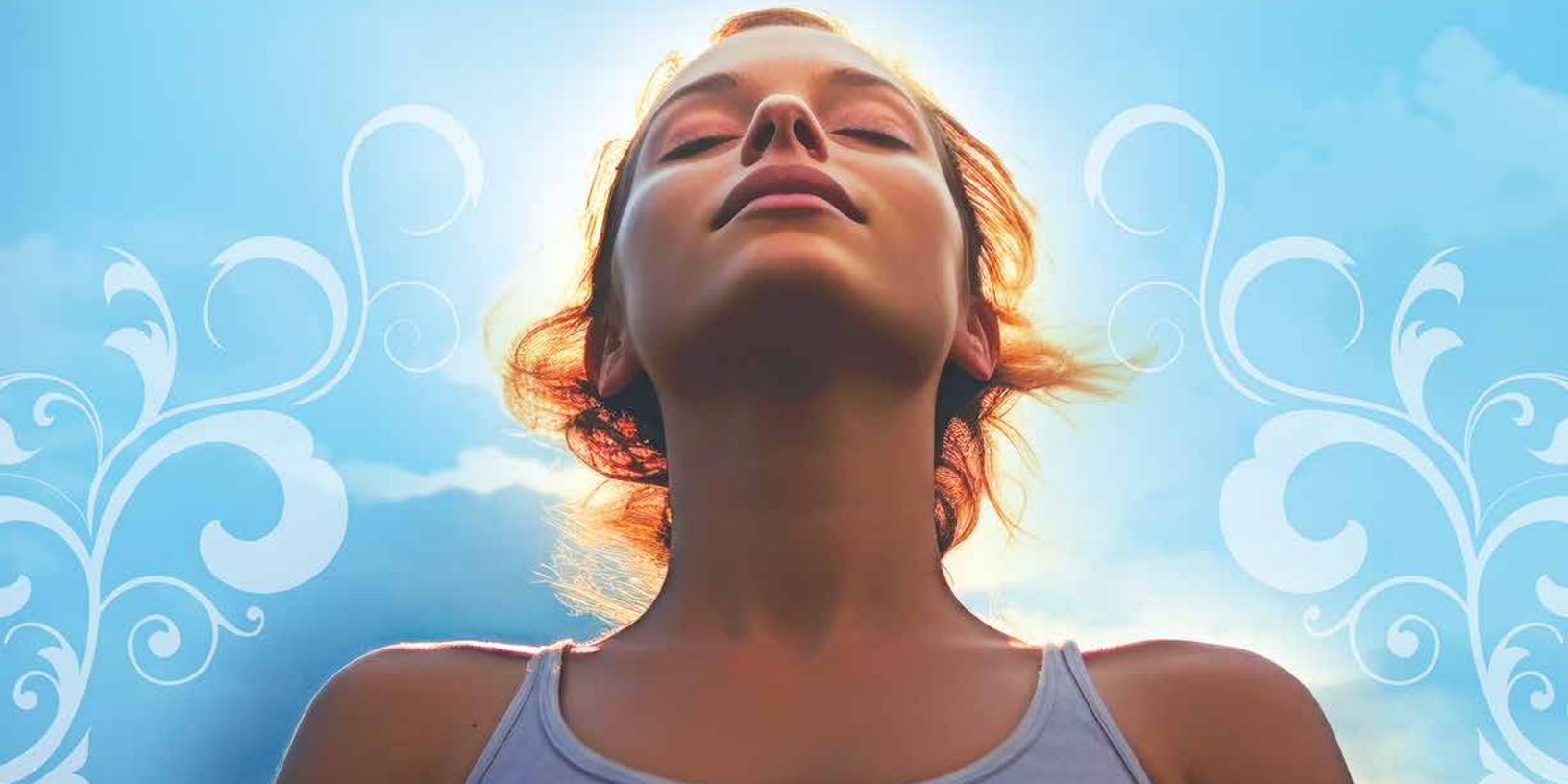


KRISTIN KURTZ

*Fit* for  
the *Call*

ACTIVATE GOD'S PLAN FOR YOUR LIFE



This book provides deep encouragement to those walking through long seasons of waiting. It beckons you to run into the arms of Father God and cling to His Word and His promises over your life. As I walk through my own seasons of waiting and experience seemingly endless detours, Kristin's encouragement and support is like a balm to my soul. She provides such sweet yet challenging encouragement to keep going, keep trusting, keep persevering, keep surrendering, even if I can't see what God is doing yet and don't understand how this will all work out. Kristin captures God's heart and lifts your spirit to remember that if He has said it, He will accomplish it—it's only a matter of time. The promise is worth the waiting.

**Jess Eischens**

*Owner, Jessie Mae Studio*

[jessiemaestudio.com](http://jessiemaestudio.com)

This extraordinarily inspiring book "Fit for the Call" is not just a book that you read and put away. This is an instruction book for a call of moving our bodies! I feel the Lord is using Kristin as a vessel to call out to all of us to wake up and move! As these words seemed to leap off the page at me, I am feeling even more called to MOVE! We must train for battle and to do this we must move! Thank you, Kristin, for sharing your vision and pouring out your heart from the secret place to the Nations! I have God bumps and tears flowing from my eyes as I read this book, which gives me the full feeling that this book is Holy Spirit breathed! This book is a call to all us warriors to train!! This book is a must read, and it goes deeper and deeper. This book lays the steps to take in your journey of training with the Holy Spirit. Thank you, Kristin, for continuing to follow His call!

**C J Ross**

*Creative Joy HeART*

[cjross.com](http://cjross.com)

"Fit for the Call" is packed with so much goodness—I couldn't stop reading! Kristin provides a concise, purposeful roadmap for the most important work a person can do: spiritual training. If you are ready to move from passive faith to active engagement, there is absolutely no fluff here. If you are someone who craves a closer, deeper relationship with Jesus, you need to read this book. Kristin's passion for setting women free shines brilliantly through every word of this remarkable gem.

**Andrea Gits**

I was blown away by this book. *Fit for the Call* is the ultimate guidebook to encourage, prepare and equip you to live out your calling. This book reminded me of my true purpose and that everything I need to live that out, God has already placed within me. I loved how Kristin provided biblical examples, practical exercises, coaching encouragements, and declarations as tools I can use to help me grow! This is a must read if you know there is more God's calling you to but you feel stuck.

**Kim Waggoner**

*Registered Nurse*

[kimwaggoner.com](http://kimwaggoner.com)

Kristin Kurtz carries a powerful anointing to draw out the gold in others. She helps people hear clearly what God is saying over their lives and teaches them how to apply that revelation in practical, everyday ways. It's more than understanding; it's living wisdom. Having her in your corner feels like having a coach cheering you on in the ring of life. This book is a beautiful fusion of faith, Biblical truth, and fitness woven together to strengthen your mind, body, and spirit. As you turn each page, you'll dive into God's Word and discover how to walk it out in real life. Enjoy the journey, breathe, and trust the process.

**Amy Dial**

*Founder, Fit 4 The Kingdom*

*Author of "Ring of Fire"*

[amydial.com](http://amydial.com)

This book will propel you! Get ready to move in the way God designed you to be! Fluid, strengthened, and able. In my own experience, the Lord has literally used Kristin to set me on a trajectory from survival to revival, to fully function in my call. You, too, have a call, and by answering it, your life will be propelled into the most outrageous experience you could never imagine. Proverbs 13:12 says that hope deferred makes the heart sick, but the dream realized is the Tree of Life. Don't defer any longer! The world awaits for what God has planted in you. As you follow Him through these pages, step from the sidelines and into the game. Know that the promise is yours, and a great crowd of witnesses is rooting you on! You were born for this. Don't hold back ... go for the prize!

**Michele Keen**

*Founder, Live Brilliantly*

*Author of "The Bridal Covenant"*

[livebrilliantly.org](http://livebrilliantly.org)

# Fit for the Call

ACTIVATE GOD'S PLAN FOR YOUR LIFE

KRISTIN KURTZ



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This book is dedicated to those still running when others have stopped

He's forging ENDURANCE, FAITH, and HOLY FIRE  
for the call ahead

## | Acknowledgments

To **Papa God, Jesus, and Holy Spirit**—thank You for Your rescue mission. You pulled me out of the pit at 25 and ignited a passion in me to see others set free. Isaiah 61:1 is not just a verse—it's the anthem of my life.

To my **husband, Adam**, and our **beloved sons**—thank you for your constant love, strength, and support as I follow the call on my life. You've stood beside me in every season, and I'm forever grateful.

To my **family and friends**, mentors, clients, and all those who have walked beside me, believed in me, spoke life into me, and cheered me on in every season—you've been the wind beneath these wings.

You're all part of this unfolding story of freedom.

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## | Foreword

I've had the pleasure of walking alongside Kristin for the past decade. But more so, I've had the gift of her walking alongside me, as a sister in the Lord, a 'spotter' for things that felt too heavy to lift alone, a 'locksmith' that has broken through lies with some keys of truth, and a 'spiritual midwife' who has helped me to bring forth some of the unique purposes of God in my own life.

We have served together in ministry, in business and in life. Typically, when you walk this closely alongside someone, you perceive the raw, unfiltered, real elements of their story that no one else sees. What makes Kristin so approachable is that she carries that same vulnerability, front-facing, as she does behind the scenes. There is no separation between her work and her calling. Her secret place births hope-keys for others to freely take. She sits in the hard and the holy with people. It's a call that comes directly from the trials and challenges that she's personally had victory over or is still overcoming with the Lord. Her messy places are the canvases that get transformed into messages of hope. She hands out the cliff-notes from the tests she's been given, as testimonies that help others navigate their own faith journey with resilience.

The Kingdom of God is often unseen and upside-down. I like to refer to Kristin as a "Daughter of Discovery." There's not a moment I can remember where she's not walking in a place of awe and wonder. She is always looking for the unseen in the seen. Each time she spots an eagle, finds feathers, reads license plates, or notices writing on the sides of vehicles, they correlate directly to a Scripture or message she's perceiving from the King of kings. He shares His secrets with those He loves, and the downloads Kristin gets are daily. (This book is a great example of that!)

We both share a love of words. Our conversations often center around seeing words within words and flipping the script on the culture of the world, into the culture of the Kingdom, through the Word of God. I think you will enjoy some of her word-smithing in this reading.

She is a coach in every sense of the title. Everyone benefits from a coach. I hired Kristin a few years ago as a personal life-coach. I was moving in several directions, building the Kingdom of God, but the weight of my call was feeling heavier and I knew I needed another set of eyes to “spot” me and see if my “form” was correct. As it turns out, there were a few lies I was believing that were keeping me out of alignment, locked up and fearful to fully embrace my destiny. By asking great questions, led by the Holy Spirit, Kristin helped to unlock those lies and made space for the Spirit of Truth to remind me of what He says. I had forgotten that I first needed to be positioned as His “beloved” before I moved forward toward His call on my life. His perfect love always drives fear away.

I’m grateful for her gentle presence to bring me back into alignment with His heart. She was the coach who reminded me to remain in His love and to take on His light and easy yoke.

She has also spoken words of life and identity over me, that I believe came straight from the heart of heaven. I have them written in a file on my phone and refer to them often.

In addition to being a sister, a spiritual “spotter,” and “locksmith,” Kristin is also like a “mid-wife” in the spirit. I believe that each one of us has a Book of Life in heaven, with our destiny written inside. Discovering the seeds of purpose inside of us is one thing, but nurturing, bringing them to full-term and birthing them is another! I’m still laboring for something that I know God has placed inside of me. It’s not easy. I’ve had many setbacks and challenges that make me want to give up. The enemy would love nothing more than to steal, kill, and destroy anything that will build our faith or the Kingdom of God. I’m so grateful for someone who is by my side, reminding me of truth, and encouraging me to keep going. She knows, first-hand, that the time under tension builds character and the glory God gets will always outweigh the suffering.

I believe that’s where this booklet comes into play. It’s the next best thing to hiring Kristin as a one-on-one life coach. This download from heaven will not only encourage you to keep going, it will ‘spot’ you, challenge you with truth, help that truth to take root, and move you beyond what you feel are your natural limits - into the limitless, supernatural pace of grace with Holy Spirit. There’s always more than we could ask, think, or imagine in the Kingdom of God, and Kristin is here, on purpose, helping us all to stay fit for the call.

What an honor to share insights into God’s good design of Kristin with those of you reading this. I cannot wait to see what Kingdom keys in “Fit for the Call” unlock and bring forth in each one of you!

Abundantly,

**Amy Delp**

*Founder, Living in the Fringe*

livinginthefringe.com

*So we keep on praying for you, asking our God to enable you to live a life worthy of His call. May He give you the power to accomplish all the good things your faith prompts you to do.*

*2 Thessalonians 1:11 – NLT*

## | Preface

You've heard it before: "God has a plan for your life." But what happens when you feel unprepared, unequipped, or even unworthy to step into that plan? Maybe you feel stuck in the waiting, weighed down by resistance, or overwhelmed by life's demands.

Here's the truth: God is calling you higher, and He's already provided everything you need to answer that call. But, just like an athlete prepares for a competition, stepping into your calling requires intentional training. It's about strengthening your faith, building spiritual endurance, and learning to rest in God's promises.

This book is your manual for the abundant life. Each chapter is designed to equip you with practical tools, real-life stories, and Biblical principles to help you grow in strength, courage, and trust. You'll learn to wait well, overcome resistance, endure life's tensions, and soar in God's timing.

Think of this as a spiritual training program. Whether you're in a season of preparation or stepping boldly into your purpose, these lessons will help you become fit for the call God has placed on your life.

The journey won't always be easy, but I promise—it will be worth it. As you press into the process, you'll find that the abundant life isn't just waiting for you. It's available right now. Let's train together, step by step, and prepare to soar.

Are you ready to get fit for the call?



# 01 | Wait Training

*But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.*

*Isaiah 40:31 – NLT*

## THE WEIGHT OF WAITING

Waiting on God is never wasted time. In His kingdom, waiting isn't passive—it's active trust. It's about standing firm when the promise feels delayed, worshiping in the unknown, and resisting the urge to rush ahead.

Think of an athlete in training. Strength doesn't come from skipping reps or rushing through the process. It's built through time under tension. Spiritually, waiting is where your faith muscles grow stronger, preparing you for the promise ahead.

## BIBLICAL EXAMPLE: Sarah and Abraham—When Waiting Goes Wrong

Sarah and Abraham's story is a classic example of impatience derailing God's plan. When the promised child didn't come fast enough, they took matters into their own hands. Sarah gave Hagar to Abraham, and together they "birthed an Ishmael"—a decision made out of flesh instead of faith.

The result? Conflict, jealousy, and consequences that have rippled for generations.

But here's the good news: even when they faltered, God's promise remained. At the appointed time, when it seemed humanly impossible, Sarah gave birth to Isaac—the child of promise. God showed that His timing is always perfect, even when we stumble in the waiting.



## Key Takeaways

- **Waiting isn't punishment; it's preparation.** God uses waiting seasons to refine you, grow your trust, and prepare you for the weight of the promise.
- **Impatience births Ishmaels,** but God's promises bring Isaac-level joy. Don't settle for less than His best by rushing ahead.
- **God is faithful, even when you falter.** Your missteps won't cancel His promises.

### TRAINING EXERCISE: Strengthen Your Waiting Muscles

1. **Identify Your "Wait Training":** What area of your life feels "on hold"?
  
  
  
  
  
  
  
  
  
  
2. **Ask the Right Question:** Instead of asking "Why is this taking so long?" what is God teaching you in this season?

3. **Anchor in Scripture:** Meditate on Isaiah 40:31 or another promise that reminds you of God's faithfulness. What is His Word telling you?

**FIT TIP:** Waiting well is not about doing nothing; it's about trusting God while He works in ways you can't yet see.





## Coach's Corner

**You've got this—He's got you!** Waiting may feel heavy, but God is spotting you, cheering you on, and strengthening you for what's next. Don't drop the weight—press through and trust His timing. The longer you hold steady in faith, the stronger your trust becomes.

### **WORK IT OUT: Strength in the Waiting**

As you meditate on the Scripture for this chapter, try doing a wall-sit. Yes, really.

At first, it may feel easy—like you could hold the position forever. But as the seconds tick by, your legs begin to tremble, your mind races, and discomfort sets in. That tension mirrors what it feels like to wait on the Lord.

You may feel like nothing is happening, but deep beneath the surface, something powerful is being forged. Just like your muscles are being strengthened and refined through the stillness of the wall-sit, your spiritual endurance is being trained in the quiet of the wait.

You are being built. Rooted. Strengthened. Renewed.

Stay in it. Breathe. Trust the process. The foundation is firm.

## Abundant Life Reminder



When you wait well, you live free from frustration and striving. So don't give up or rush ahead. This is the abundant life—one of peace, joy, and unshakable trust in God's plan. The promise is worth the wait.



### **SPEAK OUT LOUD:** Declaration Activation

**I will wait well. I choose to trust God's timing, knowing He is strengthening me in the stillness and preparing me for what's next.**

## About the Author



Hi, I'm Kristin Kurtz—a Christ follower, certified Christian Life Coach, spiritual midwife, locksmith, prophetic advisor, and the founder of *New Wings Coaching*. I'm passionate about helping wild-hearted women of faith break free from the limitations that hold them back and step boldly into their God-given calling. #unlockHER

My journey hasn't been without challenges. I've walked through seasons of addiction, loss, and feeling caged in a "safe" corporate job, knowing God had more for me. In 2021, I took a leap of faith, leaving behind what felt comfortable to step fully into my calling. Now, as a full-time LIFE Coach and spiritual midwife, I guide women to do the same: to unlock their potential, embrace their unique purpose, and soar into the abundant life God has prepared for them.

As a spiritual midwife, I walk alongside women who are pregnant with purpose. Together, we journey through three trimesters:

1. **Discovery:** Uncovering your God-given gifts, identity, and calling.
2. **Development:** Strengthening your faith, refining your skills, and preparing for the next step.
3. **Delivery:** Boldly stepping into your purpose and living out the abundant life you were created for.

Through one-on-one coaching, group coaching experiences, and resources like this book, I help women navigate these seasons with clarity, courage, and faith, equipping them to fully steward and birth what God has placed within them.

### A LITTLE MORE ABOUT KRISTIN

- **Credentials:** Certified through the Christian Coach Institute and Trinity School of Natural Health, with years of experience guiding women into transformative breakthroughs.
- **Passions:** Empowering others, connecting women to their God-given potential, and creating supportive communities of faith.
- **Family:** Kristin is a wife, mom to two amazing boys, and lives in Minnesota.

# Connect with Kristin

I'd love to hear from you and continue supporting your journey!  
Here's how we can stay connected.

## COACHING OPPORTUNITIES

Explore **one-on-one** or **group coaching programs** designed to help you discover, develop, and deliver your God-given purpose.

Visit [newwingscoaching.net](http://newwingscoaching.net)  
or email Kristin at  
[kristinkurtz@newwingscoaching.net](mailto:kristinkurtz@newwingscoaching.net)

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Thank you for reading *Fit for the Call*.  
My prayer is that this book has equipped and inspired you to embrace the life God has for you.

**Remember, you are carrying something extraordinary,  
and the world is waiting for what God has placed inside you.**

*Let's keep soaring together!*

# Are you spiritually strong enough for what God is calling you to do?

*Fit for the Call* is more than a book ... it's an activation designed to prepare your body, soul, and spirit for the assignment God has placed on your life. In these pages, you'll encounter powerful scripture, prophetic prompts, real-life reflections, and embodied movement practices that engage both your physical muscles and your spiritual ones.

Whether you're lifting weights or lifting prayers, walking your neighborhood or walking through uncertainty, you'll discover what it means to build endurance, step into obedience, and train for spiritual battle. This book will invite you to stretch past comfort, break through excuses, and align with Heaven's calling.

**You were made for more—and the journey starts now.**

- Learn to activate your faith through movement
- Build resilience, clarity, and confidence in your Kingdom identity
- Reclaim your strength and walk boldly in your purpose

*Get ready to live UNLOCKED, unshaken, and unapologetically fit for the call.*



Kristin Kurtz is a certified Christian LIFE coach, prophetic voice, and founder of *New Wings Coaching*. Known for unlocking identity, voice, and purpose, she empowers women to break free and soar in bold obedience. She also hosts *Hope Unlocked*, a top-ranked podcast heard in over 65 nations.