



Confidence Rejuvenated Workbook



*In the midst of every day, we need to be reminded of who we are in Christ...
We need to stay connected to God and remember who we are in Christ
Romans 8*

There is therefore no _____ for those who are in Christ Jesus.

Do not believe lies of _____.

We are _____ with Christ {verse 12}.

We are _____ [and daughters] of God.

If God is _____, then who can be against us. {verse 31}

Who justifies us?

Who is interceding for us?

Does your heart need to be freed from pretending life is perfect?

In what ways do you try to pretend that life is perfect? Do you struggle with perfectionism?

We are more than conquerors,_____.

Truth:

Regardless of how busy we are, we can be conquerors of any circumstance because we have Christ on our team, interceding for us.

Prayer:

Lord, help us not to forget that we are co-heirs with Christ, daughters of the Most High King. Help us to find our worth in who we are in you alone. Amen.

What does 1 Peter 5:8 remind us to do?

What is the difference, by definition, between self-confidence and self-esteem?

Confidence often leads us to live our lives with a peace, an assurance that all is well. It is vitally important that we find our confidence in Christ alone. When His plan and unique purpose for each of our lives is our focus for everything we do in life, we can walk into those roles, experiences, duties, and callings, with a confidence that can not be shaken.

BUT, often times we struggle to have confidence. We as women, can struggle with comparing ourselves to others and believing lies about who we are, that actually prevent us from doing what we are called to do.

What does Psalm 118:8 exhort us to find our confidence in?

Do you struggle with being a “people pleaser”? How has this discouraged you as you look for validation from others?

How have you tried to please your children and how has that negatively impacted your parenting?

How has trying to please others stopped you from obeying God?

Can you think of a time in your life where you felt called to do something, but you didn't pursue it or even try simply because you lacked confidence?

A Special Note to Mothers:

Sister, listen, I get how draining and run down we can get. There are seasons when we can feel so busy, or just tired from serving others, doing it all, that we don't have time to even think about our own desires let alone what calling the Lord might have for our lives and then pursue it. But I want to encourage you to remember that you have the greatest, most powerful impact in your child's life. If you are encouraging and teaching your children to have confidence, but you are not living in it yourself, they are sensing it. I want to exhort you to recognize just how powerful it is for a child to see, hear, and watch you be confident! And most importantly, for them to see you confident because of your relationship with Christ. Do they know where your confidence comes from? Do they sense that you have a confidence in who you are, in your marriage, in your job, in your role, in your "mothering," etc.?

Truth:

As women of God, we should be careful not to be filled up with a confidence in our own abilities to do things, but to find our confidence in God. That He can do mighty, worthy, powerful, and amazing things through us because we are made in His image, by Him, for His purposes, for a reason, with gifts, talents, and unique callings.

Go to the concordance in the back of your Bible or in the Strong's concordance and look up verses on "safety" or "security." What does God's word tell us about where we should find our security?

CONFIDENCE IN CHRIST LEADS US TO LIVE BOLDLY.

What does Acts 28:31 say about our responsibility to share the gospel?

What if you don't see yourself as a "bold person preaching the gospel"? I want to challenge you that in the social media world that we live in, you can preach the gospel through the way you live your life without actually PREACHING, but even living a life that attempts to live for God's glory. Which requires obedience to His word and BOLDNESS. We are all called to go and make disciples of Jesus Christ, not of ourselves! If your confidence is in Christ, He empowers us to live in a way that brings Him glory. As you SHINE brightly, you are preaching with your lives.

Confidence Centered in Christ elevates _____.

What does God's word say about who we are?

Ephesians 2:10 _____

John 15:16 _____

John 15:5 _____

1 Cor. 3:16 _____

Phil. 3:20 _____

Phil 1:6,14 _____

Look up Ephesians 3 {whole chapter}

Do we pray for one another the way Paul prayed for his brothers and sisters in Christ, in all the churches? Do you pray for your friends? Do you pray for those to whom you are tempted to compare yourself to? Take time to write out a prayer or stop and pray right now for a sister in Christ. For God to bless her and for her to be courageous to use the gifts that God has given her for the advancement of the Kingdom.

What are some of those examples of ways the enemy could tempt us to compare our lives, relationships, and ourselves to others?

Busyness is Isolating. Are you too busy? _____

What can you do to refocus your life schedule so that your life reflects the priorities God desires for you to have in place?

Do you have time for Jesus? _____

We need to stop trying to fit Jesus into our schedule but create our schedule around our relationship with Him, because He is worthy and that is important.

When we feel alone we can feel _____.

A NEED FOR AUTHENTIC AND PURPOSEFUL RELATIONSHIPS

There is a need for you to be in real, authentic, deep fellowship with other women. Do you have someone older than you that you can be mentored by, someone to whom you can mentor and encourage that is in a season behind you, and someone or a few who you can run this race with?

God created us for community as He is in Community with us as the triune God!

When you feel insecure, we can have clouded _____.

When we have clouded vision, it is difficult to make _____.

When we can't make decisions, we can't _____.

How do we get set free from this bondage and set free to live in the confidence that God has for us?

Look up: Colossians 1:11-12

TIME IS A COMMODITY, USE IT WELL.

What is one tip for getting into the word throughout the day?

What are the biggest temptations for you to NOT spend time in God's word?

Truth:

When we are filled up with the life giving confidence that comes from Jesus there is enough left over for _____.

PRACTICAL TIPS FOR CONNECTING WITH GOD IN YOUR DAILY ROUTINES

1. Start your day right:

What does starting your day right look like for you? What can you commit to today?

2. Set the atmosphere:

What does that mean for you?

3. Praying throughout the day.

When would be some times you could pray?

4. View all you do as worship.

5. Look for opportunities to spend time with God throughout your day.

6. Turn mundane chores and responsibilities into a time to connect with God.

7. Keep Christ the center of your day.

8. Set aside or schedule a time during the day to get into his word or pray alone.

9. Steward your time well.

10. Have an accountability partner.

Do you struggle with having confidence in your relationships? -----

I want to invite you to check out my online Bible Study: **The Quiet Fight Between Women.**

Go here: <http://quietfight.angietolpin.com>

LINKS REGARDING BEING ON SOCIAL MEDIA ON PURPOSE:

Why I am on Social Media: A Christian Perspective

<http://angietolpin.com/social-media-2/>

Download the free Social Media Mission Statement Questionnaire on the link above.

How to Equip Your Children on Social Media:

<http://angietolpin.com/parent-social-media-biblically/>

Social Media Accountability: A Marriage on Mission

<http://angietolpin.com/marriage-and-social-media-accountability/>

NOTES OR PRAYER LETTER

Dashed lines for notes or prayer letter.