Women Restored: Rebuilding Confidence Through God's Love



A 7-day journey for women rebuilding confidence after criticism, focusing on seeing yourself through God's loving and healing eyes.





Table of contents

<u>Introduction</u>	3
Day 1: B Embraced by God's Love	4
Day 2: Shielded from Lies and Criticism	10
Day 3: Embracing Your God-Given Identity	16
Day 4: 1 Rekindling Your Inner Strength	22
Day 5: Nurturing Your Heart with Kindness	28
<u>Day 6: ☐ Reclaiming Your Voice with Truth</u>	34
Day 7: XX Walking Boldly in Your Purpose	40







Introduction

Welcome to this 7-day study on restoration and confidence for women! Many women face the harsh echoes of narcissistic criticism, which often shatter self-worth and distort identity. This devotional journey invites you to embark on a deep healing process by *seeing yourself through God's eyes*, where your true value and beauty are recognized and celebrated.

Narcissistic criticism can leave lasting wounds, fostering doubt, insecurity, and fear of rejection. Yet, Scripture reminds us that our worth is not found in the opinions of others but in our Creator's unconditional love. Throughout these seven days, we will explore passages that emphasize God's truth about who you are—fearfully and wonderfully made, deeply loved, and equipped with strength that arises from Him.

Each day will focus on a different facet of rebuilding: from understanding God's view of you, embracing His love, renewing your mind from lies, reclaiming your voice, and stepping boldly into your purpose. Our hope is that as you meditate on His Word, your confidence will be restored and your soul renewed. Allow God's words to replace old wounds with hope, and His Spirit to gently transform your self-perception.

Remember, this is a sacred journey of knowing your true worth, courage, and beauty from a divine perspective. You are not alone—God walks with you, sees you clearly, and delights in you. Let's begin together, trusting God's healing embrace to rebuild your confidence and joy.









Day 1: **B** Embraced by God's Love









Your Verse

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

Supporting Scriptures

- Isaiah 43:4 "Since you are precious and honored in my sight, and because I love you..."
- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works..."







Devotional: You Are Fearfully and Wonderfully Made

Welcome to day one, a day of recognition and celebration of who you are in God's eyes. After facing harsh criticism, especially of a narcissistic kind, it's easy to forget that you are wonderfully made. Psalm 139:14 reminds us that God's works are marvelous, and you belong to His intricate, beautiful design. This truth is foundational for rebuilding confidence.

When the world tells you that you're not enough, turn to God's Word that declares otherwise. He doesn't see your flaws first; He sees His masterpiece. He cherishes you, loves you deeply, and considers you precious—as Isaiah 43:4 confirms. This love is not conditional on performance or perfection, but rooted in who God is.

Understanding this can shift your view of yourself profoundly. You don't have to earn God's love; it is given freely. Today, breathe in this truth and allow yourself to rest in the assurance that your true worth is established by the Creator, not the critic. Trust that God's vision of you—which is full of love and purpose—is what truly matters. *Your journey toward restored confidence begins here.*







Reflect and Apply

How do you currently see yourself when no one is watching or judging?
What verses from today's readings spoke to the deepest parts of your neart?
In what ways can embracing God's view of you begin to replace the negative words you've heard?







Journaling Prompts

1.	Write about a time when you felt God's unconditional love most clearly.
2.	List three qualities God sees in you that you may have overlooked.
	Describe how knowing you're God's handiwork changes your self- perception today.







Prayer for Today

Lord, thank You for creating me wonderfully and fearfully. Help me see myself through Your loving eyes and not through the distorted voices of criticism. Heal my heart and renew my mind to embrace Your truth. Teach me to rest in Your precious love and to walk confidently as Your beloved child. May my identity be rooted in You alone. Amen.







Day 2: V Shielded from Lies and Criticism









Day 2: V Shielded from Lies and Criticism

Your Verse

2 Corinthians 10:5 - "We take captive every thought to make it obedient to Christ."

Supporting Scriptures

- John 8:32 "Then you will know the truth, and the truth will set you free."
- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."







Day 2: **()** Shielded from Lies and Criticism

Devotional: Capturing Every Thought With Truth

Today, we focus on renewing your mind and guarding your heart from the harmful lies nested by narcissistic criticism. Such words plant seeds of doubt, but Scripture tells us to take every thought captive to Christ (2 Corinthians 10:5). This is a powerful call to actively challenge and replace falsehoods with God's truth.

Criticism that belittles or devalues can leave you feeling broken or crushed. Yet, Psalm 34:18 assures us that God draws near in those moments and offers His healing presence. By knowing and embracing the truth of God's Word, you diminish the power of toxic voices. John 8:32 reminds us that truth sets us free—it liberates from fear, shame, and confusion.

Seek God's truth daily and practice discerning each thought about yourself. Is it consistent with God's Word or derived from an insecure critic? Through prayer, Scripture meditation, and faith, you can shield yourself and rebuild confidence from the inside out. This intentional guarding is an act of spiritual courage and self-love.







Day 2: \P Shielded from Lies and Criticism

Reflect and Apply

1.	What kinds of negative thoughts do you find hardest to dismiss?
	How can you practically 'take captive' unhelpful thoughts and replace them with Scripture?
	When have you experienced God's comfort in moments of emotional pain or criticism?







Day 2: \P Shielded from Lies and Criticism

Journaling Prompts

1.	Write down the most persistent negative thought you have about yourself and a Bible verse that challenges it.
2.	Describe practical steps you can take to renew your mind when criticism arises.
3.	Reflect on a moment when God's truth set you free from doubt or fear.







Day 2: V Shielded from Lies and Criticism

Prayer for Today

God, please help me recognize the lies I believe and give me the strength to reject them. Fill me with Your truth so my mind is renewed and my heart protected. Wrap me in Your healing presence when I feel broken or crushed. Set me free to live confidently in Your love and purpose. *Amen.* ()







Day 3: Embracing Your God-Given Identity









Day 3:
 Embracing Your God-Given Identity

Your Verse

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

Supporting Scriptures

- Romans 8:1 "There is now no condemnation for those who are in Christ Jesus."
- Colossians 3:12 "Clothe yourselves with compassion, kindness, humility, gentleness and patience."







Devotional: Your New Identity in Christ

Confidence flourishes when deeply rooted in your identity in Christ.

Galatians 2:20 tells us that our old self dies, and we live anew because Christ lives in us. This new identity transcends past hurt and critical voices.

Romans 8:1 comforts us by declaring there is no condemnation for those in Christ Jesus, freeing you from guilt or shame imposed by false criticism. Embracing who God says you are involves more than emotional healing—it's a spiritual transformation.

Colossians 3:12 encourages you to clothe yourself with Christlike qualities like kindness and humility—not as a response to criticism, but as evidence of your renewed heart. This is not about perfection but about reflecting God's grace and love in your daily life. Embrace this identity fully—it's powerful, freeing, and life-changing.







Reflect and Apply

1.	What does it mean to you that Christ lives in you?
	How might your confidence grow by claiming there is no condemnation in Christ?
	Which Christlike qualities do you want to develop to reflect your true identity?







Journaling Prompts

Describe what your life looks like when you live as the person Christ has made you.
Write about any freedoms or release you feel when you claim 'no condemnation.'
List ways you can 'clothe' yourself in God's compassion and kindness this week.







Prayer for Today

Lord Jesus, thank You for living in me and giving me a new identity. Help me embrace this truth and reject condemnation. Teach me to clothe myself daily with Your compassion and grace. May my confidence be rooted in You alone. *Amen.* 💮 📑 👀

















Day 4: 🖰 Rekindling Your Inner Strength

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

- Isaiah 40:31 "But those who hope in the Lord will renew their strength."
- Philippians 4:13 "I can do all this through him who gives me strength."







Day 4: 🖰 Rekindling Your Inner Strength

Devotional: God Strengthens and Empowers You

After enduring criticism, courage can feel depleted. Joshua 1:9 is God's powerful reminder to be strong and courageous, knowing He is always with you. Your inner strength comes from His presence, not from your own limited resources.

Isaiah 40:31 promises that waiting on the Lord renews your strength—hope and patience fuel endurance. Instead of shrinking away in fear, you are invited to lean on God's power, which rises in you like an unstoppable force.

Philippians 4:13 reinforces this by declaring that all things are possible through Christ's strength. Today is about rekindling your spirit and stepping forward with determination, knowing the Lord upholds you. Trust in His power to rebuild your confidence even amid past pain.







Day 4: 🔥 Rekindling Your Inner Strength

Reflect and Apply

	Where do you feel the strongest need for God's courage in your life right now?
2.	How can hope in the Lord renew your strength when you feel weak?
3.	What does it look like to rely on Christ's strength in daily challenges?







Day 4: 🔥 Rekindling Your Inner Strength

Journaling Prompts

1.	Write about a moment when you felt God's strength empowering you.
2.	List fears or discouragements you want to surrender to God today.
3.	Create an affirmation based on Joshua 1:9 to speak over yourself daily.







Day 4: 🖰 Rekindling Your Inner Strength

Prayer for Today

Heavenly Father, I thank You for Your promise to be with me everywhere I go.

Renew my strength and fill me with courage to move beyond fear and discouragement. Help me rely daily on Your power, knowing I can do all things through Christ who strengthens me. *Amen.* 6















Your Verse

Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other...as God forgave you."

Supporting Scriptures

- Luke 6:37 "Forgive, and you will be forgiven."
- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."







Devotional: Forgiveness and Kindness Heal the Heart

Healing the wounds from criticism requires a tender heart filled with kindness and forgiveness. Ephesians 4:32 encourages us to be compassionate, beginning with ourselves. Often, we are our own harshest critics and need God's grace to foster self-kindness.

Forgiveness, highlighted in Luke 6:37, frees you from bitterness and opens the door to peace. This includes forgiving those who have hurt or demeaned you. Letting go is difficult but necessary to rebuild emotional health.

Jesus invites the weary to find rest in Him (Matthew 11:28). Draw close to His gentle heart today and allow His kindness to soothe and nurture yours. Through His forgiveness and love, your confidence can bloom anew, rooted in grace.







Reflect and Apply

1.	How easy or hard is it for you to show kindness to yourself?
2.	What might forgiveness do for your freedom and peace?
3.	Where do you need to rest in Jesus' care today?







Journaling Prompts

1.	Write a letter of kindness to yourself from God's perspective.
2.	List people or situations you are ready to forgive.
3.	Describe what resting in Jesus' invitation looks like for you.







Prayer for Today

Lord, soften my heart and teach me to be kind and forgiving—to others and myself. Help me release bitterness and accept Your rest and peace. May Your compassion heal my wounds and nurture my soul. *Amen.* 🔾 🗲 🙏







Day 6: P Reclaiming Your Voice with Truth









Day 6: Reclaiming Your Voice with Truth

Your Verse

Proverbs 31:25 – "She is clothed with strength and dignity; she can laugh at the days to come."

Supporting Scriptures

- Psalm 46:5 "God is within her, she will not fall; God will help her at break of day."
- Zephaniah 3:17 "The Lord your God is with you, the Mighty Warrior who saves...he will take great delight in you."







Day 6: Reclaiming Your Voice with Truth

Devotional: Stand Strong and Speak Truth

Sometimes harsh criticism silences your voice and dims your spirit. Proverbs 31:25 paints a beautiful picture of a woman clothed in strength and dignity—qualities you possess and can reclaim.

God's presence is steadfast (Psalm 46:5) and empowers you to stand firm, no longer silenced by fear or doubt. This inner strength allows you to face the future with confidence, even joy.

Zephaniah 3:17 reminds you of God's delight in you. You are treasured and worthy of being heard. Today, take a step to speak truth—whether to yourself, loved ones, or in your personal walk with God—and reclaim your voice grounded in His love and strength.







Day 6: PReclaiming Your Voice with Truth

Reflect and Apply

1.	How has criticism affected your voice or willingness to speak up?
2.	What does it mean to you that God delights in you?
3.	In what areas do you feel called to reclaim your voice?







Day 6:
Reclaiming Your Voice with Truth

Journaling Prompts

1.	Write about a truth you want to boldly speak over your life.
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2.	Recall a time you felt strong and dignified—what helped you then?
3.	Plan a practical way to express your voice in faith this week.







Day 6: Reclaiming Your Voice with Truth

Prayer for Today

God, clothe me in strength and dignity. Help me speak truth in love and walk confidently, knowing You delight in me. Empower my voice to reflect Your love and purpose, and silence fear with Your peace. Amen. ?







Day 7: 🗱 Walking Boldly in Your Purpose









Day 7: 💥 Walking Boldly in Your Purpose

Your Verse

Jeremiah 29:11 - "For I know the plans I have for you...plans to prosper you and not to harm you, plans to give you hope and a future."

Supporting Scriptures

- Ephesians 3:20 "Now to him who is able to do immeasurably more than all we ask or imagine..."
- Psalm 37:4 "Delight yourself in the Lord, and he will give you the desires of your heart."







Day 7: 💥 Walking Boldly in Your Purpose

Devotional: Step Boldly Into Your God-Given Future

As this 7-day journey concludes, your restored confidence invites you to walk boldly into God's purpose for your life. Jeremiah 29:11 promises plans filled with hope and future prosperity—not harm. This assurance frees you to pursue your calling with faith and courage.

God's power is vast (Ephesians 3:20), able to accomplish far beyond your imagination. Trust that He equips and empowers you in every step, transforming past pain into beautiful testimony.

When you delight in the Lord (Psalm 37:4), He aligns your heart's desires with His perfect will. Your identity is solid. Your mind renewed. Your voice reclaimed. Your strength renewed. Now is your time to live confidently, joyfully, and purposefully as God's beloved woman.







Day 7: 🎇 Walking Boldly in Your Purpose

Reflect and Apply

1.	What dreams or purposes do you feel God calling you toward?
2.	How does knowing God's plans are for good change your outlook?
3.	What are practical next steps to walk boldly in your calling?







Day 7: 🎇 Walking Boldly in Your Purpose

Journaling Prompts

1.	Write about a future you hope to see unfold with God's guidance.
2.	List fears or obstacles and how you will rely on God to overcome them.
3.	Describe how you will celebrate the progress you've made this week.







Day 7: 💥 Walking Boldly in Your Purpose

Prayer for Today

Father, thank You for Your good plans for my life. Help me walk boldly into the future You have prepared. May I delight in You daily and trust Your power to do far beyond what I imagine. Guide my steps and fill me with hope and courage. *Amen.* * \(\begin{align*} \lambda \lam







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