



3. THREE TRUTHS TO BUILD YOUR CONFIDENCE

ICEBREAKER



If this is a new group or there are new people, please take a moment to **introduce yourselves.**

To start off your small group, briefly share your response to the following question:

What is one unique talent that you have? (Ex. Being double jointed or able to balance a spoon on your nose, a certain skill, etc.)

Share with your group.

YOU MEAN TO TELL ME



THAT THERE ARE PEOPLE COOLER THAN YOU? I'M NOT BUYING IT, SISTAH.

WHAT TO EXPECT

Let's get a big picture of what we'll be learning today...

Let's stay positive...about ourselves! For many of us, being in lock-down was hard because we were so disconnected from people. It's so easy to get down on ourselves, especially when there's no one else around to lift us up. But God wants to build our confidence and keep us thinking positively about ourselves!

TIPS TO A SUCCESSFUL SMALL GROUP DISCUSSION

Tip: BE REAL, AUTHENTIC, & TRANSPARENT ABOUT

WEAKNESSES & STRUGGLES. Some people in your group who may be new to faith or new to small group often think there's a *right* way to answer discussion questions—or at least a few *wrong* things to say. So, they show up and listen in, but don't feel permission to say what's really on their minds. Set examples by sharing honest vulnerable answers. Sharing with a level of vulnerability sets the tone and gives permission for everyone—regardless of spiritual maturity—to respond authentically.

Tip: NO GUILT, NO SHAME. This series is not meant to guilt or shame anyone into doing anything.

ONLINE Tip: MUTING OF MICROPHONES. Get familiar with the Zoom features on your electronic device. It is helpful for everyone to know where the mute button is located. Ask the attendees to self-mute to avoid outside noise when someone else is talking & sharing. Doing this will help with the flow of your SG discussion time.

DISCUSSION QUESTIONS

1.) Isolation and loneliness can trigger our insecurities. We scroll through social media and fear that we are missing out or worry that we don't stack up to someone else's happy life. But the truth is, we are comparing others' "highlight reels" to our "behind the scenes." We know our weaknesses and struggles but we rarely hear about these struggles others are going through. This can cause us to feel down and insecure.

There is One who knows us best and loves us more than we can imagine. God has access to every secret and detail of our lives. Psalm 139 says that He made us and He even knows what we're going to say before we say it. Yikes! He knows all your thoughts, even the ones you're embarrassed about.

But we also know that He loves us with an unfailing and everlasting love. Our insecurities hold us back, but our failures never hold Him back from loving us.

Has an insecurity ever held you back from being fully alive and fulfilling your dreams? What happened?

2.) When it comes to a lack of confidence, there are really three types of people:

• The People Pleasers

These are the types who say “yes” to anything and always take on more than they can handle. The reason is they find self-worth in accomplishment and in making others happy, so they will be liked.

• The Fishers

You find these people posting constantly on Instagram, wanting more and more “likes.” They seek approval for their lives by searching for compliments about themselves to build confidence.

• The One-Uppers

Whatever you say to them, they’ve got one better! This can take a wrong turn, though. When they don’t have their own accomplishments to lean on, they tear others down. If they can’t be on top, at least they can put others on the bottom.

Insecurities come from a place of fear. *1 Timothy 1:7* says that we are no longer driven by fear if we are in Christ. Instead, we have a *spirit of love and self-discipline*. Those come from “stirring up” the gifts the Holy Spirit gives us.

Do you know someone who fits into one of these three types? (Don't mention their name.) What about you? Which one do you sometimes struggle with?

3.) It would seem that the cure for confidence is to just build ourselves up. But there's a better way!

Forget about self-confidence; it's useless. Cultivate God-confidence.

(1 Corinthians 10:12 - MSG)

Instead of building self-confidence, we need some God-confidence. The Bible says that at the center of self is a heart capable of all sorts of evil (Jeremiah 17:9). But God's heart for you is always right! When we put our confidence in Him, we are able to accomplish much.

What are some practical ways to cultivate God-confidence? (Ex. Spend time with God throughout the day, grow in small group, serve, obey, pray, etc.)

4.) There are three biblical truths that are sure to build your confidence. Let's read them out loud together!

- My God is always **for me!**
- My God always **helps me!**
- My God is still **working on me!**

Now, let's read the following passages of scripture and match up the biblical truth with the scripture verse:

*"What then shall we say to these things? If God is for us who can be against us?"
(Romans 8:31 - NKJV)*

*God has said, "I will never fail you. I will never abandon you." So we can say with confidence, "The Lord is my Helper, so I will have no fear. What can mere people do to me?"
(Hebrews 13:5-6 - NLT)*

*I am confident of this very thing, that He who began a good work in you will complete it.
(Philippians 1:6 - NHEB)*

Of these three truths, which one do you need to work on the most? What steps can you take this week to cultivate God-confidence?



WHAT WILL YOU DO?

Self-confidence is fine, as long as it's matched with self-control. But God-confidence will take us to a new level in our relationship, with God and with others. This week, **focus on these three truths:**

- My God is always **for me!**
- My God always **helps me!**
- My God is still **working on me!**

CLOSE IN PRAYER

Take a few minutes to close your time together with prayer and to pray for each other's prayer requests. Below is a sample prayer to read if you choose to. You can also choose to write down each other's prayer requests to remember throughout the week.



Sample Prayer:

"Lord, thank You for all the ways You strengthen us and prepare us for a hopeful and positive future. It's hard to stay focused when we lack confidence, though. So, help us remember that no matter what comes our way, You are giving us power to continue confidently! Help us to turn to You when we start to feel insecure, by getting in the Word daily. Help us to focus and declare these three truths over our lives: My God is always for me! My God always helps me! My God is still working on me! In Jesus' name we pray, Amen."

Group Prayer Requests:

Name

Request

DAILY DEVOTIONS: DAY 1

SCRIPTURE...

I praise You because of the wonderful way You created me. Everything You do is marvelous! Of this I have no doubt.
(Psalm 139:14 - CEV)

OBSERVATION...

APPLICATION...

PRAYER...

DAILY DEVOTIONS: DAY 2

SCRIPTURE...

I pray that your hearts will be flooded with light so that you can understand the confident hope He has given to those He called—His holy people who are His rich and glorious inheritance.
(Ephesians 1:18 - NLT)

OBSERVATION...

APPLICATION...

PRAYER...

SCRIPTURE...

We are confident that you are meant for better things, things that come with salvation. For God is not unjust. He will not forget how hard you have worked for Him and how you have shown your love to Him by caring for other believers, as you still do. Our great desire is that you will keep on loving others as long as life lasts, in order to make certain that what you hope for will come true.

(Hebrews 6:9-11 - NLT)

OBSERVATION...

APPLICATION...

PRAYER...

SCRIPTURE...

This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us.

(1 John 5:14- NIV)

OBSERVATION...

APPLICATION...

PRAYER...

SCRIPTURE...

...we stopped relying on ourselves and learned to rely only on God, who raises the dead. And He did rescue us from mortal danger, and He will rescue us again. We have placed our confidence in Him, and He will continue to rescue us.
(2 Corinthians 1:9-10 - NLT)

OBSERVATION...

APPLICATION...

PRAYER...
