



## Personal Confidence & Clear Thinking

*Do you find yourself lacking words in the face of difficulties?*

“For You have been a strength to the poor,  
A strength to the needy in his distress,  
A refuge from the storm.”  
Isaiah 25:4

### IDEAS FOR REFLECTION

*Are you facing insurmountable odds like the individuals in our story today? Are you in need of a miracle like Ildus? If so, I encourage you to go online and read Psalm 103. You can find clarity as God’s promises touch your heart and your mind.*

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### JOURNAL YOUR THOUGHTS

*Writing down pervading negative thoughts can provide you with a clear reality check. Often, the negative thoughts plaguing us are much greater than the real problems we’re facing. Take a moment and capture your thoughts on paper you may find things are not as bad as they may seem.*

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### MY PRAYER

*Lord, I ask you for the courage to face the difficult situations in my life. Like Ildus and King Geroge VI, I believe there are solutions available for the challenges I’m facing. Thank you for showing me the way!*

*For further studies on this subject and others like it, please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 5A—Identity.*