

INTRODUCTION

# INTRODUCTION.



# HEY YOU!

I hate to ask for a favor right from the jump like this, but I need you to do something for me.

I need you to reach your arm as far behind you as possible and give yourself three pats on the back.

Why?

BECAUSE YOU HAVE ALREADY READ OVER 50 WORDS IN THIS DEVOTIONAL.

## DEFINITION

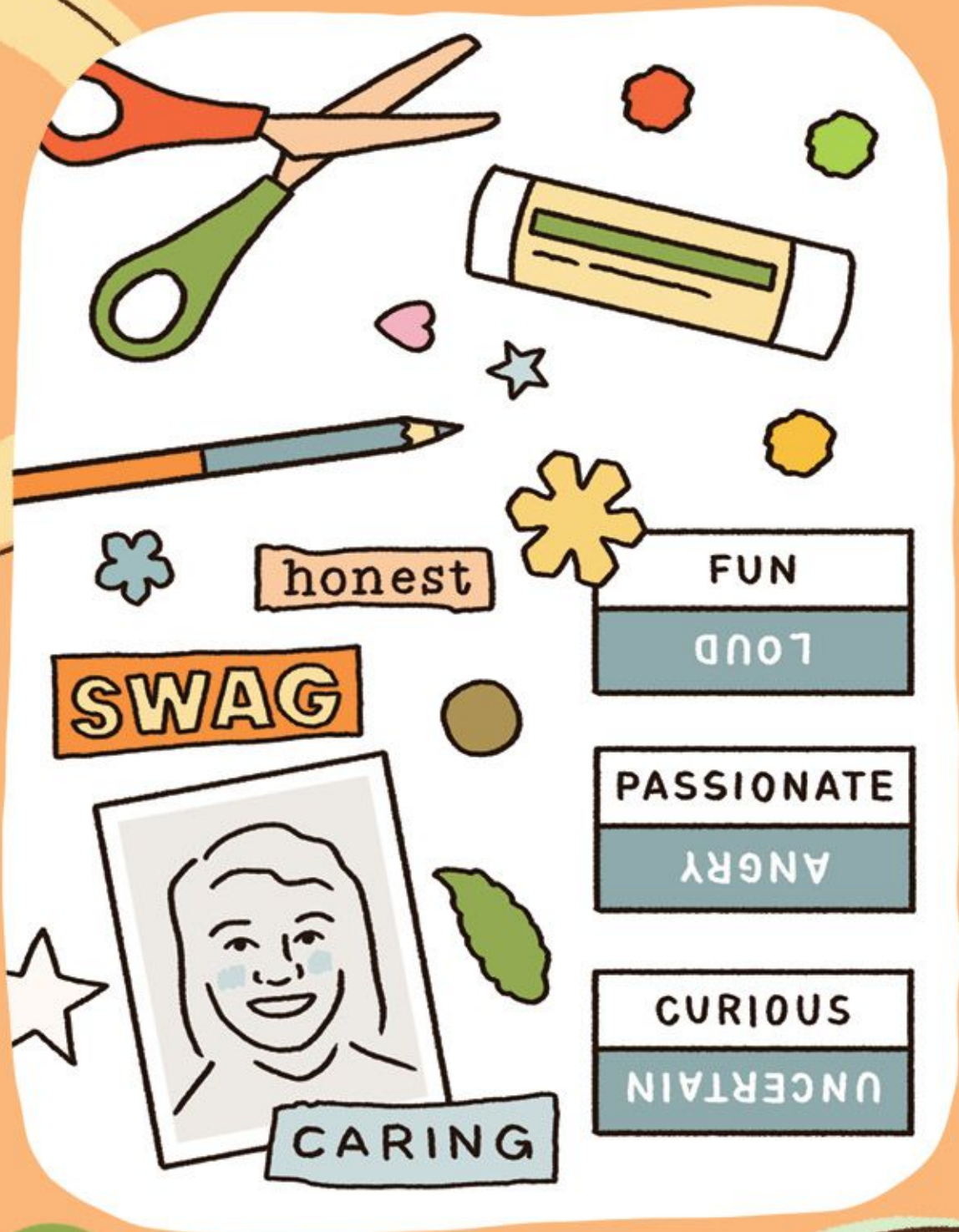
**Devotional:** (*n*) a book that helps you grow closer to God.

Growing closer to God takes some work. And you, my friend, are already **DOING THE WORK**. If we both do our jobs well, (my job being writing all the words and your job being reading all the words), this devotional should answer two pretty simple questions.

That's right. **TWO**. At this point you probably have a question of your own:

**"If I'm only learning **TWO** things, why are there so many pages?!"**

Trust me, I was asking the same question in the middle of writing those pages. I guess it's 'cause these two questions





# CHALLENGE

So. Who do you think you are?

No, really. That's our first of two questions, remember? Maybe you have a few ideas. Some good. Some . . . not so good. But as you learned this week, God loves you. Every single part of you. And that's where your confidence starts. **You can be confident because God loves you.**

Today, I want you to find a couple of pieces of paper and something to draw with. Some optional materials are: a photo of yourself, scissors, glue, magazines or newspapers, and any decorative craft supplies you have laying around. This activity can be as snazzy or simple as you'd like.

Start by making a list of words that describe YOU. They can be negative or positive. If you get stuck, ask some people who love you to describe you and use some of their words that you agree with. OR find a magazine or newspaper and cut out some adjectives—describing words like “funny.”

Now, if you have negative words in your list, try to find the positive flip side of them. For example, “angry” might really be “passionate,” “loud” is just a form of “fun.” Then, focusing *only* on the positive, draw or paste a picture of yourself in the center of a blank piece of paper, and write or paste the words you are most proud of around your image.

Decorate your paper—or don't! How it turns out should be

## DAY 1

So, you want to boost your confidence? Let's get right to it. Name one thing you wish you were more confident about. Your rainbow-colored braces? Your fraction skills? The fact that you'll likely only grow to be eye-level to everyone else's shoulder blades?

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For Lil Los? It was soccer.

When he first stepped onto the soccer field in fourth grade, he may have been the smallest, slowest kid on the field, BUT he was also the most excited. He couldn't wait to get the ball and show off all the moves his dad and he had been practicing in the backyard. He was ready to PRESS PLAY!

He was out there for what seemed like forever, shouting at his teammates to pass me the ball. Nothing. Nada. It's like they didn't even know he was there. He ran for nearly an hour and He. Didn't. Touch. The. Ball. One. Time.

He felt invisible. He felt like pressing the pause button forever.

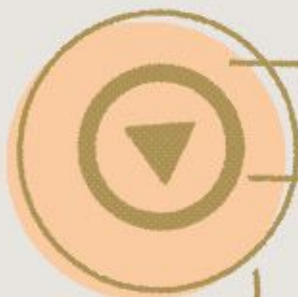
In the car after the game, his dad said, "Carlitos, I've never seen you run so fast! You were ALL OVER that field. That

time that you went around number eight right before the ball went out of bounds? That was amazing! The way you beat number four to the sideline when the coach called you over? You were so fast! I could see you thinking the whole time you were out there. Nobody was thinking as hard as you were. I'm so proud of you!"

He couldn't believe it. His dad had actually seen EVERY SECOND HE WAS OUT THERE. He never took his eyes off of him. He went from feeling invisible to feeling like the most-seen player on the team.

Maybe you've felt that way before—invisible. But God not only SEES you, God is *cheering* for you every moment of your life!

*Psalm 139:14 says, You created the deepest parts of my being. You put me together inside my mother's body. How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well.*



### PRESS PLAY TIP

Grab a piece of paper and something to write with. Write down, "I can be confident because God loves every single part of me." Put the paper somewhere you can see it every day this week.



God sees every single part of you because He made you exactly like He wanted to make you—*and He thinks you're wonderful!* Yup. Even those things about yourself that you wish you were more confident about. HE THINKS THEY'RE WONDERFUL!

It may be hard to look at your imperfections and believe anyone loves them. But that's what we're going to practice today.

Write down the first answer you gave at the beginning of the day:

1. \_\_\_\_\_

Now, write down two more things you wish you had more confidence in:

2. \_\_\_\_\_

3. \_\_\_\_\_

Now, think of those things you wrote down as you read this next sentence: God loves EVERY SINGLE part of you. This is such an important truth to get into your head because it's how you can have CONFIDENCE in every single part of you! So, I want you to say this out loud. Okay?

"God loves every single part of me."

Okay. Now that you read that and didn't say it out loud like I asked you to, we're going to try again. For real this time!

Say it with some MUSCLE!

"GOD LOVES EVERY SINGLE PART OF ME!"

That's better. Now say that a few more times before we get back together tomorrow.

When you're in the shower, sing it as loud as you can.

When you're going to sleep, whisper it to yourself.

When you're on your way to school, say it silently to yourself.

Try to say that sentence as many times as possible—in as many ways as possible! And remember that **you can be confident because God loves you—every. single. part. of. you.**





## DAY 4

Listen, fam. There isn't a whole lot left to say. You've pretty much read it all. We're at the end of our confidence journey. There is no more information I can give you that is going to help you understand just how much God loves you—just how BALLER He knows you are. So, what is left?

Easy. It's time to start practicing this new confidence you've built on our BIG God. How?

By using it for God and not for yourself.

Yup. That's right. The confidence that you feel now isn't just so you can be more confident for *you*. That's nice and all, but there are people you know who aren't so confident in God. They need you now more than ever. Think of some people who might need you to be confident for them.

The bully at school.

A friend who is always worried.

A parent who lost their job.

A sibling who is sick.

Who in YOUR life could use a little bit of your confidence?

What's so cool is that you can be confident IN God FOR them. What does that look like? Well, you can start by telling them about how much Jesus has changed your life.

You can tell them they can be confident because God loves them.

You can show them how God's plan is the best plan.

You can remind them that whatever situation they find themselves in, God can use them no matter what.

You can help them out of impossible situations because you know God can do the impossible.

You can show them that God is always with them.

You can help them stay focused on Jesus.

You can help them put on the full armor of God and use what God has given them to stand strong.

And most importantly, you can help them get back up when they fall, because you know God loves them no matter what!

THIS IS EVERYTHING WE HAVE LEARNED THE LAST 8 WEEKS! I mean, just typing all that out got me HYPED! I'm ready to take on the world!

But let me tell you something. The first step is going to be the hardest. It's going to come with the most risk. You may be thinking they'll just reject your offer to help. Guess what? You're right. They may flat-out tell you "LEAVE ME ALONE." But that's okay, 'cause you got that Jesus confidence now.

That Jesus Swagger.

Take a few minutes and reflect on the last 8 weeks.

What are some of the BIGGEST things that you learned?

What are some changes you want to make in your life because of those lessons?