I have been commissioned by the father, I've been commissioned by heaven to do the work that he's called me to do on this side of heaven.

Joanna Meyer: [\(28:09\)](#)

And how did you compose that?

Charlena Ortiz: [\(28:11\)](#)

With the father.

Joanna Meyer: [\(28:15\)](#)

Flush that out a little bit. For those of us that walk as intimately with the Lord as you but aspire to.

Charlena Ortiz: [\(28:20\)](#)

Okay. So one example. Okay, here's another identity statement, a different example. So at the top of the year, sometimes we create themes for the year of like wholeness or to be brave or courageous. These are one word. Sometimes those can actually be identity statements and you can turn it into an identity statement. Sometimes



he gives you a new name. So for me, the area of my life when it comes to my nutrition and my health, God has given me a download for this year which is Victoria. And he communicated that to me in Spanish, which really means victory in Spanish. But because it sounds like a name Victoria, that's my identity for this season. I am Victoria.

Charlena Ortiz: ([29:18](#))

And that there has helped me to operate or to learn how to operate from a place of victory versus defeat when it comes to my fitness and my nutrition. And so any time that I see the word Victoria or... I've been trying so many different things when it comes to my fitness and nutrition, hiring a personal trainer. Now, I'm on this whole another path that I have multiple layers of accountability, but any time I feel defeated, I recognize, "Okay, what's happening here? I am not defeated. I have a victory, so I'm going to operate from a place of victory because God calls me Victoria."

Joanna Meyer: ([30:11](#))

Okay, so here's a question I have. I'm going to get biblical on you because as I was looking up stuff on limiting beliefs, one of the challenges that I found was that a lot of strategies in this area rely on the power of positive thinking. So it's something that only people have within themselves like if you just believe it, it'll become true. And I'm convinced, the reality is we have to combine biblical wisdom with action as God meets us in that journey of co-creating our lives with him. But how do we engage these limiting beliefs in a distinctly Christian way? Because as we can tell from talking to you, you're a woman who walks intimately with the Lord every day. But like, how do we do this in a way that's different than just kind of the mainstream pop psychology?

Charlena Ortiz: ([30:56](#))

I think it comes back to Romans 12:2, around renewing our mind. And so the scripture says in Romans 12:2, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind, then you will be able to test and approve what God's will is. His good, pleasing and perfect will." And so ultimately, I think you can even test that out of what the world says and what God says because I have experienced deep, transformative change. When you are being transformed, you are being invited to a different lifestyle. Your



actions are different, the impact of your habits connects differently than saying, what is just a positive phrase over and over again.

Charlena Ortiz: ([32:04](#))

I feel like when you go deeper and peel back the layers and invite the father into that limiting belief and asking him, "What is it that you say about me?" And specifically hearing for you. The scripture says a ton of things of who he says that we are. But it's when we have that intimate relationship with the father that those words can take root within our heart, can take root within our soul, that really you can't do it on your own. That you can't do it without the father, it has to be driven by him, it has to be an invitation from him in order for it to be long lasting, for it could be transformative to the point where you experience freedom from the inner world. It doesn't just look like free from the outside world. But if you're honest with yourself, if you're really real with yourself, you are the only one who can say, "Am I truly operating from a place of freedom and in alignment with the father?"

Charlena Ortiz: ([33:18](#))

Because it also requires us to take action often even when we don't feel like it or even when we feel like it's just an uphill battle and it's easier to default to the always. And so when we can operate out of freedom and choose the behaviors and decisions out of our true identity, then we're able to move forward from that place and really know that this is something that is transformative and can only come from the father.

Joanna Meyer: ([33:52](#))

Such a beautiful picture. Sounds like we're going to have some work to do in our own personal lives to begin to read out some of those beliefs are, begin to ask the Lord where he meets us in those, what is the truth about our lives and also applying scripture to really empower us in that journey. Charlena, I want to do a couple of things as we wrap up. I want to ask practically if there is one or two steps our listeners could do to begin this journey of combating limiting beliefs specifically about their work, their callings. What steps can they take?

Charlena Ortiz: ([34:27](#))



So there's exercise that I love to do with my coaching clients. And this is an exercise that helps paint the picture of your future. And so, imagine your life as a movie, right? First you need to be aware of what thoughts, what your limiting beliefs are to do this exercise. And so definitely recommend just becoming more self aware of what are those thoughts or questions that are holding you back. And you can even do the exercise with one of them at a time with this exercise. And so you would imagine your life as a movie and you would imagine your life as a movie continuing to hold on to the limiting belief that you have. And so imagining your life while you continue to hold onto the belief, say, "Am I qualified?" And how that impacts your day to day in how you show up at work.

Charlena Ortiz: [\(35:32\)](#)

And so what I want you to do is to close your eyes, positioning your body in your room where it feels like the past. So maybe you're looking at the back of the room and your eyes are closed. And you have the limiting that you want to go through with this exercise. And then imagine your life six months from now as you're continuing to believe that limiting thought. Now, imagine a year from now. Notice what you feel, what you see. Imagine your life five years from now. Imagine your life 10 years from now, still holding on to that same limiting belief. Now go as far as you can see. For me, it's always been 85 years old. So imagine being 85 years old, still holding on to that belief. How does it impact your children, your family, your community? Now as a result of imagining and seeing that, you're building up the internal pace around why you want to let it go.

Joanna Meyer: [\(37:05\)](#)

My soul started to shrink as I just lightly started imagining how this will play out. It's motivating.

Charlena Ortiz: [\(37:12\)](#)

It's very powerful. That's just half of it. The other half is positioning your body in the room where you imagine the future. And so maybe it's towards a window or door. And begin to imagine your life as a movie without that limiting belief. Where would you be six months from now, a year from now, five years from now? How do you feel? What do you see 10 years from now? And then go as far as you can see. So this also helps with the internal conviction of change. So you take that and you say, "Okay Lord, who is it that you're calling me to be in



this area? What is the truth that you want me to exchange for this limiting belief?" And then you literally pray that out and you wait. And you try on different things. Different things, so for an area of work, "I have what it takes," or maybe it's, "I'm capable." Or maybe it's, "I have a voice."

Charlena Ortiz: [\(39:08\)](#)

Or an area of your life that maybe it's your parents or as a mother trying to create, "My body is capable." And so you can try on these different truths or more empowering beliefs and see what resonates. And if there's one that calls emotion or that's really hard for you to say, then that's it. That's the one that God has invited you into to align with.

Joanna Meyer: [\(39:46\)](#)

He asks us to bring the hardest ones to him for healing, that makes a lot of sense. Charlena, you've given us some practical ways to get started and also some deep, deep work we need to be wrestling with related to living out our callings in response to God's work in our life. So we cannot do this without the Lord's help and intervention. I'm wondering, as we're wrapping up our conversation, if you would be willing to pray for our listeners specifically as it relates to limiting beliefs around their calling.

Joanna Meyer: [\(40:14\)](#)

And for our listeners, if you know you've got a taste of Charlena's leadership in our conversation today, but I continue to be humbled by her deep intimacy with the Lord in her belief that people can change as they walk with him and that he has deep, purposeful things for each of us to do in the world. And so we don't pray often on the podcast but today, because of who Charlena is and the unique voice that she has, I asked if she would bless us on this journey by inviting the Lord into it with each of us. So, Charlena, would you close us with the word of prayer?

Charlena Ortiz: [\(40:45\)](#)

Amen. Father we just say thank you. We thank you for your love. We thank you for your presence. We thank you for your faithfulness towards us. Father God, I just pray for your sons and daughters. That you would give them





a revelation of your love. Because it's from that place, oh God, that we can then be in alignment to who it is that you have called us to be. And how you desire us to show up in your world, Lord God. We pray, Lord God, that your love will be transformative. That your love will come through in the teams that we meet and the work that we get to do, no matter what it is, Lord God. That on the receiving end that they will see and ask questions or even just notice that there's a difference in how things are done through this person, Lord God, through your son, through your daughter.

Charlena Ortiz: ([41:59](#))

And Father God we pray, Lord God, that you will bring awareness, that you will make it obvious and eliminate thoughts that maybe your son or your daughter had been carrying for so long, that is holding them back from being their most productive self, oh God. That's holding them back from saying yes to the dream that you have for them, Lord God. That's keeping them aback from saying yes to the vision that you have for them Lord. I pray, Lord God, that you will break, Lord God, the limiting beliefs that stop your sons and your daughters from writing the vision, Lord God, that can change the narrative of their children and the next generation. That can change the narrative of a community, of a people group, oh God. That can change the narrative, Lord God, of the marketplace.

Charlena Ortiz: ([42:55](#))

I pray, Lord God, that you will also give them a conviction that only comes from you, Lord God, a deep why and a purpose that inspires the grit to be cultivated for the long haul, Lord God. Give them vision of where you see them in their work, Lord God. Where you see them in their mission for this season and the next, maybe their vocational vision, their vocational college changing, Lord God. I pray that you will walk with them, that they will not be afraid of exploring and adventuring with you, Lord God. That it's okay to grow. It's okay to let go to pursue the more that you have for them, as long as they are in lockstep with the father.

Charlena Ortiz: ([43:43](#))

And so now the doors to swing open Lord. Allow the doors to close for the ones that you don't want them to enter into. And I pray that you would give them peace and understanding that they are qualified. You are



qualified, you are qualified. You are more than enough to do what God has called you to do on this side of heaven. We thank you, Jesus. We give you all the glory, honor and the praise. In your precious name we pray. Amen.

Joanna Meyer: ([44:16](#))

Charlena Ortiz, thanks for the gift of your insight, the power of your prayers. And our hope for our listeners is that God would continue to move them forward in greater freedom and confidence in their work.

Charlena Ortiz: ([44:26](#))

Thank you.

Joanna Meyer: ([44:31](#))

I wasn't kidding, was I? There's a lot to take from today's episode. To encourage you in growing in greater effectiveness in your walk with God and in your work we have two resources for you. The first is a downloadable e-book that's available for free on calling that Denver Institute has created. We'll send you a link. It's called A Study on Calling: New thoughts on an Old Idea and was written by our resident theologian, Ryan Tafilowski. It's practical and biblically rich to encourage you on having greater clarity on discerning your calling. And also we will link to a resource that Charlena referred to a manifesto, which is a statement of confidence for women of faith, and actually anyone could be using it. It's pretty powerful, but we will link in the show notes to that manifesto on the website.

Joanna Meyer: ([45:16](#))

So thanks for joining us. We would love your feedback. Feel free to share this episode with others, like it. Offer us your suggestions by leaving comments on whatever platform you're listening to this podcast on so we can continue this conversation and help it grow and become more effective in connecting with you. Thanks for joining us today.

Speaker 2: ([45:37](#))



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