



DEVOTIONAL
JOURNAL

CULTIVATING **CONFIDENCE**

G O D ' S W A Y

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CULTIVATING CONFIDENCE
IN EVERY DAY LIFE

Welcome to this 30-day devotional journal designed to help you cultivate confidence from a biblical perspective. For a child of God, confidence comes from our relationship with God - the Creator of all things. Throughout the next month, we will explore various aspects of confidence and self-assurance as rooted in the teachings of the Bible.

Confidence, when rooted in faith, can empower you to face life's challenges with grace and strength. Each day, you will find a Scripture reference, a reflection, and a journal prompt to guide your thoughts and personal growth. **Ready? Let's go.**

"For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."
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Day 1 - Assurance in God's Love

True confidence begins with the assurance of God's unwavering love. Do you know (not feel but know) that He loves you and that NO circumstance or power can separate you from His love? How does knowing that you are loved by God give you confidence? Write a prayer expressing your gratitude for God's unchanging love. Write down practical ways His love shows up in your life and how it gives you a confidence boost.

Jeremiah 29:11 (KJV) "For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."

Day 2 - God's Perfect Plan

God has a perfect plan for your life, filled with hope and purpose. Even when we mess up, He is so merciful. In this verse above, the children of Israel were suffering judgement for not obeying God. BUT God also wanted them to know that He was going to give them a good and prosperous end. Romans 8:28 lets us know that all things work together for the good for those who love God and are called according to His purpose. Reflect on how trusting in His plan can nurture your confidence. And how you can be confident knowing that even when you do mess up, God is there to help you. Think about a time when you felt so lost because you made the wrong decision or didn't say the right thing. How did God work that out for you? Looking back, can you see how it all worked out for the good?

2 Corinthians 12:9 (KJV) "And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly, therefore, will I rather glory in my infirmities, that the power of Christ may rest upon me."

Day 4 - Finding Strength in Weakness

Confidence can be found in acknowledging our weaknesses and relying on God's strength. How can you turn your weaknesses into opportunities for God's power to shine through? Reflect on your weaknesses and challenges. Write about how God's grace and strength can empower you to face them confidently.

2 Corinthians 5:7 (KJV) "(For we walk by faith, not by sight:)"

Day 5 - Walking By Faith

Confidence often requires stepping out in faith, trusting God's guidance even when we can't see the path ahead. How does walking by faith enhance your confidence? Write about a situation where you need to exercise faith. How can you rely on God's promises to bolster your confidence in that situation?

Ephesians 6:10-11 (KJV) "Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil."

Day 6 - The Armor of God

Confidence comes from knowing you are equipped for spiritual battles. Reflect on how putting on the armor of God can give you confidence in facing life's challenges. Consider the different pieces of the spiritual armor (truth, righteousness, faith, etc.). Look at the challenges you are having right now in your walk with God and in every day life. How can you apply putting on the armor of God in each situation?

1 Samuel 17:45-47 (KJV) "Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel, whom thou hast defied."

Day 8: Courage in the Face of Giants

David's confidence in God enabled him to face and defeat the giant Goliath. How did David have strong confidence in the Lord? Through experience. He remembered how God helped him conquer bears and lions while he was a shepherd boy protecting the sheep. How has God delivered you in the past? How can your trust in the Lord empower you to confront your giants?

Identify a "Goliath" in your life—a formidable challenge, fear, or obstacle that you are currently facing. Write down situations God helped you conquer. Like David, remember that your strength comes from God, and through Him, you can confront and overcome your giants.

Philippians 4:6-7 (KJV) "Be careful for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

Day 9: Make Your Requests Known

God knows that we get worried and anxious at times. Confidence comes from knowing we have a Father who loves us and who wants us to make our requests known to Him. When we do what the scripture says we have an awesome promise - the peace of God will keep our hearts and minds through Christ Jesus. Why worry when you don't have to? List your concerns and worries. Spend time in prayer, presenting them to God with thanksgiving. Reflect on how this practice impacts your confidence.

Ecclesiastes 3:1 (KJV) "To every thing there is a season, and a time to every purpose under the heaven."

Day 10: Trusting God's Timing

Confidence grows as we trust in God's perfect timing. How can embracing the seasons of life and God's timing strengthen your confidence? Think about an area where you've been impatient. How can you be more patient, knowing He has a purpose for every season?

Romans 12:2 (KJV) "And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

Day 11: Renewing Your Mind

Confidence is nurtured when your mind is aligned with God's truth. How can the renewal of your mind through God's Word strengthen your confidence? Identify a negative thought pattern or worldly influence affecting your mindset. How can you rewrite that thought pattern to align with the truth of God's word?

nature, having escaped the corruption that is in the world through lust."

Day 13: God's Promises

resonates with your current circumstances. Write a prayer of gratitude for that promise and reflect on how it can boost your confidence.

1 Thessalonians 5:18 (KJV) "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

Day 14: Gratitude and Contentment

Confidence can grow through gratitude and contentment. Gratitude and contentment are closely intertwined with confidence, and here's how they contribute to your confidence in God's provision:

1. Perspective Shift: Gratitude prompts a shift in perspective. Instead of focusing on what you lack or what's going wrong, it encourages you to see the blessings and provision that God has already granted. This shift enables you to approach challenges with a more positive and confident mindset.
2. Trust in God's Faithfulness: When you express gratitude, you're essentially acknowledging God's faithfulness in your life. Remembering past instances of His provision and blessings builds your confidence in His continued care and provision for your future needs.
3. Contentment in God's Plan: Gratitude fosters contentment. As you become content with what you have, you're less likely to be anxious or envious of others. This contentment aligns with trusting in God's plan and His timing, boosting your confidence that He knows what's best for you.

List five things you're thankful for today. Express your gratitude and acknowledge how it fosters your confidence.

**1 Thessalonians 5:11 (KJV) "Wherefore comfort yourselves together,
and edify one another, even as also ye do."**

Day 15: Encouraging Others

Encouraging others is a powerful practice that not only benefits those receiving the encouragement but also has a significant impact on the encourager. Here's how encouraging others can strengthen your own confidence:

1. **Reciprocity of Blessings:** When you offer encouragement and support to others, it often comes back to you in the form of gratitude, kindness, and encouragement in return. This reciprocal cycle of positivity boosts your own confidence and reinforces the sense of community and belonging.
2. **Confirmation of Your Value:** Encouraging others reminds you of your own worth and value. As you see the positive impact your words and actions have on someone else's life, it reaffirms your own significance and ability to make a difference.
3. **Shift in Focus:** Encouragement often requires you to focus on the strengths and qualities of others. This shift in focus away from your own insecurities or doubts can help you gain a fresh perspective on your own strengths and abilities, contributing to increased self-confidence.

Write a note or message to someone who could use encouragement. Reflect on how being an encourager impacts your own sense of confidence.

James 1:12 (KJV) "Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him."

Day 19: Perseverance Through Trials

Confidence can grow through perseverance during trials. How does enduring difficulties strengthen your confidence in God? Recall a challenging time in your life when you persevered. Recall a challenging time in your life when you faced trials or temptation and persevered. Think about the specific circumstances, emotions, and struggles you encountered during that period. How did you lean on your faith in God to endure and overcome those difficulties? Write a prayer of thanksgiving for God's faithfulness in helping you endure and gain confidence through that challenging time. Express your gratitude for the lessons learned, the growth experienced, and the way it deepened your trust in Him.. Your ability to persevere is a testament to God's grace and your growing confidence in His unwavering presence and support during trials.

Proverbs 3:5-6 (KJV) "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

Day 25: Surrendering Control

Confidence is found in surrendering control to God's guidance. How does relinquishing your own plans and trusting God impact your confidence?

Think about a situation where you've been trying to control the outcome. Write a prayer of surrender, asking God to direct your paths and increase your confidence in His plan.
