

CONFIDENCE REBORN

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How to
restore
confidence
with God's
word.

When Confidence Is Broken

There is a kind of pain that doesn't just hurt your heart—it reshapes how you see yourself.

For many women, especially those who have walked through divorce, single motherhood, or difficult relationships, confidence doesn't just fade... it fractures. You begin to question your worth, your judgment, and even your identity. I understand this personally.

I was raised in church, but despite being exposed to God, I struggled to truly live according to His Word. The way it was taught to me felt more like rules than relationship. And because of that, I made decisions that deeply impacted my confidence.

I had a child out of wedlock, which became the first major blow to how I saw myself. Later, I married a man who was not submitted to God, and that marriage became one of the most painful seasons of my life. When it ended in divorce, my confidence declined even further.

I no longer trusted myself. I questioned my ability to make good decisions. Life as a single mother was overwhelming, and I was so focused on surviving that my relationship with God became distant. I would only turn to Him when I ran out of options.

When Confidence Is Broken

But everything changed when I found my way back—not to religion, but to truth.

I discovered that God was never asking me to perform for Him. He was inviting me into relationship with Him. I learned that His Word wasn't about restriction—it was about restoration.

And it was through His Word that my confidence was reborn. This book will show you how yours can be too.

The Truth About Confidence

Confidence is not something you manufacture—it's something you remember.

The world teaches us that confidence comes from accomplishments, validation, or appearance. But those things are unstable. They shift, they fade, and they fail.

God teaches us something different. **True confidence comes from identity.**

When you don't know who you are, life will define you by what you've been through. But when you understand who God says you are, your past loses its power to label you.

Matthew 5:14-16 reminds us:

"You are the light of the world. A city set on a hill cannot be hidden... let your light shine before others."

Notice—it doesn't say become the light. It says you are.

Confidence begins when you stop trying to become someone and start embracing who God has already called you to be.

Remember Who You Are

Before you can rebuild confidence, you must return to truth.

Pain has a way of making you forget. It clouds your identity and replaces it with shame, regret, and self-doubt.

But your experiences do not define you—God does.

You are not “the woman who made bad decisions.”

You are not “the woman who failed in marriage.”

You are not “the woman who is struggling to hold it all together.”

You are who God says you are.

Genesis 1:27 reminds us:

"So God created mankind in his own image, in the image of God he created them; male and female he created them."

And Psalm 139:14 declares:

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

To remember is to return to this truth—to anchor your identity in how God created you, not what you’ve experienced.

When you remember who you are, you begin to see yourself differently. And when you see yourself differently, you start showing up differently.

Remodel Your Mind

Once you remember who you are, the next step is to renew how you think.

Because even when your identity is revealed, your mind may still be conditioned by your past.

You may still think:

- “I always make the wrong decisions.”
- “I’m not good at relationships.”
- “I can’t trust myself.”

These thoughts don’t come from God—they come from experiences that shaped your thinking.

But God’s Word reshapes your mind.

Romans 12:2 instructs us:

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Remodeling your mind requires intentionality.

You must:

- Identify the lies you’ve been believing
- Replace them with truth from God’s Word
- Repeat that truth until it becomes your default thinking

This is how transformation happens.

Confidence is rebuilt when your thoughts begin to align with God’s truth instead of your past experiences.

Rule Through Your Identity

Confidence is not just something you feel—it's something you walk in.

Once your identity is restored and your mind is renewed, you begin to live differently.

You stop shrinking.

You stop second-guessing.

You stop seeking validation from others.

You begin to rule—not over people, but over your life.

You make decisions from a place of alignment, not insecurity.

You trust God—and because you trust Him, you begin to trust yourself again.

Proverbs 3:5–6 reminds us:

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

And Hebrews 4:16 encourages us:

"Let us then approach God's throne of grace with confidence."

This is what it means to live from a Kingdom mindset. You are no longer reacting to life—you are leading it. And when you walk in this level of confidence, your life becomes a light to others.

You Are Not Your Past

One of the greatest lies women carry is this: “If I had made better choices, my life would look different.”

And while that may feel true, it is not the truth that God operates by.

God is not limited by your past. He is not intimidated by your mistakes. He is not finished with your story.

Your experiences may explain where you’ve been—but they do not determine where you’re going.

God restores.

God redeems.

God rebuilds.

And He does it in a way that brings Him glory.

Confidence Is Built In Relationship

The turning point in my life came when I stopped approaching God through religion and started pursuing Him through relationship.

Religion told me:

- Follow the rules
- Don't mess up
- Try harder

But relationship taught me:

- Come close
- Be transformed
- Trust Him

Confidence is not found in perfection—it's found in proximity to God.

The closer you get to Him, the clearer you see yourself. And the clearer you see yourself, the more confidently you live.

Reflection

Your confidence journey begins here

Take a moment to reflect honestly:

- Where have you been allowing your past to define your identity?
- What beliefs about yourself have been shaped by pain instead of truth?
- In what areas of your life do you struggle to trust your own decisions?
- What would change if you fully believed what God says about you?

Now ask yourself:

- What is one truth from God's Word that I need to hold onto daily?
- What is one thought I need to release and replace?
- What is one step I can take to start walking confidently again?

Your Next Step

You don't have to walk this journey alone.

Restoring your confidence is not just about information—it's about transformation. And transformation happens through guidance, accountability, and intentional growth.

If you are ready to:

- Rebuild your confidence
- Restore your identity
- And walk boldly in who God created you to be

I invite you to take the next step. Work with me through 1:1 coaching.

Together, we will:

- Identify the root of your confidence struggles
- Renew your mindset through God's Word
- And help you step fully into the woman you were always meant to be

This is your moment to begin again.

Schedule a FREE consultation:

Final Words...

Confidence is not lost forever—it can be restored.

Not through striving.

Not through perfection.

But through truth.

You are still chosen.

You are still worthy.

You are still called.

And with God, your confidence can be reborn.

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