



DEVOTIONAL  
JOURNAL

# CULTIVATING confidence

GOD'S WAY



Faith Building  
Club.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."

Romans 8:38-39 (KJV)

## Day 1 - Assurance in God's Love

## Day 2 - God's Perfect Plan

Reflect on a moment when you felt lost because you made a wrong decision or didn't say the right thing. How did God help you navigate through that situation?

Looking back, can you identify any good that emerged from it?



## Day 3 - Overcoming Fear





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?

## Day 6 - The Armor of God



## Day 7: God's Faithfulness

## Day 8: Courage in the Face of Giants



Date

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.





## 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?

## 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.



## 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.

Date

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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Date

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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## Day 16: The Company You Keep

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.

## Day 17: Persistence in Prayer



## Day 18: The Fruit of the Spirit

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.

## Day 20: Letting Go of Comparison

You are who you are for a reason.



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.

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

## Day 22: The Power of Worship

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.

## Day 23: Patience and Confidence



## 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.

## 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.

## Day 26: Sharing Your Faith

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?



## Day 28: The Confidence We Have In Him

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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.

Date

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

## Day 30: Through Christ

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.