

LEADER'S GUIDE

MARY A. KASSIAN

AWARD WINNING AUTHOR OF *GIRLS GONE WISE*

The background of the cover features several thick, expressive brushstrokes in shades of green, blue, and gold. These strokes are layered and overlap, creating a sense of movement and depth. The colors are vibrant and saturated, with the gold strokes adding a touch of shimmer. The overall effect is artistic and dynamic, complementing the bold typography of the title.

THE RIGHT  
KIND OF  
CONFIDENT

THE REMARKABLE GRIT OF  
A GOD-FEARING WOMAN

# INTRODUCTORY SESSION

**FOCUS:** To introduce women to each other, to the topic of the book, and to the small group Bible study process.

## MATERIALS TO HAVE ON HAND:

- A. Books for Purchase
- B. Handouts
  - a. Companion Guide Booklets (Printed out)
  - b. Memory Verse Cards printed on card stock
- C. Whiteboard and Markers
- D. Signup sheet

## I. OPENING THOUGHTS

- a. Introductions.
- b. Make sure everyone has a book.
- c. Explain where and when your group will meet and how often.
- d. Introduce the Companion Guide Booklets. Tell participants that the questions in the Companion Guide will help them think through the concepts in each chapter and can be used as journaling prompts. Encourage members to complete the questions after reading each chapter and to bring their companion guides along to each small group session.
- e. Encourage women to underline/identify their favorite quote in each chapter.
- f. Introduce the confidence building Memory Verse Cards. Encourage the participants to cut out the cards, post the memory verse for the week in a conspicuous place, and review it often so that they can memorize it.
- g. Encourage women to interact on social media during the course of this study, by posting favorite quotes from the book as well as their thoughts and comments and favorite confidence verses. #rightkindofconfident

- h. Cover any additional information, such as location of washrooms, etc. Pass around a sign-up sheet for women to sign up for bringing snacks, and/or to collect their cell phone or email information. Tell them that you will be emailing or texting them each week with confidence tips and encouragements.

## II. VIEW PROMO VIDEO

## III. SMALL GROUP DISCUSSION

1. Discuss what confidence means.
  - a. Ask: Who are some famous women that culture would uphold as a role model of female confidence? (Write their names on a white board)
  - b. What traits do these women have in common?
  - c. Do you think that these traits define what it means to be confident?
2. Identify some Confidence Boosters and Confidence Killers
  - a. Draw a line down the middle of the whiteboard. Write the headings "Confidence Boosters" and "Confidence Killers" on either side of the line.
  - b. What are some things that might boost our confidence?
  - c. What are some things that might kill our confidence?
3. Read the preface of the book together (3 ½ pages - XII to XVI). The leader can read the preface out loud--or ask for volunteers to read a paragraph each.
4. Tell women to pull out their memory verse sheet. Read this week's memory verse together: "The person who trusts in the Lord, whose confidence indeed is the Lord, is blessed" (Jer. 17:7 csb).
5. Ask: What does this verse teach us about confidence?

## IV. APPLICATION

1. Say: The third paragraph on page XV describes different reasons why the topic of confidence might pique your interest:
  - a. You want to learn how to overcome personal insecurities,

- b. You are facing an especially difficult challenge that is shaking your confidence,
- c. You are looking for an overall confidence boost, or
- d. You generally feel confident, but as a Christian, you want to make sure it's the right kind of confident.

Which of these reasons best describes why you are interested in this topic? (Have women share the reason that best applies to them.)

2. Affirm that the study will help everyone grow in the right kind of confidence. Close in prayer

## V. ASSIGNMENT

Ask women to read chapter 1, complete the questions in the companion guide, and memorize the first verse.

# CHAPTER 1: A BLUEPRINT FOR CONFIDENCE

**FOCUS:** To explore the definition of confidence and to identify how the Bible's blueprint for confidence differs from the popular self-help formula.

## I. OPENING THOUGHTS

- Talk about the importance of blueprints.
- The Kansas City Hyatt Regency Hotel walkway collapse of 1981 is one of the most noted engineering failures in the country. The hotel had just been open for a year when three suspended walkways collapsed, killing 114 people and injuring hundreds more. Investigations revealed that the disaster would have been prevented if the builder had followed the original design. The departure from the design on the blueprint is what caused the collapse.
- First chapter of this book is entitled "A Blueprint for Confidence." If we follow God's blueprint for confidence, our confidence will be strong. If we don't, our confidence will be fragile.

## II. SESSION 1 VIDEO

## III. SMALL GROUP DISCUSSION

1. Does it surprise you that a lack of confidence causes nearly 85% of women to opt out of normal life activities, like joining a club or class, voicing an opinion, or engaging with others? Have you ever seen this happen to a sister or friend? Has it ever happened to you?
2. What are some issues that can go hand-in-hand with a lack of confidence? (p. 7)
3. How might a lack of confidence negatively impact you at work? Or in a relationship?
4. Do you think that God wants us to be confident women? Why or why not?
5. What exactly is confidence? Is it just a feeling? (If necessary, prompt members to refer to pp 12-13)
  - Confidence is trust.

- Confidence is an awareness of the power we have at our disposal.
  - Confidence is the fuel for action – it compels us to think, feel, and behave in a bold way.
6. What can we learn from the four Hebrew words the Bible uses for confidence?
  7. Call on someone to explain the Bible’s two confidence categories.
  8. What sorts of things do women generally put their confidence in? (You could list answers on the white board). Why might the confidence we place in these things be foolish or fragile?
  9. Quote last week’s memory verse together (Jeremiah 17:7)

#### IV. APPLICATION

1. What do you think you need to do in order to place more confidence in the Lord?
2. What is one area of your life in which you would like to grow more confident?
3. Pray for one another.

#### V. ASSIGNMENT

Ask women to read chapter 2, complete the questions in the companion guide, and memorize the second verse – “In the fear of the Lord one has strong confidence . . . The fear of the Lord is a fountain of life, that one may turn away from the snares of death.” (Proverbs 14:26-27)

## CHAPTER 2: FEAR IS YOUR FRENEMY

**FOCUS:** To review how fear works. To explore the relationship between fear and confidence and to understand that Satan uses fear as a weapon against us.

### I. OPENING THOUGHTS

- Has anyone here ever gone bungee jumping, skydiving, or participated in any scary type of extreme sports? (Have women raise hands and have a few of them share their experience.)
- How about horror movies? Who enjoys horror movies?
- And what about adventure rides at the amusement park? (Roller Coaster, Drop of Doom, etc.)
- Do you feel afraid doing these things? Is it a negative or a positive type of fear? (Have women describe how they feel.)
- In this week's chapter, we learn that not all fear is bad. Fear is definitely our enemy, but it can also be our friend.

### II. SESSION 2 VIDEO

### III. SMALL GROUP DISCUSSION

1. Do any of you have children that are afraid of something—like Mary's granddaughter Amery?
2. What are you doing to help them overcome this fear?
3. Why is fear such a powerful emotion?
4. Ask for 4 volunteers to explain the four circuits of the human fear network:
  - a. Alarm Circuit
  - b. Evaluation Circuit
  - c. Association Circuit
  - d. Executive Circuit

5. Why is the executive circuit so critical to the proper functioning of our fear network?
6. Explain the role that confidence and fear played in convincing Eve to partake in the forbidden fruit. Why was “fear” the overriding emotion of Adam and Eve after they sinned?
7. How does Satan leverage fear and confidence to play con games on us? (pp. 50-51: He peddles fear, confidence, and trust).
8. How does the world instruct us to combat fear? How does this differ from the Bible’s strategy to deal with fear?
9. How might fearing God more help us fear other things less?

#### IV. APPLICATION

1. What scares you? What is one of your deepest fears?
2. How does Satan leverage this fear to get you to tip your *confidence* V in the wrong direction?
3. Pray for one another.

#### V. ASSIGNMENT

Ask women to read or quote last week’s memory verse together.— “In the fear of the Lord one has strong confidence . . . The fear of the Lord is a fountain of life, that one may turn away from the snares of death.” (Proverbs 14:26-27).

Encourage them to read chapter 3, complete the questions in the companion guide, and memorize the third verse: “When I am afraid, I put my confidence in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?” (Psalm 56:3-4)



## CHAPTER 3: HELLO, MY NAME IS FEAR

**FOCUS:** To rethink the meaning of fear. To broaden our understanding of fear and to embrace the largely neglected positive dimension of fear.

### I. OPENING THOUGHTS

- What’s the strangest name you’ve ever heard?
  - Michael Jackson named his son “Blanket.”
  - Gwyneth Paltrow named her daughter “Apple.”
  - Elon Musk named his son X Æ A-12 – pronounced "X Ash A Twelve" – X for the unknown variable, Æ (Ash) for Artificial Intelligence, and A-12 for his favorite plane.
- Here are some other strange names:
  - Abcde (pronounced Absidee)
  - Twins named Corona and Covid
  - Facebook
  - Portabella
  - Heart Eyes Emoji
  - Hashtag
- In Chapter 3, we learned that some Puritans named their baby girls “Fear.” That’s because they upheld fear as a rare treasure—a beautiful and desirable thing. To them, the name pointed to something just as valuable, precious, and appealing as the name Hope or Grace.

### II. SESSION 3 VIDEO

### III. SMALL GROUP DISCUSSION

1. Can you think of any words that have changed meaning since the start of the internet? Give women an opportunity to come up with some examples. Have them explain what the traditional definition of the word is, and its new internet definition.

For example:

- Bump
- Block
- Catfish
- Cloud
- Footprint
- Friend
- Handle
- Sandbox
- Tablet
- Swipe
- Troll
- Tweet
- Viral
- Unplug

2. How has the meaning of “fear” changed over the past hundred years? Why do you think its meaning has changed?
3. Have a volunteer read the section of the book entitled “A Broader Definition” on page 69 (to the end of the list on page 69 only). Say: Mary suggests that we adopt this new definition of fear: (Write the new definition on the whiteboard)
  - A strong or overwhelming sense that someone or something is greater than I am, and that it exerts a force beyond my control. How can this definition apply to something that scares us? How can this definition apply to something that exhilarates us?
4. Has anyone ever been in a situation when a positive fear experience turned into a negative fear experience? Or when a negative fear experience turned into a positive one? Why might this happen? (See page 72).
5. Ask for 3 volunteers to explain the 3 categories of fear:
  - Apprehensive fear
  - Respectful fear
  - Reverent fear
6. What did the Sage mean when he said that fearing God is the whole duty of man?

7. How does the fear experience of the people who approached God at Mount Sinai differ from the experience of approaching God on Mount Zion today?
8. Should people be afraid of God? Why or why not?
9. What does it mean to approach God with confidence?

#### IV. APPLICATION

1. Job 4:6 asks, “Is not your fear of God your confidence?” What do you think you can do to make fear of God your confidence on an on-going daily basis?
2. Which do you think you need more—a greater fear of God, or greater confidence in approaching Him? Why?
3. Pray for one another.

#### V. ASSIGNMENT

Ask women to read chapter 4, complete the questions in the companion guide, and memorize the fourth verse – “Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” (Hebrews 4:16)

## CHAPTER 4: THE FEAR FACTOR

**FOCUS:** To gain a deeper understanding of the various facets of reverent fear and to identify ways in which we can grow in this holy type of fear.

### I. OPENING THOUGHTS

- Print out some photos of Brad Lewis' volcanic photos. Show the group the photos and ask them to imagine what it is like to be close to an active volcano. Have them describe what sensations Brad must have experienced through his five senses. (What did he see, hear, smell, taste, and touch?) What type of emotions would you experience?
- Encourage participants to think of a time they were awed by a breathtaking sight.
  - What was it that awed you?
  - How did it make you feel?
- Say: "In chapter 4, we take a closer look at what it means to have an awe-filled, reverent fear of the Lord."

### II. SESSION 4 VIDEO

### III. SMALL GROUP DISCUSSION

1. How did people in the Bible react when they were exposed to God's presence? Ask for volunteers to look up the following verses and describe what the person(s) in the verses experienced in God's presence:
  - Exodus 20:18-21
  - Ezekiel 3:23
  - Daniel 10:9-10
  - Mark 9:6
  - Revelation 19:4
2. Do you think you would have a different reaction? Why or why not?

3. What did Rudolf Otto mean when he described God as *mysterium tremendum et fascinans*?
4. What does “awe” mean, in the biblical sense of the word?
5. Read the definition of AWE at the top of page 97. Have you ever experienced a powerful mingling of wonder and fear in God’s presence? Can you describe a time that you felt it?
6. What sorts of things prevent us from feeling awestruck by God?
7. How does reverent fear turn our “*I have to obey*” into an “*I want to obey?*” (Page 100).
8. What is worship? What’s the connection between fearing God and praising/extolling Him?
9. The Holy Spirit is called “the Spirit of the Fear of the Lord.” What implications does this have for you?
10. What was your favorite quote in this chapter? Why?

#### IV. APPLICATION

1. Which facet of reverent fear do you personally find most challenging?
2. What anxiety or fear is gnawing at you today? For which circumstance do you need the confidence boost that comes with a bigger view of God?
3. Quote last week’s memory verse together: Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:16)
4. Pray for one another.

#### V. ASSIGNMENT

Ask women to read chapter 5, complete the questions in the companion guide, and memorize the fifth verse.

## CHAPTER 5: FOUNDATION OF CONFIDENCE

**FOCUS:** To know that Satan’s strategy is to con us into doubting God. To understand that an accurate view of God and his truth is the critical foundation for strong confidence.

### I. OPENING THOUGHTS

- Find and read the description of an online confidence course, such as the one found at <https://www.udemy.com/course/confidence-course/> or one of the courses found at <https://digitaldefynd.com/best-confidence-classes/>.
- Why do you think people are drawn to these types of courses?
- How does the secular approach toward building confidence differ from the biblical approach?
- Mary says, “Giving yourself a pep talk or relying on a self-affirmation strategy is not a lasting solution to your confidence problem. What you actually need is to stop relying on yourself or on other people or things for confidence. God beckons you to turn to an infinitely greater, more powerful, and more trustworthy source.
- In chapter 5 we learn that the foundation for strong confidence is a rock-solid trust in God. God wants our trust. He deserves our trust. He is worthy of our trust. But God’s archenemy, Satan, wants to trick us into trusting everything and anything by God.

### II. SESSION 5 VIDEO

### III. SMALL GROUP DISCUSSION

1. Is anyone familiar with the Red-Pill-or-Blue-Pill scene from the movie, *The Matrix*? (If you like, you could have participants watch a short video clip of that scene.)
2. How is swallowing the world’s formula for confidence like swallowing the blue pill?
3. How does the type of confidence Jesus offers differ from the kind of confidence the world offers?
4. Why does Satan want you to believe lies about God? What are some of the lies he promotes?

5. What three misconceptions about God killed the disciple's confidence that stormy night at sea?
6. Have you ever faced a storm that caused you to question whether God was big enough, interested enough, or good enough to see you through?
  - What was the circumstance?
  - Which misconception about God did Satan tempt you to believe?
  - How did you fight this misconception?
7. What four truths did Moses learn about God's character and nature?
8. Why do you think God allowed Moses' confidence to be shattered?
9. How might a more accurate view of God impact the confidence of someone who feels timid and insecure?
10. How might a more accurate view of God impact the confidence of someone who feels self-assured?

#### IV. APPLICATION

1. Do you tend to be more like the brash, swaggering Moses or the fearful, insecure Moses?
2. What red-pill truth about God—or truth about what he says about you—do you need to swallow in order to become more of the right kind of confident?
3. Pray for one another.

#### V. ASSIGNMENT

Recite last week's memory verse together. "Those who know your name put their confidence in you, for you, O Lord, have not forsaken those who seek you." (Psalm 9:10)

Ask women to read chapter 6, complete the questions in the companion guide, and memorize the sixth verse.

## CHAPTER 6: CONFIDENCE BUILDING

**FOCUS:** To explore what (and what not) to do in order to build smart strong confidence.

- NOTE: Download and print out copies of the handout “Affirmations in Christ” for this session.

### I. OPENING THOUGHTS

- How many bricks do you think there are in one 10’ by 8’ wall? (Answer: 1030 – Have women guess the number – you could bring along one brick as a sample and offer a small prize for the women whose guess is the closest.)
- Why do I ask about how many bricks are in one wall? Because when we set about to build strong confidence, we do so one brick at a time. Building a brick house requires thousands upon thousands of individual bricks.
- We started, in chapter 1, by talking about the importance of using the right blueprint for building confidence.
- What is God’s blueprint? (Write the formula on a whiteboard)  
RELYING ON GOD > RELYING ON OTHER STUFF = STRONG/SMART CONFIDENCE  
RELYING ON GOD < RELYING ON OTHER STUFF = FRAGILE/FOOLISH CONFIDENCE
- In chapter six, we learn how we can follow this blueprint to build strong/smart confidence one brick at a time.

### II. SESSION 6 VIDEO

### III. SMALL GROUP DISCUSSION

1. How did you rate yourself on the confidence scale? Why? How did you rate yourself on the reliance scale? What did you learn from this exercise?
2. Why is expanding your view of God the most important thing you can do to build confidence?
3. What is the sin of presumption?



- Uzzah died when he presumptuously reached out to steady the Ark. Do you think that Uzzah deserved to die? Why or why not?
  - Do you think that God wants you to think poorly of yourself? Why is self-loathing and putting yourself down a form of presumption?
  - If a woman feels inadequate and insecure, how can she dig herself out of that ditch?
4. Hand out copies of the handout “Affirmations in Christ.” Read through the affirmations together. If you truly believed what God says about you, how would that impact your life?
  5. Why do we fear people?
    - How can the fear of people trip us up? When was a time your confidence faltered due to a fear of people?
    - How can we lay down a brick of strong confidence the next time the fear of people rears its ugly head?
  6. What are some of the things you would list in the quadrants of your confidence web?
    - Why is our confidence foolish and/or fragile when we lean on these things more than we lean on the Lord?
    - When was a time that something you were confidently leaning on let you down?
  7. Why is it dangerous to chase the buzz? Is it possible to BE confident yet not FEEL confident?

#### IV. APPLICATION

1. What is the biggest barrier standing in the way of your confidence?
2. What step will you take this week to build strong confidence?
3. Quote last week’s memory verse together: “Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand” (Isaiah 41:10).

4. Pray for one another.

## V. ASSIGNMENT

Ask women to read chapter 7, complete the questions in the companion guide, and memorize the last verse – “You will be delivered by returning and resting; your strength will lie in quiet confidence.” Isaiah 30:15. Also encourage them to read through the *Affirmations In Christ* on a daily basis.

## CHAPTER 7: DEEPLY ROOTED CONFIDENCE

**FOCUS:** To explore

### I. OPENING THOUGHTS

- Talk about the importan

### II. SESSION 7 VIDEO

### III. SMALL GROUP DISCUSSION

1. Who would you identify as a woman of remarkable grit? Why do you think she has grit?
2. How do those who put their confidence in God flourish like a palm?
3. How do those who put their confidence in God flourish like a cedar?
4. Ask for 4 volunteers to explain how bringing God into the picture impacts each quadrant of a woman's confidence web:
  - a. Rank: What she thinks of herself.
  - b. Rating: What others think of her.
  - c. Resources: The assets she has at her disposal.
  - d. Risk Avoidance: Her ability to avoid potential loss or harm.
5. Why does placing our confidence in Jesus address our fear of what people think of us?
6. Why is getting rid of fear an unrealistic goal? What is a better goal?
7. What does an anxious, worried, scared feeling invite you to do?
8. How is the fear of the Lord the fear that conquers all fears?

### IV. APPLICATION

1. What are your top three takeaways from this book?

2. In what way has this study helped you in your battle against insecurity and fear?
3. What is the most important thing you personally need to do in order to become a strong, confident woman?
4. Pray for one another.