

DEVOTIONAL
JOURNAL

CULTIVATING **confidence**

GOD'S WAY

www.PaulaBehrens.com

DEVOTIONAL JOURNAL
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.

To further support your journey, consider using a blend of essential oils called Valor. Known for its empowering aroma, Valor can enhance your sense of confidence and courage. [Click here](#) to find the starter bundle of oils that includes Valor and start your journey with a confident heart.

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.

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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?

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2 Timothy 1:7 (KJV) "For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind."

Day 3 - Overcoming Fear

Fear can undermine confidence. How does this verse remind you that God has equipped you with power, love, and a sound mind to overcome fear? Identify a fear that has held you back. Write a prayer asking God to replace that fear with His power and love, leading to greater confidence.

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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.

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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?

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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?

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Lamentations 3:22-23 (KJV) "It is of the Lord's mercies that we are not consumed because his compassions fail not. They are new every morning: great is thy faithfulness."

Day 7: God's Faithfulness

God's faithfulness can bolster your confidence, knowing that He will never fail you. How has God's faithfulness been evident in your life? Reflect on a time when God showed His faithfulness in your life. Write a prayer thanking Him for His unwavering faithfulness and His mercies that are new every morning.

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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.

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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.

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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?

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Proverbs 22:4 (KJV) "By humility and the fear of the Lord
are riches, and honour, and life."

Day 12: Humility and Confidence

In the verse from Proverbs 22:4, we find a profound connection between humility, the fear of the Lord, and the abundant blessings of life. This passage reminds us that true riches, honor, and life itself are deeply intertwined with the qualities of humility and reverence for God. Humility and confidence might appear as contradictory qualities at first glance, but in reality, they are complementary and essential for a strong and healthy Christian character. Write about specific areas in your life where you can embrace humility as a means to strengthen your confidence in God's provision and guidance. Remember that as you humbly submit to God and His plan, He will bless you with true riches, honor, and the abundant life He promises.

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2 Peter 1:4 (KJV) "Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust."

Day 13: God's Promises

God's promises are a source of confidence. How do you feel when you stand on the promises found in His Word? Select a promise from the Bible that resonates with your current circumstances. Write a prayer of gratitude for that promise and reflect on how it can boost your confidence.

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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.

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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.

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Proverbs 13:20 (KJV) "He that walketh with wise men shall be wise: but a companion of fools shall be destroyed."

Confidence can be influenced by the company you keep. How does surrounding yourself with godly and wise people impact your confidence? Reflect on your closest relationships. Consider how they either contribute to or hinder your confidence. Write a prayer for wisdom in choosing companions wisely.

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Luke 18:1 (KJV) "And he spake a parable unto them to this end, that men ought always to pray, and not to faint."

Day 17: Persistence in Prayer

Confidence is nurtured through persistent prayer. How can an unceasing prayer life boost your confidence in God's faithfulness? Think about a prayer request that you've considered giving up on. Write a prayer asking God for renewed persistence and confidence in His timing.

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Galatians 5:22-23 (KJV) "But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law."

Day 18: The Fruit of the Spirit

Confidence is reflected in the fruit of the Spirit. How can the manifestation of these qualities in your life enhance your confidence? Choose one fruit of the Spirit to focus on for the day (e.g., love, joy, peace). Reflect on how cultivating that aspect can boost your confidence in God's work within you. Write about how embracing and nurturing this fruit in your life can have a positive impact on your overall character and demeanor. Remember that these fruits of the Spirit are not achieved through willpower but through a surrendered life led by the Holy Spirit. As you continue to cultivate them, you will not only grow in confidence but also in your likeness to Christ.

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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.

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Galatians 6:4 (KJV) "But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another."

Day 20: Letting Go of Comparison

Confidence is hindered by comparing yourself to others. How can focusing on your unique journey and God's plan for you enhance your confidence? Identify an area where you've compared yourself to someone else. Write a prayer asking God to help you let go of comparisons and find confidence in how He made you unique and for a purpose of His own. Write down what God has called you to do, what skills He has helped you hone, and what interests/desires you have. You are who you are for a reason.

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Colossians 3:13 (KJV) "Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye."

Day 21: Forgiving Yourself and Others

Confidence is hindered by carrying the weight of unforgiveness. How does forgiving yourself and others contribute to your inner peace and confidence?

Think about a situation where forgiveness is needed, whether towards yourself or someone else. Write a prayer asking God for the strength to forgive and release any burden affecting your confidence.

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Psalm 34:1 (KJV) "I will bless the Lord at all times: his praise shall continually be in my mouth."

Confidence is nurtured through worship and praise. How can regular worship and focusing on God's attributes uplift your confidence? Set aside time for personal worship today. Write down your thoughts and emotions as you worship God and reflect on how it influences your confidence. Reflect on how your confidence has grown over the last 22 days.

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Hebrews 10:36 (KJV) "For ye have need of patience, that, after ye have done the will of God, ye might receive the promise."

Day 23: Patience and Confidence

Confidence requires patience, trusting God's timing. How can patience and perseverance enhance your confidence in God's promises? Are you doing the will of God? Where can you step it up? Increased confidence comes from doing the will of God. Identify areas where you need more patience. Identify areas where you can step up your obedience.

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Matthew 5:16 (KJV) Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

Day 24: Reflecting God's Light

Confidence can grow as you reflect God's light in the world. How can your actions and attitude influence others and strengthen your own confidence?

We we get our focus off of ourselves and on others we will find a boost of confidence that God can use for His glory. Consider ways you can be a light in your home, neighborhood, and around the community.

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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.

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2 Timothy 1:8 (KJV) "Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God."

Day 26: Sharing Your Faith

Confidence can be expressed through sharing your faith with others. How does sharing the Gospel strengthen your own confidence in your beliefs? Reflect on your experiences sharing your faith. Write a prayer asking God for boldness and confidence to be a faithful witness for Him. See Acts 4:29

Isaiah 53:5 (KJV) "But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."

Day 27: The Promises of Healing

Confidence in God's healing can bring peace. How does the assurance of spiritual and physical healing through Christ impact your confidence?

Reflect on any areas of your life where you need healing. Write a prayer claiming God's promises of healing and reflecting on how this boosts your confidence. Read and reflect on how Jesus healed everyone that came to Him. How can you be more confident in approaching Him for healing?

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1 John 5:14-15 (KJV) And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

Day 28: The Confidence We Have In Him

Having confidence in God helps us to have a healthy self-confidence. We can be confident that if we ask anything according to His will He hears us. And the best part? If He hears us then we know that we have the requests we have asked Him for. Remember times when you asked the Lord for something and you received it. How did that boost your confidence? How does having confidence in Him make you view yourself?

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Colossians 1:27 (KJV) "To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory."

Day 29: The Hope of Glory

Confidence is rooted in the hope of glory through Christ. How does the presence of Christ within you influence your confidence? Reflect on your personal relationship with Christ. Write a prayer thanking Him for being your hope of glory and how this strengthens your confidence.

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Philippians 4:13 (KJV) "I can do all things through Christ which strengtheneth me."

Day 30: Through Christ

1. Philippians 4:13 reminds us of the incredible strength we can find in our faith in God. Paul, the author of this letter, had faced numerous hardships and obstacles in his life. He understood the importance of drawing strength from God to overcome these trials. In saying, "I can do all this through him who gives me strength," he emphasizes that our abilities and self-confidence are not limited to our own capabilities but are greatly enhanced by our connection with God. Think about a specific challenge or goal you are currently facing that requires self-confidence. In what ways can you actively seek God's strength and guidance to help you overcome this challenge or achieve your goal? Write down a plan of action that incorporates your faith into your journey toward greater self-confidence.

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