# Courageous Conversations: Speaking Truth with Godly Strength



A 7-day study empowering women to speak truth to narcissists with biblical courage and wisdom.





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### Introduction

Speaking truth to a narcissist takes courage, discernment, and grace. For many women, the challenge is not just what to say but how to stand firm without losing peace or becoming overwhelmed by manipulation. This study is designed to equip you with *biblical insights* and practical courage to engage in these difficult conversations from a place of spiritual authority and love.

Throughout these seven days, we will explore the example of Godly women in Scripture who confronted lies, deception, and pride with **truth clothed in wisdom and humility**. From Esther's bold stand before the king to Abigail's wise mediation, these stories reveal that courage rooted in God's Word is always transformative.

Speaking truth to a narcissist requires understanding both Biblical truth and the heart behind the manipulation. This plan encourages discernment by grounding you in Scriptures about truth, love, patience, and boundaries so you can engage productively and protect your own soul. Whether you face a family member, colleague, or friend who exhibits narcissistic traits, you will gain the Spirit-led strength to respond—not react.

As you embark on this journey, be encouraged that God honors **faithful and courageous hearts**. You are not alone in these conversations. May this study embolden you and deepen your relationship with Christ, who is the ultimate Source of truth and power in all circumstances. Let's walk together with confidence, trusting God to guide your words and guard your heart.  $\bigwedge$ 

















### Your Verse

John 8:32 - "Then you will know the truth, and the truth will set you free."

### **Supporting Scriptures**

- Ephesians 4:15 "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."
- Psalm 25:5 "Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long."







### Devotional: Grounding Ourselves in Biblical Truth

**Truth is the foundation of every courageous conversation.** Before we can speak truth to anyone, especially a narcissist, we must first understand and anchor ourselves in God's truth. Jesus reminds us that truth sets us free—both inwardly and outwardly.

A narcissist often distorts reality with selfish pride and manipulation, making it essential that we do not get pulled into confusion or lies. Instead, by immersing ourselves in Scripture and the Holy Spirit's guidance, we strengthen our ability to discern what is true and how to communicate it with love.

This day challenges you to intentionally seek God's truth through His Word. Pray for clarity and wisdom to stand firm without being shaken by false narratives. Remember, speaking truth is not about winning arguments but reflecting the character of Christ in our words and hearts.

When we abide in truth, we proclaim freedom—not just for ourselves but potentially for those who hear us.







## Reflect and Apply

	What areas of your understanding of truth do you feel need strengthening?
	How comfortable are you in speaking truth with love rather than frustration?
3.	In what ways might God be preparing you for difficult conversations?







## **Journaling Prompts**

	Write about a time you experienced the freedom of speaking or receiving truth.
2.	List Scriptures that help you understand and embody God's truth.
	Reflect on your feelings when confronted with manipulation—how can truth shift your response?







### Prayer for Today

**Lord,** thank You for the gift of Your truth. Help me to know it deeply and hold it firmly so I can courageously speak it in love. Guard my heart from confusion and deception. Fill me with wisdom and patience as I prepare to confront difficult situations with grace. Teach me to listen, to discern, and to respond with Your Spirit's power. *Guide every word and protect my peace.* In Jesus' name, Amen.

















Day 2: ① Courage in the Face of Pride

### Your Verse

Proverbs 16:18 - "Pride goes before destruction, a haughty spirit before a fall."

### **Supporting Scriptures**

- James 4:6 "God opposes the proud but shows favor to the humble."
- Micah 6:8 "...what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."







Day 2: ① Courage in the Face of Pride

### Devotional: Standing Strong Against Pride

Narcissistic pride often blinds people to their need for grace and change.

Speaking truth to pride demands courage because it touches the very foundation of the person's false security. Proverbs warns us that pride precedes destruction, yet we must approach pride with compassion rather than judgment.

True courage isn't brash or abrasive, but *rooted in humility and dependence on God.* Our strength comes from Him, not from our own resolve. We follow God's example by confronting pride with love, calling to mind the truths that lead to repentance and transformation.

Today, reflect on the ways pride influences your interactions and how God's Spirit can equip you to speak truth with humility. Pray for a heart that fears God more than human approval and for a boldness that reflects His justice and mercy.







Day 2: **(**) Courage in the Face of Pride

### Reflect and Apply

	How do you experience or witness pride affecting relationships around you?
2.	What fears come up when you think about confronting prideful attitudes?
3.	How can humility shape your approach when speaking truth?







Day 2: **(**) Courage in the Face of Pride

## **Journaling Prompts**

	Write about a situation where humility helped you or someone else speak truth effectively.
2.	Identify personal pride areas you want God to soften or change.
3.	List biblical examples of God opposing pride and showing favor to humility.







Day 2: ① Courage in the Face of Pride

### Prayer for Today

**Father,** teach me to rely fully on Your strength when faced with pride in others. Help me to approach with humility, courage, and love. Remove any fear of rejection or failure and fill me with boldness that honors You. May my words reflect Your justice and mercy as I seek to speak truth. *Guard my heart from becoming proud or harsh.* In Jesus' name, Amen.

















### Your Verse

Ephesians 4:15 – "Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."

### **Supporting Scriptures**

- Colossians 4:6 "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."
- Proverbs 15:1 "A gentle answer turns away wrath, but a harsh word stirs up anger."







### Devotional: Balancing Truth and Grace

Bringing together truth and love is a spiritual art, especially when addressing a narcissist. Words wield tremendous power—they can either open hearts or build walls. Ephesians encourages us to mature by speaking truth thoughtfully and lovingly, trusting God to use our words for growth and healing.

It's tempting to get frustrated or speak sharply when met with pride and manipulation, but Scripture calls us to a higher standard. *Grace shapes the tone and purpose of our conversations.* Like salt that preserves and flavors, our words should bring clarity and peace rather than conflict.

Today, ask God to help you balance boldness with gentleness. Pray for the Holy Spirit to guide each word, so your spoken truth softens resistance without compromising conviction.







## Reflect and Apply

1.	How do you currently express truth in your conversations?
2.	In what ways can loving words impact a tense situation?
	What role does the Holy Spirit play in helping you communicate effectively?







## **Journaling Prompts**

1.	Write a prayer asking God to mature your communication style.
2.	Recall a conversation where grace helped convey truth effectively.
	List practical ways to prepare for speaking truth with both boldness and kindness.







### Prayer for Today

**Lord Jesus,** teach me to speak truth with unwavering love. Let my words be seasoned with grace and guided by Your Spirit. Help me to remain calm and patient even when challenged, so that my conversations reflect Your character. May my truth be a bridge, not a barrier. *Use me as a vessel of peace and clarity.* Amen. \(\mathbb{Y}\) \(\mathbb{P}\)

















Day 4: Main Setting Boundaries with Wisdom

### Your Verse

Proverbs 4:23 - "Above all else, guard your heart, for everything you do flows from it."

### **Supporting Scriptures**

- Matthew 5:37 "Let your 'Yes' be 'Yes,' and your 'No,' 'No.""
- Galatians 6:5 "For each one should carry their own load."







Day 4: Maries Boundaries with Wisdom

### Devotional: Protecting Your Heart While Speaking Truth

It's wise and necessary to set healthy boundaries when dealing with a narcissist. While speaking truth is important, we must guard our own heart and well-being to remain effective and whole. Proverbs reminds us to protect our heart carefully as it influences our entire life.

Boundaries are not walls of rejection but clear lines that preserve your peace and identity in Christ. Saying "no" when needed empowers you to speak from a place of strength rather than exhaustion or desperation.

As you prepare to engage in courageous conversations, ask God to help you recognize and maintain boundaries that keep you spiritually and emotionally safe. Trust that setting limits honors both yourself and God's design for healthy relationships.







Day 4: 🔀 Setting Boundaries with Wisdom

## Reflect and Apply

1.	What boundaries do you currently have, and how do they help or hinder your relationships?
2.	How can setting boundaries improve your ability to speak truth freely?
3.	Are there fears or guilt associated with establishing limits in your conversations?







Day 4: 🔀 Setting Boundaries with Wisdom

## **Journaling Prompts**

	Identify boundaries you need to establish or reinforce in difficult relationships.
2.	Write about how Jesus exemplified healthy boundaries.
	Create a list of affirmations to remind you of your worth and need for protection.







Day 4: Main Setting Boundaries with Wisdom

### Prayer for Today

**God,** help me guard my heart today as I face challenging conversations. Give me wisdom to set boundaries with grace and courage. Strengthen me to say "no" when necessary so I can maintain peace and clarity. Teach me to love others without losing myself. *Protect my spirit and renew my strength.* Amen.















### Your Verse

Romans 12:12 - "Be joyful in hope, patient in affliction, faithful in prayer."

### **Supporting Scriptures**

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will soar on wings like eagles..."







### Devotional: Empowering Your Spirit with Prayer

Prayer is our lifeline when facing the spiritual and emotional challenges of dealing with narcissistic behavior. Romans encourages us to be patient in hardship and steadfast in prayer, reminding us that our hope and strength come from God alone.

Sometimes speaking truth can feel lonely or exhausting. At these times, prayer renews our courage and centers our hearts on God's power rather than our limitations. Patience helps us persevere through opposition without bitterness or defeat.

Commit today to deepen your prayer life for these conversations. Invite the Holy Spirit to guide your words, soften hardened hearts, and uphold your resolve. Remember, you are never alone; God fights alongside you.







## Reflect and Apply

1.	How often do you turn to prayer before difficult conversations?
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2.	What role does patience play in your interaction with challenging people?
3.	In what ways has God renewed your strength through prayer?







## **Journaling Prompts**

1.	Write a prayer requesting strength and patience for upcoming conversations.
2.	Reflect on a time God answered prayer during a relational struggle.
3.	List Bible verses that encourage persistent prayer and hope.







### **Prayer for Today**

**Dear God,** fill me with Your peace and patience as I face difficult people and conversations. Help me to rely on prayer as my source of strength and hope. Renew my spirit daily so I can stand firm in Your truth without growing weary. May Your presence be my shield and guide. *Thank You for never leaving me.* Amen.







## 









#### Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

### **Supporting Scriptures**

- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







### Devotional: Finding God's Peace in Turmoil

Maintaining peace in the midst of conflict is essential for speaking truth effectively. When confronted with a narcissist's manipulation, chaos can stir emotions and cloud judgment. Yet Paul assures us that God's peace surpasses human understanding and can protect our hearts and minds.

This peace is accessed through trust and steady focus on Christ—not our circumstances. Turning to God in prayer, meditation on His Word, and resting in His care calms our spirit and strengthens our witness.

Today's focus is on cultivating this divine peace. Practice daily moments of surrender to God's presence, allowing Him to renew your calm and clarity even when surroundings are stormy. Remember, peace powerfully influences conversations by diffusing tension and opening hearts.







## Reflect and Apply

	What disrupts your inner peace most when dealing with a difficult person?
2.	How can you intentionally seek God's peace daily?
3.	What difference does peace make in how you communicate?







## **Journaling Prompts**

1.	Describe moments when God's peace helped you through hard conversations.
2.	Make a list of practical ways to cultivate peace in your daily routine.
3.	Write about how trusting God changes your perspective on conflict.







### Prayer for Today

**Lord Jesus,** fill me with Your peace that passes all understanding. Guard my heart and mind as I navigate difficult conversations. Help me to rest in You, trusting that You are in control. May Your peace calm my fears and steady my words. *Let Your presence be my sanctuary.* Amen. 😂 💭 🙏

















Day 7: 
Reflecting Christ in Every Conversation

### Your Verse

Colossians 3:17 – "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

### **Supporting Scriptures**

- 1 Peter 3:15 "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."
- Matthew 5:16 "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."







Day 7: 
Reflecting Christ in Every Conversation

## Devotional: Being a Christlike Witness in Difficult Talks

Ultimately, our goal in speaking truth is to reflect Christ's love and light to those around us. Colossians exhorts us to do everything in Jesus' name, which includes our conversations, especially challenging ones.

Preparing to engage with a narcissist is not just about winning a point, but embodying the patience, respect, and hope found in Christ. Peter reminds us to be ready to explain our faith and perspective, always with gentleness and respect. This attitude can pierce through defenses and open hearts.

As this study concludes, resolve to walk forward as a courageous woman who speaks truth grounded in love and empowered by the Holy Spirit. Let your words and actions glorify God and bring hope even in difficult circumstances.







Day 7: 💮 Reflecting Christ in Every Conversation

## Reflect and Apply

1.	How can your conversations reflect the character of Christ more fully?
2.	What challenges have you faced that strengthened your witness?
3.	How will you continue growing in courage and grace after this study?







Day 7: 💮 Reflecting Christ in Every Conversation

## Journaling Prompts

Write about what it means to speak 'in the name of Jesus.'
Reflect on ways to show gentleness and respect in tough conversations.
Commit your future courageous conversations to God in writing.







Day 7: 
Reflecting Christ in Every Conversation

### Prayer for Today

**Jesus,** help me to be Your witness in every word and deed. Empower me to speak truth with gentleness and respect that honors Your name. May my life and conversations reflect Your love and bring glory to the Father. Keep me courageous and faithful as I continue this journey. *Thank You for being my guide and strength.* Amen.







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