

GUIDED JOURNAL

# Faith & Confidence Journal

Three quiet reflections for remembering what is true, what is growing, and what comes next.

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 TIMOTHY 1:7

Use these pages slowly. You can complete them in one sitting or return whenever you need a steadier place to begin.

**This journal belongs to**

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**The season I am walking through**

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REFLECTION ONE

# What Is True?

Fear can be loud. Truth gives your heart somewhere steady to stand.

## What fear or uncertainty have I been carrying?

Name it honestly. You do not have to make it smaller than it feels.

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## What do I know about God in this season?

Remember His character, His presence, and the ways He has carried you before.

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## What is true about me?

Write the strengths, wisdom, support, and choices that fear may be overlooking.

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My steadying truth: \_\_\_\_\_

REFLECTION TWO

# What Is Growing?

Roots often deepen long before anyone can see new growth above the soil.

## What am I handling differently than I did a year ago?

Look for progress in how you respond, recover, speak, rest, or ask for help.

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## What strength is becoming clearer?

Consider what others see in you and what you are beginning to see for yourself.

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## What am I learning to release?

Name an expectation, habit, fear, or old identity that no longer belongs.

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I will not minimize this growth: \_\_\_\_\_

REFLECTION THREE

# My Next Brave Step

Confidence grows when you learn that your promises to yourself can be trusted.

What do I already know I need to do?

Let the answer be simple and honest.

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What is one step I can take in the next 24 hours?

Make it clear, safe, and small enough to begin.

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What support will help me follow through?

Write a person, prayer, boundary, resource, or reminder.

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How will I honor the step once it is complete?

Pause and recognize your courage before rushing to the next thing.

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My promise to myself: Today, I will \_\_\_\_\_