

# "Virtues to Live by"

## Before You Begin – An overview for teachers

### CONFIDENCE

*"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?"*

(Hebrews 13:6)

#### Definition

**Confidence** - You can do things without fears or doubts stopping you. When you are confident in someone, you can trust and rely on them. If you trust in God, you have confidence that God loves you and watches over you. Confidence brings peace of mind. Confidence is being certain and feeling assurance.

#### Virtue to Live by

I am able to do things without fear or doubt

I place my trust in God and know that He gives me strength

#### Biblical Sources

##### Confidence

The source of Christian confidence is not in himself or herself but in God Himself (Jeremiah 9:23–24). The goal of the Christian life is not selfish ambition, but the glory of God (Philippians 2:3; 1 Corinthians 10:31). As Christians, we are asked trust in God (Proverbs 3:5–6). He is our confidence, our rock, our refuge (Psalm 18:2).

"The Lord will keep you safe" (Proverbs 3:26)

"So do not worry about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings." (Matthew 6:34)

"Let us be confident, then, and say: "The Lord is my helper, I will not be afraid. What can anyone do to me?" (Hebrews 13:6)

#### **Why Practise Confidence?**

When you have confidence, you are open to new opportunities to learn. Without confidence, fears and doubts will hold you back. You will over analyse your actions and you will miss a lot because you are afraid of making mistakes, as if somehow mistakes mean you are not worthwhile.

Without confidence you may feel confused or afraid of what might happen to you. Even if you know how to do something, your worries can make you feel uncertain. When you feel like this, you can't give things your best and you do not work as well. God brought us into the world not to show how perfect we are, but to learn how to perfect ourselves step by step.

Confidence means that instead of being suspicious with others, you trust them unless you have a good reason not to. With confidence in God you will learn that everything that happens to you will work out for the best if you learn from it.

### **How do you Practise Confidence?**

We practise confidence by knowing we are worthwhile, whether we win or lose, succeed or fail. We never see ourselves as the finished article, we see ourselves as learners and we welcome new experiences. We are optimistic and we don't let our fears control us. We are reflective and but don't criticise ourselves too harshly when things don't go to plan. We try to grow and learn from our mistakes. We place our trust in God, knowing that he will forgive us and help us to change.

We also have confidence in others and trust them to do what they say will do. Confidence in life means that we trust that all things work together for the common good.

### **Key Words:**

Confidence, faith, trust in God, positive

### **Signs you are Confident:**

- I think positively
- I am willing to try new things
- I believe in myself
- I know I am worthwhile whether I succeed or fail
- I trust that God will support me
- I keep going even when I find things difficult

### **Other ideas:**

Stories for younger children

Stories –Giraffe's Can't Dance

Arthur the Worried Penguin

### **Reflection Questions:**

Let us reflect on how Confidence helps us to do God's work?

When do you feel nervous or worried, what will you do to practise the virtue of confidence?

What helps me to learn from my mistakes?

I am thankful for the gift of confidence it helps me to achieve my goals and work with others.

There are so many opportunities to be confident. Today, I plan to take advantage of them.