

7 DAY  
CONFIDENCE  
CHALLENGE

IT'S ABOUT TIME  
YOU LOVED  
YOURSELF

# Why Is Confidence Important Anyway?

During my freshman year of college, I hid in my dorm room for a full week. Each time I looked in the mirror, all I could see is the gap in my front teeth, a hormonal break out on my face, and a disproportioned body. My insecurities kept me from developing new connections, experiencing joy, and true intimacy with people & God. But I was okay with that. Until I felt beautiful, I wasn't willing to live my life normally.

One night, I ran out of food in my room. Going to the cafeteria was my only choice, unless I wanted to starve to death. Which wasn't so bad of an option for me. My stomach roars were louder than my depressed thoughts though, so I grabbed the nearest baseball cap and the biggest hoodie I could find and I made my way to the outside world.

Then it happened. The thing I was dreading the most. A voice in the distance called out to me.

*"Jonni- HEY! Where have you been? I've missed you! Let's sit together!"*

She was my friend. I adored her most of the time, but in that moment, all I could feel towards her was hatred. After all, I wanted to get in and get out without anybody seeing me. But now I had to sit in a public space and have a conversation with this girl. All while on the verge of some serious tears.

Noticing something was wrong, she asked me what was going on. I shared with her some insecurities that I was having and then she asked me this question: *"Can you tell me some things that you like about yourself?"*

A wave of silence rolled over us for a little over a minute. Apologetically, I told her I

couldn't think of a single thing. "*Even my hands are hideous.*" I said under my breath.

I remember her starring at me with a stunned look on her face. She grabbed my hand and begged me to go with her to an event at our college that night called Kingdom Experience. This event had worship, a speaker, and some prayer time. I refused to go at first, but then she told me that the event had no lights at all, and that I could sit alone in the back. Reluctantly, I committed myself to attending.

When I first walked through the doors of Kingdom Experience, I felt the Holy Spirit so strongly. I hadn't felt Him in a long while, but there He was. Sitting in my dorm room all that time, the enemy was able to make his way into every part of my life. So much so, that I wasn't even aware of God's spirit any longer.

Once worship began, something shifted inside of me. I wish I could tell you that it wasn't this simple or easy, because this insecurity condition is so complicated and intense, but it really was. Instead of thinking constantly about myself, my thoughts began to solely focus on Christ and what He had done for me. Conviction slowly crept into my heart. I was struggling with idolatry and it was the first time I was able to admit it to myself.

I needed to begin to see myself as Jesus saw me. I needed to allow myself to accept grace. I needed to surrender *every* care and worry to God, not just some of them. I needed to stop letting self-doubt hold me back from being effective for Him.

Friends, having little or no confidence makes a monster out of us. It traps us in the bondage of comparison, of being judgmental, and it steals the truest form of joy from us.

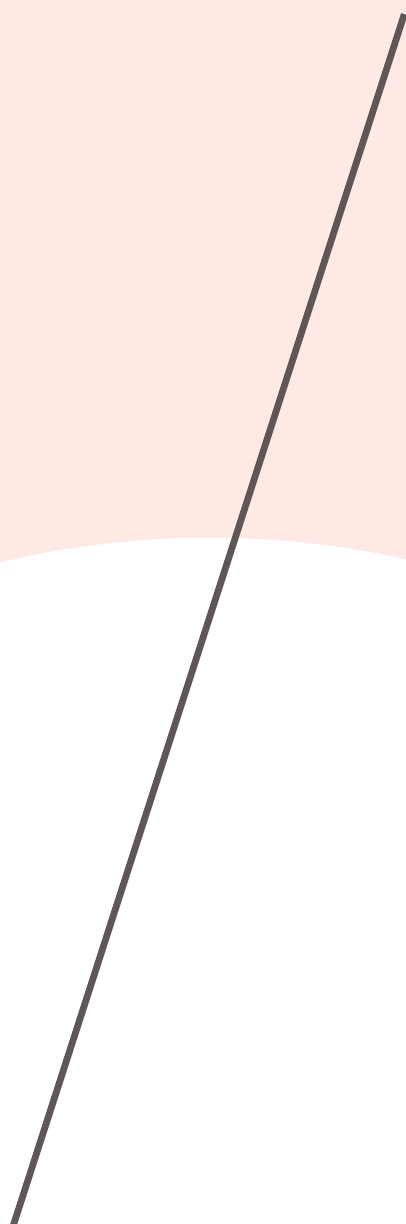
After these realizations, I began actively killing my flesh and I forced myself to spend time in a godly community, all while faithfully studying my Bible. I surrounded myself with mentors that spoke wisdom over my life and I ran full speed ahead to find authentic healing.

But it's an uphill battle. Insecurity is the thorn in my flesh. Some days I lose and the sin wins. I just refuse to stay defeated now. I rise back up, stronger every time. Why?

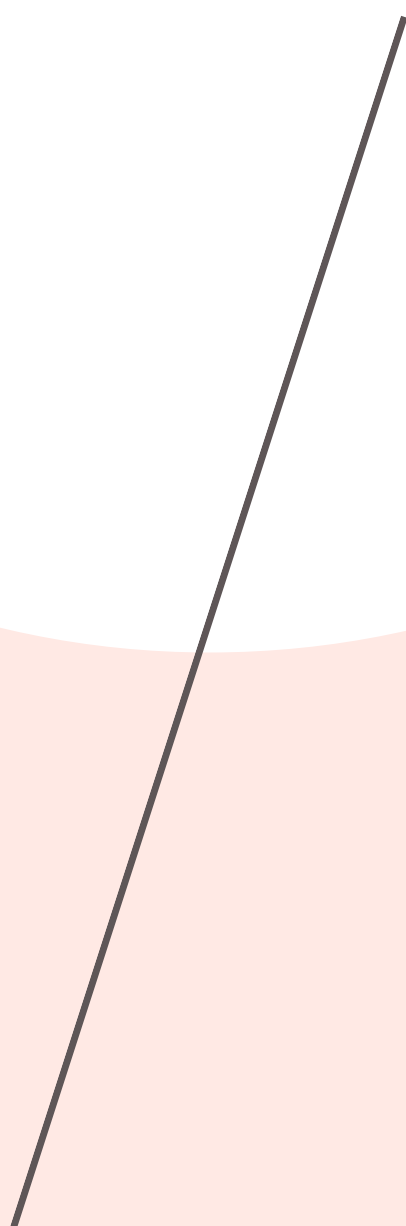
Because without confidence, I act and look as if I am still a lost lamb, aimlessly wandering around, full of fear. Without confidence, I forget that I am fully found, passionately loved, and radically pursued.

I want to share with you some practical ways to be victorious over this plague. That's why I created this 7 Day Confidence Challenge. So take my hand and let's journey through this together.

01



C H A L L E N G E



01

# Memorize God's Word

Bible memorization is of utmost importance on our faith journey. In fact, memorizing Scripture is one of the most crucial elements to spiritual growth. It enables us to live victoriously over sin. The Word of God is powerful because it is literally “God-breathed” from the mind of the Holy Spirit and when we fill our minds with His words instead of all of the words that society screams at us, we equip ourselves with power.

*Philippians 4:12-13*

“I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”

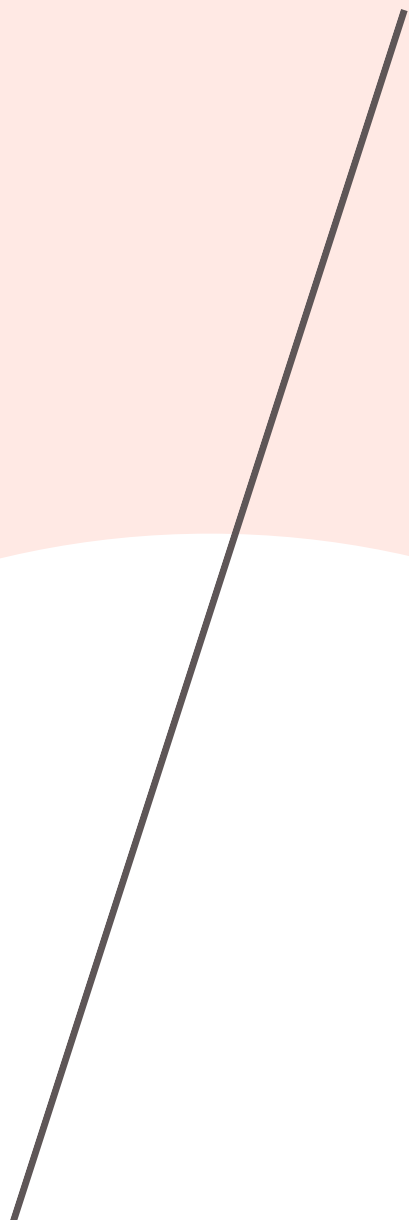
Read it. Chew it. Memorize it.

There are many verses that I could pull out of the Bible to encourage you towards confidence, but I found transformation in this verse.

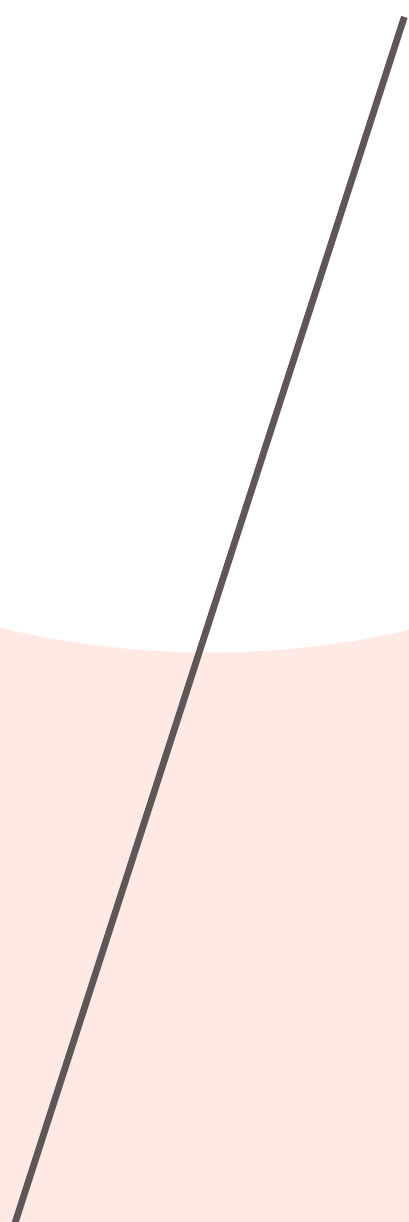
Did you catch what this verse is actually saying? Paul had to *learn* how to be content. It is not something that comes naturally to us. Especially in the world we live in today. We are convinced that we can't be happy unless we keep getting smarter, prettier, richer, etc.

Yet, no matter what happened to Paul, the foundation of his life was built on Jesus and nothing could possibly shake him. His experience with God changed him from the inside out.

02



C H A L L E N G E



02

# Write Affirmations On Every Mirror In Your House

Often times, girls go through life seeking affirmation from temporary things.

Regardless of what you have ran after in the past, most likely they have left you still searching, still empty and still lost.

Everywhere we look, our culture is trying to tell us who we are or who we should be. In my opinion, they do a pretty bad job at it. It's time we let Jesus do what our society can't.

I know that it's hard for us to look in the mirror and not see our flaws staring back at us. We need to start combatting the lie that we aren't good enough with the truth.

Go grab some sticky notes and write down each affirmation. Then, go and stick them on every mirror of your house.

-As a child of God, I am a fellow heir with Christ.

Romans 8:17

-I have been accepted by Christ.

Romans 15:7

-My body is a temple of the Holy Spirit, who dwells in me

1 Corinthians 3:16

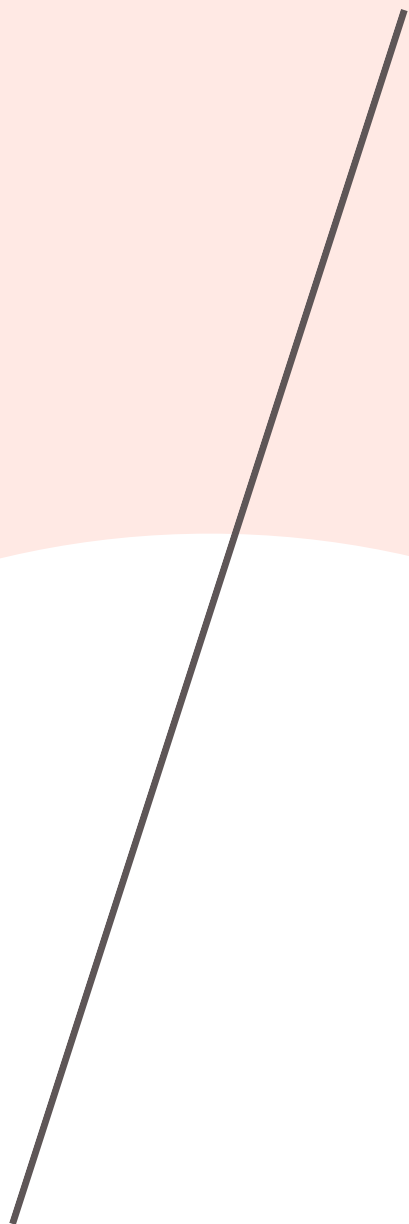
I am complete in Christ. Colossians 2:10

She is clothed with strength and dignity; she can laugh at the days to come. (Prov. 31:25)

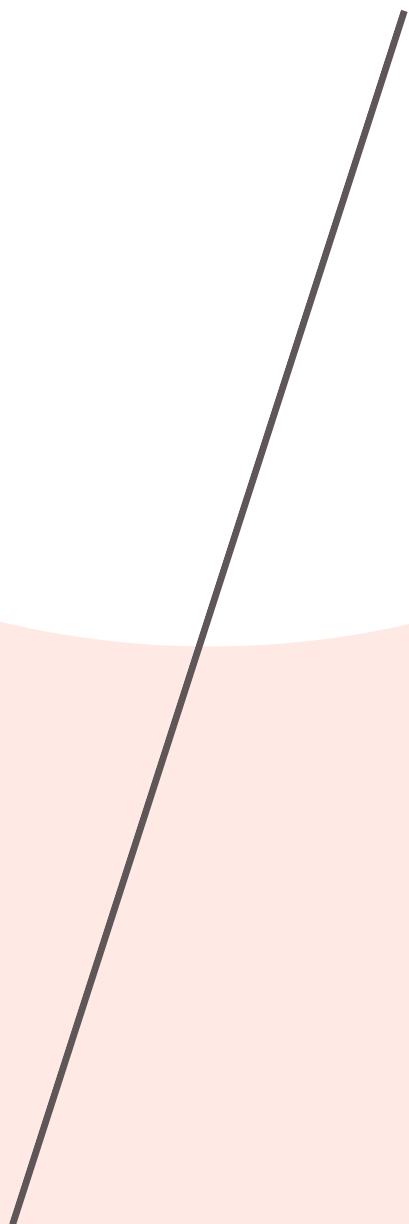
Those who look to him are radiant, and their faces shall never be ashamed. (Ps. 34:5)-

*Now start believing it, sister.*

03



C H A L L E N G E



03

# Compliment Strangers

There have been so many times that I see something beautiful about someone, but I intentionally hold back my words. Maybe it'll make them prideful. Maybe they'll become a snob. Maybe they will think I'm kissing up to them.

But I hate that mindset. I don't want to live in it anymore.

The world needs less people to silently point out the flaws in somebody and more people to scream out their positive attributes.

Why do I find myself pushing out the nice thoughts in my head and in return, looking for the bad things about a person? Because I want to build myself up? Because I want to feel better?

I used to have the purest intentions but slowly, without knowing it happened, the world and sin tainted my heart.

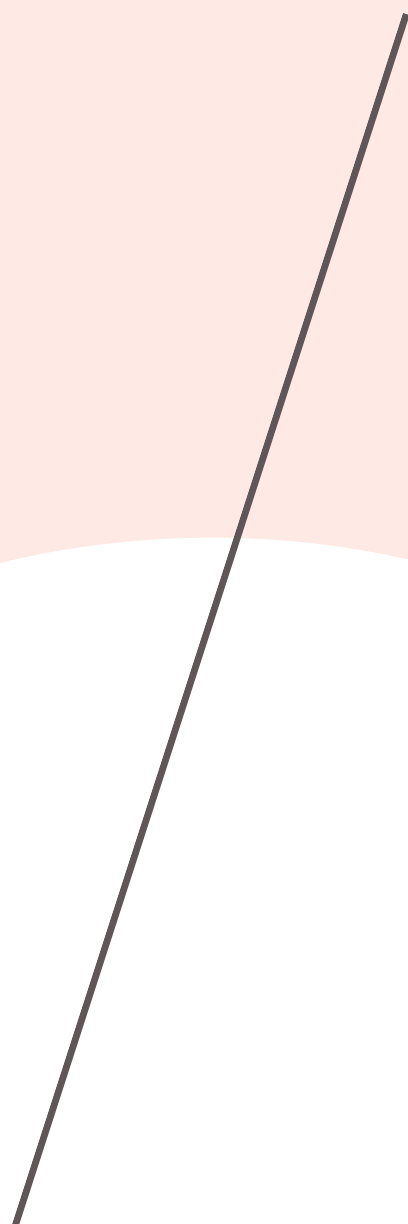
But I challenge you and I challenge myself today.

I don't care if they're popular, a nerd, a drug addict, a disabled person, a super model...tell them today what you see in them. Forget the other people around you that might hear and give them even more affirmation.

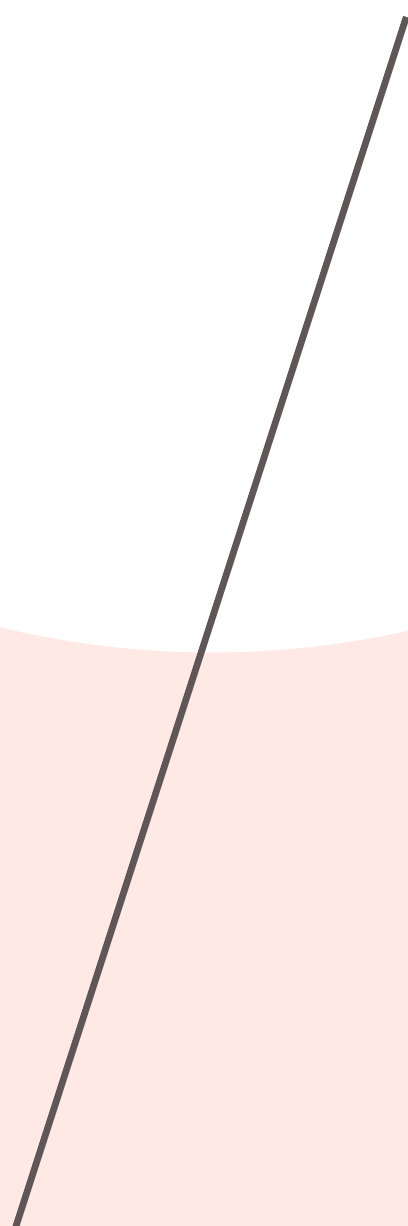
I know you've lived in this mindset for so long, but that doesn't mean you have to keep living in it.

If you see something wonderful about someone, tell them.

04



C H A L L E N G E



04

# Unfollow The People That Make You Insecure

Before I created my own account on Instagram, I never felt ugly. When I saw other women in person, I celebrated their beauty and cheered them on. I never felt the weight of insecurity until I followed the societal norm by caving in and joining the trend of social media.

I remember the first time it hit me. I was sitting on my bed scrolling and I saw that girl. You know... the girl with the poreless skin, the perfectly toned legs, and the shiniest long hair. She had over 100,000 likes. I recall my heart sinking deep into my stomach. I looked nothing like her.

Because my job revolves around media now, I have to be intentional with the people that I allow to be on my feed because I

know whatever I am filling my mind with will be the very things I dwell on. Whatever I dwell on will generate either positive or negative feelings. Feelings will manifest through my actions in my life. There is a big ripple affect when we follow people who make us insecure.

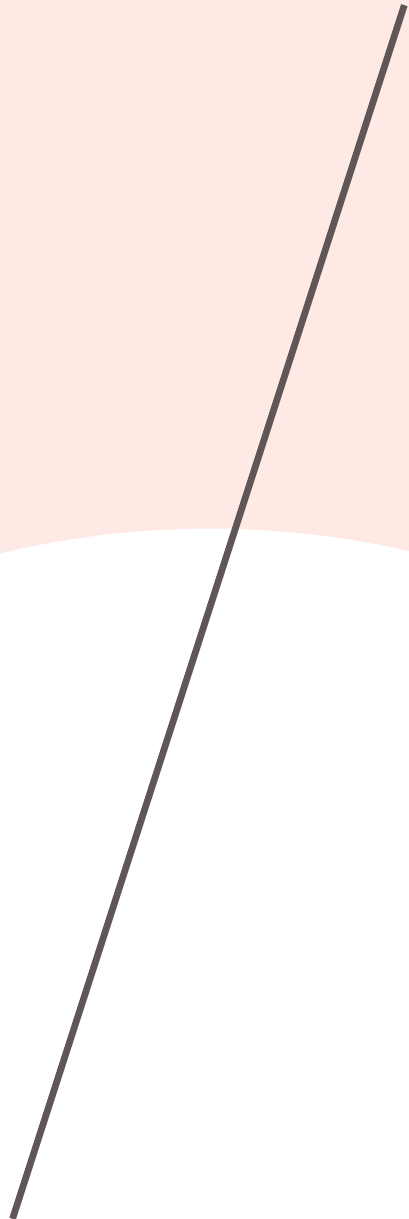
I made a decision to remove people from my sight that were continually telling me unspoken lies. Because to be honest with you, I was beginning to believe that if I didn't have a filter on every single photo I took, that nobody was going to like me.

Jesus picked a handful of people to surround himself closely with. He prayerfully chose the people he was consistently around.

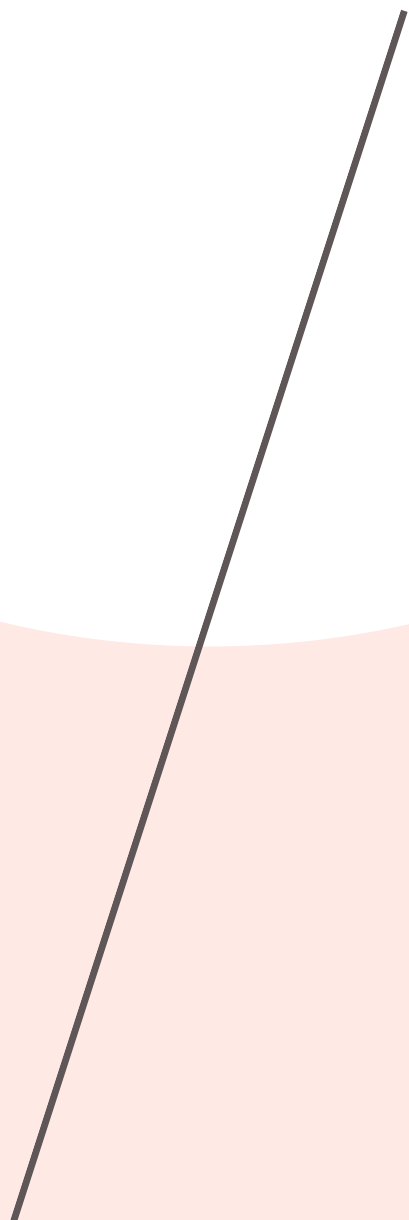
We need to take heed of his example.

Go ahead and unfollow people online that make you insecure.

05



C H A L L E N G E



05

# Pray Without Ceasing

I was over my mentor's house one time and I asked her how she finds time to pray with a home, a husband, and kids. She looked at me and said that she never stops praying.

I was so confused. How does one pray continually? We cannot always be on our knees... right? With the demands on my busy life, I am fortunate to kneel in prayer even a few seconds each day.

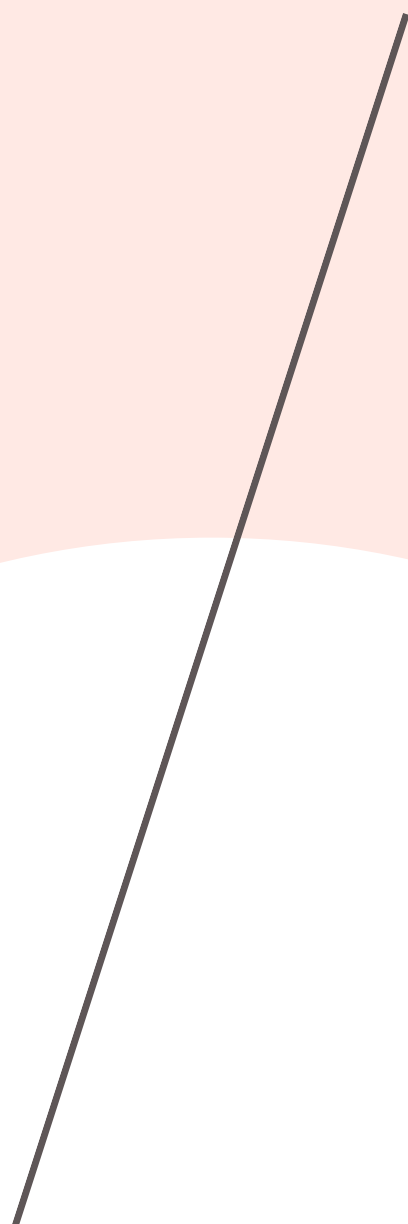
But she explained that she talked to God about everything. To the actual clothes she was thinking about wearing in the morning, to what type of food she should cook for dinner. She expressed that in order to feel close to the Holy Spirit, she needed to cultivate this vital communication with the Lord.

I was convicted, yet motivated to follow her example. I began to talk to God about everything, especially how I felt about myself. Whenever I would get a sad or depressed thought, I would simply say "Jesus, I am starting to believe this about myself and it's really making my heart heavy. Show me your truth" One of the first times I did this, I was blown away at what happened next.

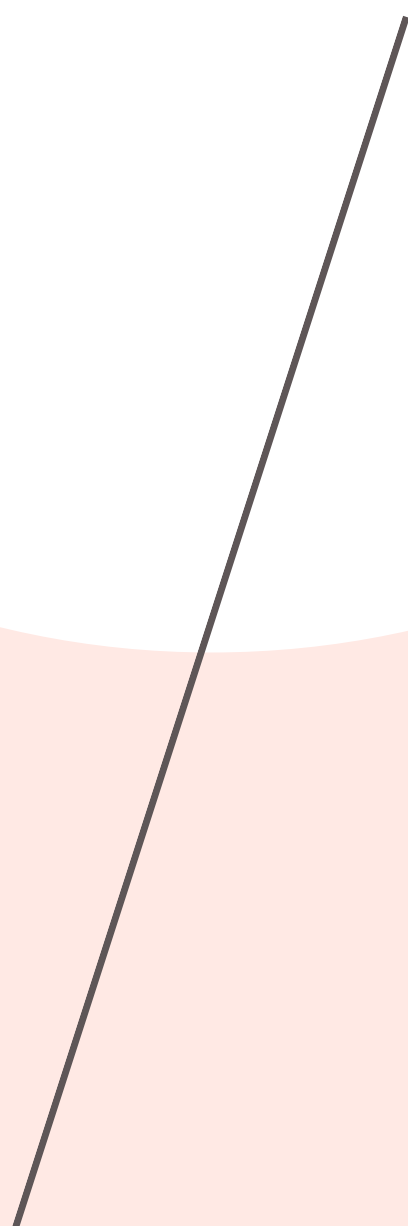
I was on my way to a meeting talking to the Lord about all of my insecurities and then I saw a car in front of me with a bumper sticker with a radio station on it. I was curious so I began listening to it. To my surprise, it was a Christian station and they were interviewing a model. She went on to talk about how looks were empty and that nothing else mattered except what Jesus thought about her. I was blown away!

Begin praying constantly today.

06



C H A L L E N G E



06

# Seek Community

I read every single book about confidence, repeated multiple prayers, fasted meals consistently- Yet for years I didn't see a breakthrough until I entered a Christian community.

Months after I joined my home church, I broke down and became vulnerable with strong women of God. I told them how much I struggled with insecurities and that I couldn't find a way out, though I've tried everything. They began to pray over me daily, send me Bible verses, call me, and just shower me with love.

This community was the missing piece to this puzzle. Their hope and faith in God carry me when I am weak.

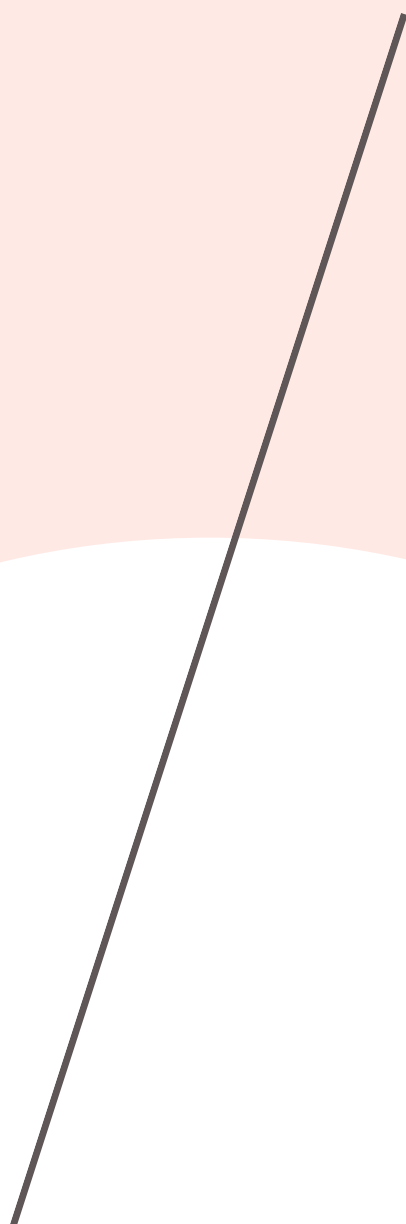
Nothing makes you more like Jesus than the daily dose of interactions with others. Marriage is definitely one of the most refining processes there is, but God has given us the gift of community for our refinement as well.

God's word reminds us that we are put in relationships in order to encourage one another in our pursuit of God and his Kingdom. That's exactly what my community does for me- They challenge me and push me closer to the cross.

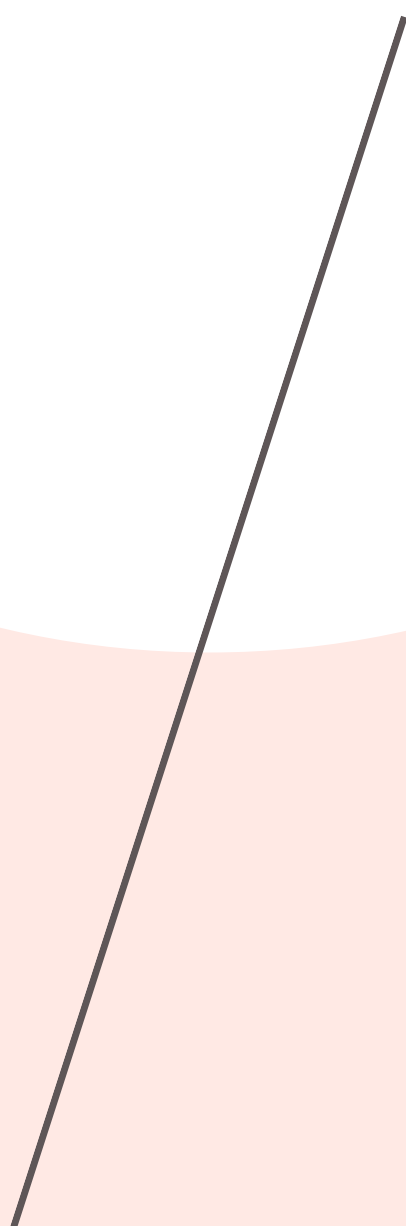
Send a text or email to someone from your church right now and plan a specific day to get together. Build intentional relationships and don't shy away from vulnerability.

Your healing is right on the other side of it.

07



C H A L L E N G E



07

# Believe That You Are More Than Your Looks

My entire life I've been force fed to believe that being attractive was everything. I was born out of an affair which had very rough implications on the way that I looked at the world. If you aren't beautiful by society's standards, then you aren't worthy. Of course, I didn't actively think that about people- but I knew that everybody else felt that way.

I brought this mindset into marriage with me. Which meant, whenever we would be in the room with another girl that I felt was cuter than I was, that automatically brought tears to my eyes and triggered a panic attack because I thought Ronnie would leave me.

Ronnie began praying for me and speaking truths into my life. He then asked me a question that really stumped me.

"Do you put your confidence in anything other than your appearance? What other qualities about yourself do you take pride in?

That question was met with silence. I couldn't answer him. So he began answering for me. He listed things like my compassion, my voice, my creativity, my motivation, and my zeal for Jesus.

I was stunned that he saw so much more to me than what was on the outside. That didn't miraculously change my mindset, but I can tell you this: It started to.

Make a list of all the qualities you possess, other than your looks, that you can put your confidence in.

THANKS FOR  
PARTICIPATING  
IN THIS  
CHALLENGE!

GOD LOVES YOU SO  
MUCH.