

# CONFIDENT IN CHRIST WORKSHEET

Welcome to Confident in Christ Week! We're kicking things off by redefining confidence. Biblical confidence isn't arrogance; it's a quiet assurance rooted in God's love and faithfulness. It's knowing who you are in Christ and trusting His power within you. What does confidence mean to you?



## Day 1: Confidence Self-Assessment, Setting the Foundation by Defining Biblical Confidence

Take the Confidence Self-Assessment to identify your strengths and areas for growth. Understand where you are at and how to work towards developing Christ-centered confidence.

### Section 1: Rating Scale (1-5)

*Rate each statement on a scale of 1-5, where 1 = Strongly Disagree and 5 = Strongly Agree.*

- I believe God loves me unconditionally:
- I know my strengths and talents:
- I am comfortable stepping outside my comfort zone:
- I handle criticism well:
- I believe I am making a positive impact on the world:

### Section 2: Reflection Questions

*Answer the following questions thoughtfully:*

1. What does this assessment reveal about your confidence?

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2. Where do you feel most confident? Where do you feel least confident?

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3. What Bible verse speaks to you about confidence, and why?

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4. Cognitive Distortions (*examples below*): List out the cognitive distortions that you might encounter in the heat of the moment.

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## Common Cognitive Distortions and How They Affect Confidence

*Challenge Thinking: What are biblical truths to these common cognitive distortions?*

### All-or-Nothing Thinking

*This is a black-and-white view where the middle ground of progress doesn't exist. Anything less than flawless feels like total defeat.*

The Distortion: "I fumbled over my words during that presentation; I completely failed and shouldn't speak again."

How it hurts effectiveness: It makes you terrified of making mistakes, paralyzing you from serving or leading imperfectly for the Lord's glory.

Biblical Truth:

### Discounting the Positive

*This happens when you ignore compliments, successes, or evidence of God using you, attributing them to anything except His grace working through your calling.*

The Distortion: When someone praises your work, you think, "They're just being kind," or "It was all luck."

How it hurts effectiveness: You block out the affirmation needed to sustain your spirit in ministry, staying stuck in a cycle of doubt rather than acknowledging the Lord's provision.

Biblical Truth:

### Overgeneralization

*Taking one negative event and seeing it as a never-ending pattern of defeat.*

The Distortion: "I had a setback in a ministry project; this always happens, and nothing good ever comes from my efforts."

How it hurts effectiveness: It can lead to a sense of hopelessness, preventing individuals from persevering in their service despite challenges.

Biblical Truth:

### Personalization

*Taking responsibility for things that are not your fault or are beyond your control.*

The Distortion: "Attendance at the Bible study was low this week; it must be because my teaching wasn't good enough."

How it hurts effectiveness: It can lead to unnecessary guilt and discouragement, making it difficult to continue serving with joy and freedom.

Biblical Truth:

### Mind Reading

*Assuming you know what others are thinking, usually in a negative way, without any evidence.*

The Distortion: "That person didn't smile at me after the service; they must think I'm doing a terrible job."

How it hurts effectiveness: It can create anxiety and withdrawal, hindering genuine connection and collaboration within the community.

Biblical Truth:

### Emotional Reasoning

*Believing that what you feel is automatically true, regardless of objective evidence.*

The Distortion: "I feel inadequate for this ministry role, so I must not be called to do it."

How it hurts effectiveness: It can prevent individuals from stepping out in faith and relying on God's strength rather than their own feelings of capability.

Biblical Truth:

## Section 3: Prayer

*Spend time in prayer, asking God for guidance. (Extra space provided for journaling).*

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## Day 2: Truth Journal, Lies vs Truth: Reframing Negative Thoughts

Our minds are battlegrounds! Today, we're identifying the lies that undermine our confidence. 'I'm not good enough,' 'I'll never succeed,' 'I'm unlovable' - these are not from God. Replace those lies with biblical truths: 'I am fearfully and wonderfully made' (Psalm 139:14, NKJV), 'I can do all things through Christ who strengthens me' (Philippians 4:13, NKJV). What lies are you battling?

Write down the lies you believe and replace them with empowering Scriptures (*negative thoughts examples below*). Start believing what God says about you!

The Lie (Negative Thought)	Scripture Truth

### Common Negative Thoughts

"I'm not good enough for this calling."
"I always mess things up when it matters."
"I have nothing meaningful to offer this ministry or my community."
"I don't deserve the blessings God is trying to give me."
"I cannot trust myself to hear God's direction clearly."

## Prayer

*Spend time in prayer, asking God for guidance. (Extra space provided for journaling).*

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## Day 3: Discovery Your Gifts: Embracing Your Unique Design

You are uniquely gifted! God has given you talents and abilities that are meant to be used for His glory. What are you good at? What brings you joy? Don't hide your light! Embrace your unique design and start using your gifts to serve others.

Uncover your hidden potential with the Gift Inventory! Identify your skills, passions, and experiences to help you recognize and celebrate God-given talents and discover the unique contributions you can make to the world:

<b>Skills &amp; Talents</b> <i>(List your skills: writing, speaking, problem-solving, etc.)</i>
<b>Passions &amp; Interests</b> <i>(List what you enjoy doing)</i>
<b>Experiences</b> <i>(List past accomplishments and experiences where you thrived)</i>
<b>Spiritual Gifts</b> <i>(Identify your spiritual gifts: serving, teaching, encouragement, etc.)</i>

**How can I use these?** (Brainstorm ways to use your gifts for God's glory)

## Prayer

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## Day 4: Step Out in Faith: Overcoming Fear and Taking Action

Fear is a liar! It will try to keep you from stepping into your God-given purpose. Today, we're choosing faith over fear. What's one thing you've been putting off because you're afraid? Pray for courage and take one small step today. 'For God has not given us a spirit of fear, but of power and of love and of a sound mind' (2 Timothy 1:7, NKJV).

Learn how to identify your fears, challenge them with truth, and take practical steps toward your goals.

**Identify Your Fears** (What specific fears are holding you back?)

**Challenge Your Fears** (Are your fears realistic? What's the worst that could happen? What's the best that could happen?)

**Act** (*Break down your goal into small, manageable steps*)

**Celebrate Progress** (*Acknowledge and celebrate your accomplishments along the way*)

## Prayer

*Spend time in prayer, asking God for guidance. (Extra space provided for journaling).*

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## Day 5: Embrace Imperfection: Learning from Mistakes

You don't have to be perfect to be confident. God's grace covers our imperfections. Mistakes are learning opportunities, not reasons to give up. Embrace your humanity and allow God to use your weaknesses for His glory. **'My grace is sufficient for you, for My strength is made perfect in weakness'** (2 Corinthians 12:9, NKJV).

Cultivate self-compassion with our Grace-Filled Reflection guide. Reflect on your mistakes with grace and learn how to turn them into opportunities for growth.

**Describe the Situation** (*What happened? What mistakes did you make?*)

**How Did You Feel?** (*What emotions did you experience?*)

**What Did You Learn?** (*What lessons did you learn from this experience?*)

**How Can You Grow?** (*What steps can you take to prevent similar mistakes in the future?*)

**Offer Yourself Grace** (*Write a letter of grace to yourself, acknowledging your imperfections and extending forgiveness.*)

## Prayer

Spend time in prayer, asking God for guidance. (Extra space provided for journaling).

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## Day 6: Surround Yourself: The Power of Community

You're not meant to walk alone! Surround yourself with people who encourage you, believe in you, and lift you up. Find a supportive community where you can be yourself, share your struggles, and celebrate your victories. Who is in your support system?

Evaluate your relationships with our Community Audit to identify your support system and build stronger connections with encouraging people.

**List Your Relationships** (*List the people in your life: family, friends, coworkers, church members, etc.*)

**Rate Your Relationships** (*Rate each relationship on a scale 1-5 based on how supportive, encouraging, and positive it is.*)

**Identify Areas for Improvement** (*Which relationships need more attention? How can you strengthen those connections?*)

**Seek Out New Connections** (*Where can you find new communities or groups to join?*)

## Day 7: Confident in Christ: A Lifelong Journey

Confident in Christ is not a destination, it's a journey! Keep seeking God's guidance, renewing your mind with truth, and stepping into your purpose. You are loved, you are gifted, and you are called! Go out and shine! What's one thing you learned this week that will help you build confidence?

Make a lasting commitment to building confidence with our My Confidence Commitment. Set goals, track your progress, and celebrate your journey!

**My Confidence Goal** (*What specific goals do you want to achieve?*)

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**Act** (*What steps will you take to reach your goals?*)

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**Accountability** (*Who will hold you accountable for your commitment?*)

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**Celebrate Successes** (*How will you celebrate for reaching your goals?*)

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## Prayer

*Spend time in prayer, asking God for guidance. (Extra space provided for journaling).*

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