

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's basic outline.

### Weekly Discussion Theme: Confidence

- **Leader shares:** Many of us have heard the saying 'confidence is key,' but do we ever stop to think about what it truly means? Confidence is the feeling or belief that one can rely on someone or something; otherwise known as firm trust. We all have areas within ourselves and in our lives where we feel confident. We also have areas where we struggle with insecurity and self-doubt. These are the areas we need to focus on to intentionally develop confidence and self-assurance. Let's remember, we're not discussing ego, which is defined as a person's sense of self-esteem or self-importance. Instead, we are highlighting the importance of doing the challenging work to focus on the areas within ourselves and our lives where confidence is lacking. This will help us find more joy in life.
- **Group shares:** What does confidence mean to you, and how do you think focusing on building confidence in areas where you feel insecure could impact your life?
- **Acknowledge:** THANK YOU for sharing!

**Verse:** Psalm 139:14 (NIV): "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

- **Leader Interpretation:** This verse reminds us that we are fearfully and wonderfully made by God, which can instill confidence in ourselves. It reinforces the idea that we possess inherent worth and potential. This newfound confidence empowers us to confront areas of insecurity and self-doubt with the assurance that we are valued and cherished by our Creator.
- **Group shares:** How does the understanding that we are fearfully and wonderfully made by God impact the way we view ourselves and approach areas of insecurity in our lives?
- **Acknowledge:** THANK YOU for sharing!

### **These are 10 strategies to boost confidence in areas of insecurity and low self-esteem:**

- **Set Realistic Goals:** Break goals into manageable steps for better tracking and celebrating progress.
- **Challenge Negative Thoughts:** Replace negative self-talk with positive affirmations and realistic perspectives.
- **Focus on Strengths:** Acknowledge and list your positive qualities to boost self-confidence.
- **Seek Support:** Surround yourself with supportive individuals and share struggles for guidance.
- **Practice Self-Compassion:** Be kind to yourself, especially during moments of self-doubt.
- **Learn and Grow:** Invest in personal and professional development for empowerment.
- **Visualize Success:** Use visualization to reduce anxiety and increase confidence.

- **Celebrate Achievements:** Recognize and celebrate milestones along your confidence-building journey.
- **Take Action:** Face fears and embrace growth opportunities with courage and resilience.

**Group shares:** What strategies have you found helpful in boosting confidence, and how have you incorporated them into your daily routine?

**Acknowledge:** THANK YOU for sharing!

**Leader Sharing:** Discussing or even thinking about the areas in our lives where we lack confidence or feel insecure can be challenging. It's not something we naturally want to address. However, taking the time and effort to understand why we lack confidence in those areas and dedicating time to build confidence can significantly improve our lives. It's a worthwhile endeavor

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** [imperfectpaths.com](http://imperfectpaths.com)

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