



3 0 D A Y
C H A L L E N G E

BIBLICAL
CONFIDENCE
BUILDING



www.milkandhoney.family
Patricia Day



Cut out each day and glue to the top of a new page in your notebook.

Write out your notes underneath each day.



Day 1: Trust in God's Plan

Look up and write out
Proverbs 3:5-6
Meditate on trusting God's
plan for your life.
Write out what you believe
God is currently calling you
to.

Day 4: Gratitude Journal

Look up and write out
Philippians 4:6-7
Start a gratitude journal
and list three things
you're thankful for each
day.

Day 2: Overcoming Fear

Look up and write out 2
Timothy 1:7
Ask God to help you
overcome fear with His
power and love. Write
out your prayer.

Day 5: Prayer for Confidence

Look up and write out
Psalm 71:14
Ask God to increase
your confidence in Him.
Write out a prayer.

Day 3: Recognize Your Worth

Look up and write out
Psalm 139:14
Remind yourself that you
are fearfully and
wonderfully made. Write
a list of all the ways that
God made you.

Day 6: Encourage Others

Look up and write out
Hebrews 10:24

Find an opportunity to encourage someone in your life. Make a list here of all the possibilities you will have in the coming days.

Day 9: Embrace Forgiveness

Look up and write out on Colossians 3:13
Practice forgiveness, both for yourself and others. Who do you need to seek forgiveness from today? Write out a plan to do so.

Day 7: Overcoming Obstacles

Look up and write out
Philippians 4:13

Reflect on how Christ empowers you to overcome challenges. What challenges have you overcome? Write out a prayer of thanks to God.

Day 10: Patience and Perseverance

Look up and write out on James 1:4
Pray for patience and perseverance during trials. Write your prayer out here.

Day 8: Seek Wisdom

Look up and write out
Proverbs 4:6-7

Ask God for wisdom to make confident decisions. What decisions do you have to make at the moment? Write out a prayer asking for God's wisdom.

Day 11: Confidence in God's Timing

Look up and write out Ecclesiastes 3:1
Trust in God's perfect timing for your life.
What are you waiting on today? Make a list and write a prayer.

Day 14: Serving Others

Look up and write out Galatians 5:13.
Serve others as an expression of love. Make a list of how you can serve others today, then write a prayer asking for God's wisdom and strength.

Day 12: Speak The Word of God

Look up and write out Isaiah 41:10
Proclaim and declare the Word of God based on God's promises. Write out a prayer today with God's promises.

Day 15: Self-Reflection

Reflect on your strengths and weaknesses, seeking God's guidance for self-improvement. Write some ways God is calling you to become more like Christ. Which can you start today?

Day 13: Daily Devotion

Set aside time for daily Bible reading and reflection on God's promises. Write out a plan for when you are going to do this (not too complex) and then begin today.

Day 16: Prayer for Boldness

Look up and write out Acts 4:29-31

Ask God for boldness in sharing your faith. Write out how you can share your faith today. Write a prayer asking for courage.

Day 19: Joy in the Lord

Look up and write out Nehemiah 8:10

Find joy in the presence of the Lord. Write out a prayer or poem about how much you love God and find joy in Him.

Day 17: God's Peace

Look up and write out Philippians 4:7

Claim the peace of God in times of anxiety. Is there a situation at the moment causing you stress or worry? Write it out here and then write a prayer.

Day 20: Embrace God's Love

Look up and write out Romans 8:38-39

Immerse yourself in God's unfailing love. Write out a prayer to God praising Him for His unfailing love.

Day 18: Rest in God

Take a Sabbath day of rest, honoring God's commandment and finding spiritual rejuvenation. Write out how you can learn more about Sabbath and how you can apply this to your faith.

Day 21: Humility and Confidence

Look up and write out Philippians 2:3-4
Practice humility as a source of confidence. Write out a prayer asking for humility and seeking God where you have not shown it.

Day 24: God's Guidance

Look up and write out Proverbs 3:6
Seek God's guidance in all your ways and trust Him. Have you been leaning on your own understanding? Write a prayer asking for forgiveness and seeking God guidance.

Day 22: Confidence in Prayer

Look up and write out 1 John 5:14-15
Believe that God hears your prayers. Write out a situation where you feel that God has not heard you. Write a prayer asking God to show you the truth.

Day 25: Joy in Trials

Look up and write out James 1:2-3
Count it all joy when facing trials that strengthen your faith. What trials are you facing at the moment? How can you draw closer to God through them?

Day 23: Be Still

Look up and write out Psalm 46:10
Practice being still before God and listen for His guidance. Sit in silence and just listen. Write down anything that you hear God telling you.

Day 26: Speak Encouragement

Look up and write out 1 Thessalonians 5:11
Use your words to build up and encourage others. Write out how you can do this today.

Day 29: Gratitude for Growth

Express gratitude to God for the growth and development of your confidence over the past month. Write out a prayer of praise to God.

Day 27: Hope and Confidence

Look up and write out Romans 15:13
Pray for a deep sense of hope that bolsters your confidence. Write out your prayer.

Day 30: Future Confidence

Pray for continued confidence in your future, knowing that God is with you every step of the way. Write out how you want to become more like Christ over the next 6 months. Make a plan!

Day 28: Reflect on Progress

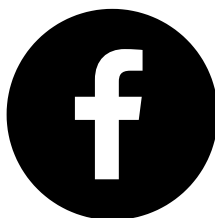
Take time to reflect on the progress you've made in building confidence through these biblical principles. Write out one thing you are going to keep doing.



WANT MORE?



Hi, my name is Patricia. Married mother of two with a mild indoor plant addiction. CEO at Milk and Honey, where our aim is to equip parents to faithfully and boldly train their children to walk with the Lord all the days of their life.





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