



CONFIDENCE

LESSON 4

CONFIDENT TO DO WHAT YOU SHOULD DO
AND SAY WHAT YOU SHOULD SAY

HeartLine
CROSSLINE COMMUNITY CHURCH





Get Healthy: Confidence

Lesson Four: Confident to Do What You Should Do and Say What You Should Say

Look Back: (10 Minutes)

1. Review what you've learned about growing in confidence so far.
2. Last week we learned that confidence doesn't grow overnight; it grows one small step at a time. Did you take a small step of confidence/obedience since our last session? If so, what was it? If not, why not?
3. Did you accept encouragement rather than reject or deflect encouragement this week? If so, how did your confidence increase? If not, how can you accept encouragement next time?
4. Did you seek to build someone else's confidence with encouraging words? Discuss.

Look Forward: (50 Minutes)

What comes to mind when you think of a confident woman? Is she strong? Capable? Courageous? Consistent?

I'm guessing you said, "yes" to all these adjectives, and probably thought of a few more.

No matter where they live, how old they are, or what they face, confident women share one commonality: their confidence enables them to do what they should do, and say what they should say.

This isn't always easy, especially when we are toe -to-toe with what we're calling "confidence crushers". This week we will face our confidence crushers head on, and learn to do what God wants us to do, and say what God wants us to say.

Are you ready? Me, too. Let's begin...

- 1. Confidence comes when we feel competent or adequate, rather than incompetent or inadequate.**

Read 2 Corinthians 3:4-5 (below), penned by the apostle Paul.

⁴ Such confidence we have through Christ toward God. ⁵ Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God... (2 Corinthians 3:4-5)

- a. Paul, a Jew, was given the task of explaining the message of Jesus to the Gentiles--a job which certainly took him out of his comfort zone. According to the passage, do you think he felt confident to do it? Why?**
- b. Paul was highly educated (think Yale, Princeton, or Harvard) yet he recognized his adequacy came from whom?**

We, like Paul, need confidence to do what we need to do, and say what we need to say. Ultimately, the confidence we need comes from God. This is an incredibly empowering truth, especially for those of us who battle with insecurity from time to time (or always).

- 2. I don't normally give homework assignments until the end of the lesson, but I'm pausing to give one here. Memorize the last few words of 2 Corinthians 3:4, personalizing it like this: "My adequacy is from God". Practice it right now by saying it out loud. (Yep. Like, *right now*).**
- a. Promise your group (or yourself, if you are doing this study on your own) you'll speak this truth whenever you feel insecure, inadequate, or overwhelmed this week. *These five words can change your life.***

God makes us adequate, but he uses *our* real-life stuff to do it.

- 3. 1 Samuel 17 records the story of David and Goliath. Read 1 Samuel 17:20-37 and summarize the story.**
- a. Did the army of Israel have confidence to face Goliath? What was their hang up? Can you relate?**

In order for David to step into his destiny, he had to face three potential confidence crushers: Goliath, Eliab and Saul. All three sought to make David feel inadequate for his task. You will face these same confidence crushers, too. You can't underestimate their influence if you intend to live the life God intended you to live, and do what God wants you to do.

- **A Goliath is anything, or anyone, who intimidates you into inaction.**
- **An Eliab is anything, or anyone, who manipulates you into inaction.**
- **A Saul is anything, or anyone, who reasons you into inaction.**

4. Discuss ways Goliath intimidated, Eliab manipulated, and Saul reasoned.

5. In what way(s) are you currently facing a Goliath, Eliab, or Saul?

a. Have you let these confidence killers stop you from doing what you know God wants you to do? How?

b. Now that you've identified your confidence killer, what will you do to face it with confidence, rather than be ruled by fear? Write it down:

I will _____

6. According to 1 Samuel 17: 34-37, what events in David's past gave him confidence in his future? (By the way, David was only a teenager. Lesson: you are never too young to have past success, which shows God's faithfulness to you).

a. To whom does David attribute his past success, according to verse 37?

b. How does David's belief mirror Paul's declaration, "Our adequacy is from God"?

David initiated, but God enabled. **David's past actions, and God's past faithfulness, gave him confidence to overcome his confidence crushers, and do what God wanted him to do.** David fought Goliath and won, with just a sling and a stone.

He fought. He won.

If you, like David, can make the connection between how God has helped you in the past, with how God can empower you in the future, you'll have confidence, too!

7. Let's make the connection, shall we? Share how God has been faithful to help you overcome something that would otherwise have been overwhelming.

a. Now let's close the loop. How can these memories inspire you to trust God with your future?

Because David had confidence in God, David had confidence in himself, which enabled David to do what he needed to do. We're no different. ***Godly confidence empowers us to do what we need to do, rather than run from it, avoid it, ignore it, or postpone it.***

b. Is there anything you know God wants you to do that you've avoided, ignored, or postponed? If yes, what?

It's time to live in confidence, girlfriend; not just in theory, in real life. *Your* real life.

David found confidence to do what God wanted him to do. Sometimes though, we need confidence to say what we need to say. Honestly, this can seem as intimidating as fighting a Goliath--unless we learn what Moses learned.

8. Read Exodus 3:1-15. Describe the scene.

a. Look closely at verse 11. Does Moses seem like a confident person? Why or why not?

b. Briefly discuss what you know about how Moses landed in the wilderness. How might his past failures have contributed to his confidence issues? (Moses was over 80 years old at this point. Lesson: you are never too old to be used by God and gain confidence in new areas!)

c. According to verse 12, what truth should have given Moses confidence? Did it? What does this tell you about the depth of Moses' insecurity?

9. Continue the story by reading Exodus 4:10-13.

a. According to verse 10, why did Moses lack confidence?

b. What does Moses ask God in verse 13?

While David faced external forces, which threatened to crush his confidence, Moses battled an internal force: *his own feelings of inadequacy*.

Goliaths intimidate us, Eliabs manipulate us, Sauls reason with us, but feelings of fear and inadequacy silence us.

Moses' biggest hang-up was his lack of confidence in his ability to speak. This fear is one of the biggest tale-tale signs of insecurity--and I'm not just referring to the kind of speaking one does in front of an audience. I'm thinking about the ability to speak up, or speak out. I'm thinking about having the confidence to say "yes" or "no" without guilt; the ability to express needs or desires; the confidence to share thoughts, opinions, or your faith. And to speak all these things with grace and truth.

I'm thinking about **having the confidence to speak up in a way that lifts up.**

10. Using the list below as your guide, mark how lack of confidence affects your ability to speak.

I have difficulty...

- **Expressing my needs, wants, or desires**
- **Setting (and keeping) boundaries**
- **Sharing my opinions, especially when they differ from others**
- **Talking about unmet expectations or hurt feelings**
- **Taking command of a situation by giving instructions**
- **Talking to people who are older, more successful, etc.**
- **Talking to people, in general**
- **Expressing my feelings**
- **Sharing my faith, or belief in God**
- **Standing up for what is right, especially when it's unpopular**

11. In what area do you need to speak up or speak out more? Be specific.

- a. Perhaps you feel confident to speak up, but you don't always speak with kindness or grace, which is also a sign of insecurity. In what ways--or to whom-- do you need to speak with more kindness? Be specific.**

- b. One of the biggest indications of insecurity is the inability to hold one's tongue. Control. Blame. Defensiveness. Gossip. Criticism. Every one of these signs of insecurity manifest in words. Is there any area *not* speaking up would be a step of growth in confidence for you?**

12. Read Exodus 4:14-18. What does God do to help build Moses' confidence?

- a. Sometimes we need others to help us overcome areas of inadequacy and insecurity. Is there someone, (a godly friend? A wise mentor? A loving family member? A Christian counselor?) who could help you overcome your personal confidence crusher?**

You know the rest of this story: Moses goes back and eventually leads the entire nation of Israel out of slavery. He even gets to participate in the world's biggest miracle—parting the Red Sea. But the story you know really started right here: where one man wrestled to overcome his insecurity, and believed God would make him adequate for the task.

When we feel insecure, under-qualified, or overwhelmed, we allow fear to paralyze us. We don't do what we should do. We don't say what we should say.

And we miss the life that could be ours.

But God is our great helper. He's *your* great helper. As He did with Paul, and David, and Moses, God will to help you, too. You don't have to allow confidence crushers to rule your life one more minute! You can do what God wants you to do. You can say what God wants you to say.

Why? Because, sweet friend, **your adequacy is from God!**

Life Application:

1. Memorize 2 Corinthians 3:4b “My adequacy is from God”.
2. This week’s lesson has the potential for real life change. I don’t say this flippantly. Review your answers to questions 5, 7, 10 and 11. Spend time really thinking about your life, and how God wants to develop your confidence so you can do what he wants you to do, and say what He wants you to say. Be ready to share how you applied this week’s lesson in your real life.

Optional: Further Reading, Reflection, and Bible Study

1. *How we see, affects how we feel, which affects what we do.* We learned this truth in lesson one. The magnitude of this reality explodes into living color through the lives of David and Moses. And *you*. Read Psalm 139 out loud, slowly savoring every truth about you, and about God. Let the words wash over you, encouraging you to live with the confidence God intends, and His tender care provides. Write down any insights below. You will love this. I promise.

