# Men Rebuilt: Confidence and Purpose Beyond Position



A 7-day Bible study guiding men to reclaim identity, confidence, and purpose in Christ after a job demotion or loss of status.





### Table of contents

Introduction	3
Day 1: K Identity Beyond Position	4
Day 2: Overcoming Shame and Fear	10
Day 3: O Discovering Purpose Through Pain	16
Day 4: & Strength for the New Season	22
Day 5: SPeace Amid Transition	28
Day 6: 6 Courage to Move Forward	34
Day 7: * Living Renewed in Christ	40







### Introduction

**Men, life is full of unexpected twists.** Getting demoted or losing your position at work can shake your sense of identity and purpose deeply. *When you're no longer the boss*, it's natural to question your worth and wonder where God fits in this new chapter. But your value isn't defined by your job title or status—it's rooted in Christ, who calls you beloved and equips you for His plan.

Over the next seven days, this study will walk you through God's Word to help you rebuild from the inside out. We'll explore biblical examples, promises, and truths that invite you to rediscover who you are beyond your career. You'll gain fresh confidence by anchoring yourself in God's unchanging identity rather than fleeting circumstances.

Each day provides a lively devotional, supportive Scriptures, and questions to reflect on honestly. Through it all, you'll be encouraged that your worth is never lost, God is with you, and His purpose for your life is still alive and relevant. **Men, this is your mission—to step into God's design for your life with renewed strength and clarity.** Let's begin the journey of rebuilding your identity and walking forward in victory, not based on position but on Christ alone.

















Day 1: K Identity Beyond Position

### Your Verse

Galatians 2:20 – "I have been crucified with Christ and I no longer live, but Christ lives in me."

### **Supporting Scriptures**

- Psalm 139:14 "I praise you because I am fearfully and wonderfully made."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."







Day 1: K Identity Beyond Position

### Devotional: Rooting Identity in Christ, Not Roles

When facing a demotion or the loss of a leadership role, it's easy to tie your identity to that position. But the Apostle Paul reminds us in **Galatians 2:20** that our true self is found in Christ. Our old self and failed roles are "crucified" so that a new life, defined by Jesus, can emerge.

Your worth is not based on what you do, but on who you are in God's eyes. Psalm 139 celebrates this truth: you are "fearfully and wonderfully made" *by God himself.* Let this sink in—your Creator designed you uniquely, with intention and love, independent of job titles.

In Ephesians 2:10, Paul declares that you are God's handiwork—a masterpiece called to good works. This means your purpose is alive and waiting to be uncovered beyond your former position. Your value is rooted in Jesus' life within you, not your past status.

Today, surrender your identity tied to your role and embrace the new creation you are in Christ. Let go of past labels. Open your heart to God's redefining work that transcends job titles.







Day 1: 🚜 Identity Beyond Position

### Reflect and Apply

1. I	How have you tied your self-worth to your job or title?
_	
	What fears come up when you think about your life without your former position?
-	
	n what ways can you remind yourself daily that Christ lives in you, redefining your value?
_	
_	







Day 1: 🚜 Identity Beyond Position

### **Journaling Prompts**

1.	Write about the parts of your identity linked to your job.
2.	List ways God's description of you differs from how you see yourself.
	Describe what it would feel like to fully embrace your new identity in Christ.







Day 1: K Identity Beyond Position

### Prayer for Today

**Dear Lord,** today I bring my shaken identity before You. Help me to release my grip on titles and roles that no longer define me. Fill me with Your spirit so that I may live boldly as Your beloved child. Strengthen my heart with the truth that I am fearfully made and valuable in Your eyes. Guide me to see my purpose beyond any position. Thank You for loving me unconditionally and renewing my worth through Jesus. *In His name I pray, Amen.*

















Day 2: **(**) Overcoming Shame and Fear

### Your Verse

Romans 8:1 – "Therefore, there is now no condemnation for those who are in Christ Jesus."

### **Supporting Scriptures**

- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."
- 1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us."







Day 2: • Overcoming Shame and Fear

### Devotional: Freedom From Shame and Fear in Christ

Demotion can often bring a flood of shame and fear. You may feel condemned by failure or worry about the future. But **Romans 8:1** offers powerful hope: in Christ, there is no condemnation. Your past mistakes or setbacks cannot define or disqualify you from God's grace.

Fear attempts to paralyze, yet *Isaiah 41:10* reminds us God's presence banishes fear: "I am with you." This isn't just comforting words but a promise that God stands beside you, holding you steady even in the storms.

Sometimes shame stays because we withhold confession. Scripture invites us to be honest with God: **1 John 1:9** assures that when we confess, God faithfully forgives and cleanses us. Receiving His forgiveness is vital to moving forward with freedom.

Today, face your fears and let go of shame by resting in God's unfailing acceptance. Open your heart to His forgiveness and courage to step ahead renewed, no longer weighed down by condemnation but uplifted by grace.







Day 2: **(**) Overcoming Shame and Fear

### Reflect and Apply

1.	What fears or feelings of shame are holding you back right now?
	How can you practically remind yourself that there is no condemnation in Christ?
	What steps can you take toward confession and receiving God's forgiveness today?







Day 2: **(**) Overcoming Shame and Fear

### **Journaling Prompts**

1.	Write honestly about your fears related to your demotion.
2.	List areas where you need God's forgiveness and healing.
3.	Describe what life might look like if shame no longer held power over you.







Day 2: ① Overcoming Shame and Fear

### Prayer for Today

**Lord,** thank You for removing condemnation through Jesus. Help me release all shame and fear that weigh me down. Teach me to trust Your presence that never leaves me, even in my darkest moments. I confess my failures before You and ask for Your cleansing forgiveness. Fill me with peace and courage to move forward in freedom. Strengthen my faith so I may walk confidently with Your promises as my shield. *In Jesus' name, Amen.* 🙌 👽















### Your Verse

Romans 8:28 - "And we know that in all things God works for the good of those who love him."

### **Supporting Scriptures**

- James 1:2-3 "Consider it pure joy...because you know that the testing of your faith produces perseverance."
- Jeremiah 29:11 "For I know the plans I have for you," declares the Lord.







### Devotional: Embracing God's Purpose in Hard Times

It's painful to lose status or authority, but Scripture declares that God can turn even our hardest trials into good. **Romans 8:28** promises that God orchestrates all circumstances for the good of those who love Him, including your current hardship.

James encourages believers to consider trials as reasons for joy because these difficulties produce perseverance—a strength of character that sustains you beyond the moment pain. This means your present season is shaping you for greater endurance and depth.

*Jeremiah 29:11* assures you that God has intentional plans for your future — plans filled with hope and purpose. Even though you may feel lost now, God's blueprint for your life remains unwavering and good.

Today, choose to trust God's transformative work through your pain. Look beyond the setback and pray for eyes to see a purpose still unfolding. God redeems broken paths and turns them into a journey of growth.







### Reflect and Apply

1.	How have your current challenges changed your view of God's plan?
2.	Can you identify ways God might be using your struggle for growth?
3.	What hopes and dreams do you want to entrust to God today?







### **Journaling Prompts**

1.	Record moments when pain led to personal growth in your life.
2.	Write down what you believe God's plan could be for your next steps.
	Reflect on how perseverance has been developed through previous hardships.







### Prayer for Today

Father God, thank You that You work all things for my good, even the painful parts. Help me to trust Your plan and find purpose in this season of uncertainty. Give me joy amid trials and perseverance for what lies ahead. Open my heart to see Your hope and to walk confidently in Your promises. May my life reflect Your glory as You transform challenges into strength. *In Jesus' name I pray, Amen.* 

















### Your Verse

Isaiah 40:29 - "He gives strength to the weary and increases the power of the weak."

### **Supporting Scriptures**

- Philippians 4:13 "I can do all this through him who gives me strength."
- Nehemiah 8:10 "The joy of the Lord is your strength."







### Devotional: Relying on God's Strength for Renewal

Transitioning from a leadership position can leave you feeling drained and weak. Yet Isaiah 40:29 is a reminder that God provides supernatural strength when you're weary. The power you need to rise again doesn't depend on your own abilities but on the One who renews you.

Paul echoes this in Philippians 4:13, declaring that through Christ, you can accomplish what is before you. This isn't just motivational—it's a promise that Christ's strength meets your every need.

Nehemiah 8:10 connects joy with strength, showing us that the joy found in the Lord fuels perseverance. As you embrace God's presence and joy, you receive fortitude to step into new callings even after loss.

Today, invite God to replenish your strength physically, emotionally, and spiritually. Lean on Him as the source of your power for whatever this new season demands.







### Reflect and Apply

1.	Where do you feel weak or weary right now?
2.	How have you experienced God's strength in past challenges?
	What practical steps can you take to draw closer to God's empowering joy?







### **Journaling Prompts**

1.	Write about times you relied on God's strength instead of your own.
2.	List areas where you need strength today and ask God for renewal.
3.	Reflect on how joy in the Lord can become a daily habit for you.







### Prayer for Today

**Lord,** I come before You weary and in need of Your strength. Refresh my spirit and renew my power to face this new chapter. Help me to lean not on my own understanding but on Your mighty strength. Fill me with Your joy that sustains and empowers. May I walk forward confident that You are the source of all endurance and victory. *In Jesus' name, Amen.*









### Day 5: W Peace Amid Transition









Day 5: 💙 Peace Amid Transition

### Your Verse

John 14:27 - "Peace I leave with you; my peace I give you."

### **Supporting Scriptures**

- Philippians 4:6-7 "Do not be anxious about anything...and the peace of God...will guard your hearts."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Day 5: W Peace Amid Transition

### Devotional: Inviting Christ's Peace to Rule Your Heart

Change often brings anxiety and restlessness, but Jesus encourages His followers with **John 14:27**: "Peace I leave with you; my peace I give you." This peace surpasses human understanding and is available to calm your heart amid upheaval.

Philippians 4:6-7 urges you to replace anxiety with prayer and thanksgiving. When you do, God's peace acts as a guard over your emotions and thoughts, protecting you from fear.

Colossians 3:15 invites you to let Christ's peace rule within you—meaning it has authority to govern your inner life. As you surrender worries to God, His peace will become your anchor.

Today, practice releasing anxious thoughts through prayer. Invite Jesus' peace to fill your mind and guard your heart as you navigate this time of transition.







Day 5: 😂 Peace Amid Transition

### Reflect and Apply

What anxieties are most prominent for you during this transition?
How can you intentionally bring your worries to God in prayer?
What does it mean to let Christ's peace rule your heart daily?







Day 5: 😂 Peace Amid Transition

### **Journaling Prompts**

1.	Write down your current worries and turn them into prayers.
2.	Describe how your life changes when you experience God's peace.
3.	Think about ways to cultivate peace even in challenging circumstances.







Day 5: W Peace Amid Transition

### Prayer for Today

**Jesus,** thank You for the gift of Your peace that calms my anxious heart. Help me to surrender every worry to You and to embrace the tranquility only You provide. Guard my mind and emotions as I walk through this uncertain season. Teach me to abide deeply in Your peace, letting it rule over fear and doubt. May Your presence become my strongest refuge. *In Your holy name, Amen.* 🔾 🙏 👀









### Day 6: Courage to Move Forward









Day 6: 🖰 Courage to Move Forward

### Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

### **Supporting Scriptures**

- 2 Timothy 1:7 "God gave us a spirit not of fear but of power and love and self-control."
- Deuteronomy 31:6 "Be strong and courageous. Do not fear or be in dread...the Lord goes with you."







Day 6: Courage to Move Forward

# Devotional: Standing Courageous with God's Presence

Knowing God is with you empowers courage amidst uncertainty. **Joshua 1:9** stands as a beacon: be strong and courageous, without fear or discouragement, because God accompanies you in every step forward.

Paul reminds Timothy that God's spirit within you is not one of fear, but one of power, love, and self-discipline. This means you don't have to rely on your own strength—God equips you for boldness.

Deuteronomy 31:6 reiterates God's presence literally walks before you, assuring protection and leading the way. When you embrace this truth, fear loses its grip.

Today, declare courage over your heart. Step forward confidently, trusting the One who champions your cause and holds your hand as you navigate new beginnings.







Day 6: 🖰 Courage to Move Forward

### Reflect and Apply

1.	Where do you need courage most in this new season?
2.	How can God's presence transform your fears into boldness?
3.	What does it look like for you to actively choose courage each day?







Day 6: 6 Courage to Move Forward

### **Journaling Prompts**

1.	Write about moments when courage led to breakthrough.
2.	List fears you want to surrender to God's power.
3.	Describe ways to remind yourself of God's presence daily.







Day 6: Courage to Move Forward

### Prayer for Today

















### Your Verse

2 Corinthians 5:17 – "If anyone is in Christ, the new creation has come: The old has gone, the new is here!"

### **Supporting Scriptures**

- Philippians 3:13–14 "Forgetting what is behind and straining toward what is ahead."
- Psalm 37:23 "The Lord directs the steps of the faithful."







## Devotional: Embracing New Life and Purpose in Christ

Today marks the culmination of embracing a renewed identity. **2 Corinthians 5:17** promises that in Christ, you are a new creation—the old, including past demotions and losses, is gone and the new is here.

Paul encourages believers to forget what lies behind and press forward toward what's ahead. This forward movement is an act of faith and hope, releasing regrets and focusing on God's future for you.

Psalm 37:23 reminds us that God directs the steps of the faithful. As you commit to following Him, you can trust the path may not always be clear but is always guarded and purposeful.

Embrace your newness in Christ today. Walk with confidence into this fresh chapter, remembering that your identity and purpose are secure in Him.







### Reflect and Apply

1.	What old identities or regrets do you need to release?
2.	How can you actively pursue the new direction God gives you?
3.	In what ways can you invite God to guide your steps daily?







### **Journaling Prompts**

1.	Write a letter to your future self embracing your new identity.
2.	List steps you will take to focus on God's plans ahead.
3.	Reflect on God's faithfulness through past and present seasons.







### Prayer for Today

**Gracious Father,** thank You for making me new in Christ. Help me to leave behind old labels and disappointments and to press forward with hope and courage. Guide my steps each day as I walk into Your plans. May I live fully in the new life You have given me, reflecting Your love and purpose. Strengthen my faith to trust You continually. *In Jesus' name, Amen.* 🎇 🙏 👀







### Where God's Word Meets Your Daily Life

### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.