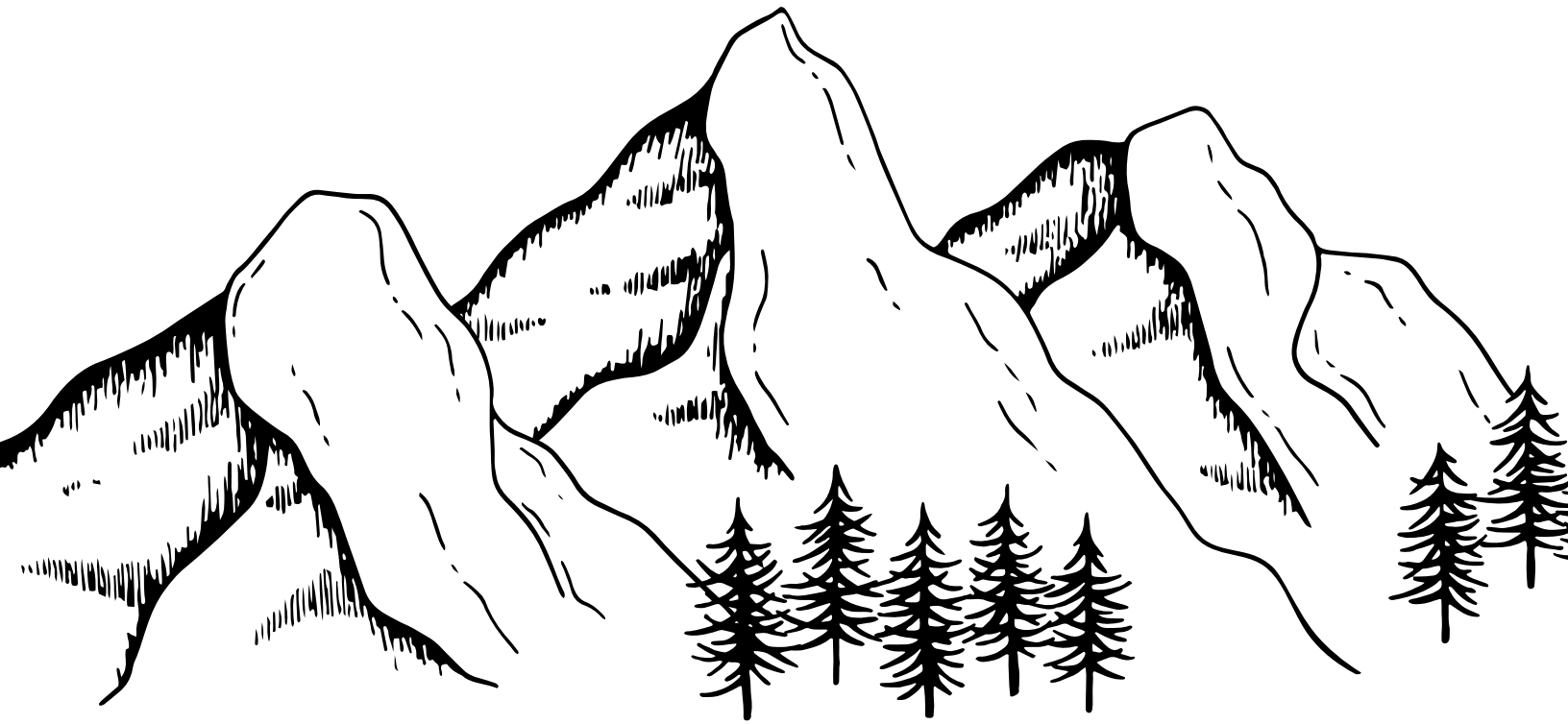


Self-Confidence



A Devotional for Women



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September 2020

For September, I put a story out on Instagram asking what y'all would like to study about this month. While I got a few responses, the one that stood out to me was Self-Confidence.

As women, we are constantly attacked by social media telling us that some part of our body, our mind, or how we do things is not enough. That it does not live up to societies standards. That we are not perfect.

Those constant images and words get imprinted in our minds and suddenly, they define us. They define how we speak, how we dress, what we eat, how we exercise, what we do.

But see, other's opinions of us should NEVER define us. The only opinion that we should listen to consistently is God's. And God has a MUCH different opinion about you than the world does. God tells us that we are beautiful, that we were made with a purpose, and that we were made to be exactly who we are-not like the others.

This month, read God's word about your worth, your strength, your fire, your purpose and your vision. God is going to work in your life this month!

Join me daily as I post this devotional series by 9AM every single day. on Instagram stories @heightsinheels.

Things to know

This document cannot be copied, distributed or sold. This is exclusively for the people who are subscribed to the Heights in Heels newsletter. It was written by Kendall Shue, of heightsinheels.com and [@heightsinheels](https://www.instagram.com/heightsinheels) on Instagram.

If you would like to purchase for a bible study group, please let me know by emailing me at heightsinheels@gmail.com

Every morning, by 9 AM I will have the devotional posted my my instagram ([@heightsinheels](https://www.instagram.com/heightsinheels)). Come, watch and learn with me daily! These videos are never longer than 5 minutes each day!

Supplies and Pointers

Flair pens and highlighters are going to be your friends here!

Write ALL OVER this!

I think that it is best if you print this out and use it, however it can be used digitally.

Take time to really read the verse. Look up the definition of words that you are unsure of!

Join me [@heightsinheels](https://www.instagram.com/heightsinheels) on Instagram to do this bible study with me!

August 30, 2020

Joshua 1:9

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

August 31, 2020

Jeremiah 17:7

"But blessed is the one who trusts in the Lord, whose confidence is
in him"

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 1, 2020

Psalm 27:3

"Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. "

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 2, 2020

Psalm 139:13-14

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made. Your works are wonderful, I know that full well."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 3, 2020

Isaiah 40:31

"But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 4, 2020

Isaiah 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 5, 2020

Philippians 1:6

"being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 6, 2020

Philippians 4:13

"I can do all this through Him that gives me strength."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 7, 2020

2 Corinthians 12:9

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the most gladly about my weaknesses, so that Christ's power may rest on me."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 8, 2020

Hebrews 4:16

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 9, 2020

Hebrews 10:35-36

"So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 10, 2020

Hebrews 13:6

"So we say with confidence, 'The Lord is my helper; I will not be afraid. What can mere mortals do to me?'"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 11, 2020

2 Timothy 1:7

"For the spirit God gave us does not make us timid, but gives us power, love and self-discipline."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 12, 2020

1 John 4:17

"This is how love is made complete among us so that we will have confidence on the day of judgement: In this world we are like Jesus."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 13, 2020

Psalms 46:5

"God is within her, she will not fall;
God will help her at break of day."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 14, 2020

Proverbs 31:25-26

"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 15, 2020

Exodus 9:16

"But I have raised you up for this very purpose, that I might show you my power and that my name might be proclaimed in all the earth."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 16, 2020

Job 42:2

"I know that you can do all things; no purpose of yours can be thwarted."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 17, 2020

Proverbs 19:21

"Many are the plans in a person's heart, but it is the Lord's purpose that prevails."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 18, 2020

Ephesians 2:10

"For we are God's handiwork, created in Christ Jesus to do good works which God prepared in advance for us to do."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 19, 2020

Isaiah 64:8

"Yet you, Lord, are our Father. We are the clay, you are the potter;
we are all the work of your hand."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 20, 2020

Psalms 28:7

"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 21, 2020

Romans 8:5

"Lead me, Lord, in your righteousness because of my enemies-
make your way straight before me."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 22, 2020

Luke 1:45

"Blessed is she who has believed that the Lord would fulfill his promises to her!"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 23, 2020

1 Peter 3:3-4

"Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight"

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 24, 2020

Psalms 143: 8

"Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 25, 2020

Proverbs 3:15-18

"She is more precious than rubies; nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who take hold of her; those who hold her fast will be blessed."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 26, 2020

Song of Songs 4:7

"You are altogether beautiful, my darling; there is no flaw in you."

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 27, 2020

Psalms 73:26

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 28, 2020

1 Chronicles 16:11

"Look to the Lord and his strength; seek his face always"

What stands out in
this verse?
Highlight and
annotate the verse
too!

What is this verse
teaching?

How can I apply
these lessons to
my life?

September 29, 2020

Isaiah 43:1

"But now, this is what the Lord says- he who created you, Jacob, he who formed you, Isreal: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?

September 30, 2020

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gently and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

What stands out in this verse?
Highlight and annotate the verse too!

What is this verse teaching?

How can I apply these lessons to my life?