



BIBLE VERSES  
*about*  
CONFIDENCE

A Daily Devotional to Overcome Anxiety

GRACE MCEWAN



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## LIVING IN ABSOLUTE POWER




Hello dear sisters, and welcome to 365 days of living in Absolute Power. No matter where you are in your journey of self-discovery, know this—God knew you, God knows you and He loves you...no matter what! I say this with such ease and confidence now, but there was a time when I doubted it—and therefore doubted myself.

I defined myself by the world's view and not by God's view. I looked at myself through the unappreciative eyes of a man who hadn't thought me valuable enough to be faithful to, and I simply thought that I could only find happiness if I changed, altered and "worked on" myself from the outside.

I didn't realise that I had to be transformed from within, in order to see myself as my Heavenly Father did. I couldn't bring myself to believe that everything the Creator creates is perfect, and therefore I am perfect too. I couldn't look at myself in the mirror without picking out a dozen or more flaws that I felt I needed "to work on" before I could feel better about myself.

It got really bad, because the moment I began to work on one set of flaws that I perceived through my unenlightened



eyes, there unfolded a whole new set of defects that I felt I needed to work on. As the list of flaws grew longer, my self-confidence diminished to the point where I just couldn't feel good about myself at all.

It grew harder and harder for me and eventually, through the mists of a dark depression, I reached for my Bible in desperation, and read the words:

*“I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”*

PSALM 139:14

I began to ponder on these words. I meditated on them... and my Heavenly Father reached into my heart and turned my eyes towards Him. He helped me see how He created us—each in His own image. There are no imperfections in Him. Therefore, I am perfect—just the way I am. And you are too, my sister. You are perfect—just the way you are.

So while you're muddling through this journey called life, take a moment to look in the mirror—not to adjust your makeup or pat your hair into place, but to adjust your view of yourself and pat yourself on the back, because every time you appreciate how God sees you, you move one step forward on your journey to self-acceptance and self-confidence.

I went on a journey from self-pity and self-condemnation to self-confidence and self-appreciation, and every day began with a simple study of one of God's promises from the

scriptures. So I share this with you, and may you be blessed by the Power of your Heavenly Father's thoughts that rest on you every day.

Remember—you are fearfully and wonderfully made! His works are wonderful. And you are wonderful too!

**GRACE MCEWAN**





JANUARY





## JANUARY 1



*She is clothed with strength and dignity.*

PROVERBS 31:25

So your make-up's running, those six inch heels are killing off your feet by the second, and maybe you should have been realistic, and not hoped that you would be comfortable in an 'S' when it's obvious you're an 'L'...and now you're wondering if your face is turning blue because you are too scared to breathe, lest you snap the waistband of those overly tight jeans.

The fact is, you are not seeing yourself as who you were meant to be, and you are trying to be someone you think you ought to be. You're not the only one trying to fit into a persona that they think is better than the one they were born with. The world is filled with women who aren't looking at the reality of who they are—not as their peers see them, but as God does. He has created you to be uniquely you—confident and proud of who you are—in Him. So step into something more comfortable—yourself in Christ! He is your Confidence!

## JANUARY 2



*Do not be discouraged for the Lord your God is with you.*

JOSHUA 1:9

The kitchen is a mess—pots and pans strewn all around; sauce on the walls where you slung some just because you were so frustrated at not getting it right. There's this lingering smell of cinders and you're devastated because they were the vegetables you were trying so hard to sauté to perfection just like the recipe said you were supposed to. And life's like that—you have a rosy view of it when you start out—that it's going to be like this perfect meal you were going to create to impress someone—with every dish worthy of an Instagram post. But now you're stuck with cleaning up the mess. Actually no—you don't have to do this alone. He is with you. The Creator of the Universe is with you. Jesus is with you. And He will deal with your mess and turn it into a Message. Because the recipe for success and confidence starts with Him!







JANUARY 3



*I praise you because I am fearfully  
and wonderfully made.*

PSALM 139:14

New Year—new weight loss plan and workout schedule. Well, that’s what you started out with. A strained tendon and several aching muscles later, you’re close to abandoning that ridiculously strenuous regimen for a reality check. Here’s the deal. You can do this—just take it one step at a time, set no unrealistic goals and make the whole weight loss plan *doable*. God has designed you to be perfectly made—“fearfully and wonderfully made”! Confidence in His ability to help you find your way to the right end of the scales will help you reach those goals. Above all, realise your worth as a woman who has been blessed with the presence of God in her. Go on a diet of His Word to instill confidence in your abilities... and stand strong on the foundation of His Promises.


JANUARY 4



*Finally, be strong in the Lord  
and in his mighty power.*

EPHESIANS 6:10

You can do this. You’ve got this. Yes, everybody’s been telling you things that sound hollow. After all, there’s a hole where your heart once was and it’s going to take a while for the healing to take place. Or so you think. The fact is, you don’t have to do this alone. And you don’t have to rely on your own strength to get you through this time. It’s hard...but He makes it easier—by giving you His strength. And suddenly—you’re stronger. Strong enough to let go of that relationship that wasn’t quite working any way. Strong enough to believe that you will love again. So... chin up lady. He’s got this...and that’s why you can do this!





JANUARY 5



*I can do all things through  
Him who strengthens me.*

PHILIPPIANS 4:13

Sometimes it doesn't seem like it, does it? Not when the job you have feels like a marathon you can't run anymore...because the work you have pending has turned into the mountain you can't climb. You're probably feeling like a juggler who hasn't got it all together and, maybe, you're even doubting your skills as a multi-tasker. What you need to remember is that you are a woman and you are blessed with a natural ability to multitask. All you need to do is take a deep breath and remember that God created you with some pretty awesome gifts and talents. And when you tap into Him, you tap into all those abilities you forgot that you possessed. What's more, He cares about you. He gives you all the strength you need. With Him, in Him and through Him—you are a Confident Woman.

JANUARY 6



*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

PHILIPPIANS 4:6

This might not come across as the ideal piece of advice if paying off a mortgage or a student loan is keeping you up at night... or if you're at crossroads and haven't the faintest idea how your career plans (or the lack of them) are going to pan out. These words might seem even harder to believe when you've cried yourself into oblivion over a recent heartbreak. Yet the simple truth is—***this is the only advice you will ever need*** to get through life while staying on an even keel, and even being a source of strength to the people around you.

Worry doesn't solve anything and only serves to quell your spirit. Take some quiet time by yourself and tap into that connection you have with your Heavenly Father. The fact is, your Daddy up in heaven loves His daughter so much and doesn't ever want to see her cry or be stressed about life. He just wants you to trust Him and to know that He will make it all better.

