

## **Competence and Confidence**

### **Ready:**

“We have this kind of confidence toward God through Christ. It is not that we are competent in ourselves to consider anything as coming from ourselves, but our competence is from God. He has made us competent to be ministers of a new covenant, not of the letter, but of the Spirit. For the letter kills, but the Spirit produces life.” - 2 Corinthians 3:4-6

### **Set**

One of the biggest hindrances to an athlete's performance is doubt. Wondering whether or not he or she is capable of doing the job. From the hitting drills of football to individual at-bats of baseball to the weight lifting, a major factor of success is being confident in the ability to do something. This is a lot like our Christian lives. Sometimes we want to reach out to somebody, lead a project or group, or witness to another person, but we don't because we don't feel like we have the ability. Fortunately, God instills confidence in us by reminding us that He, the One who made us, has given us the ability to do whatever task He calls us to do. While we still need to work hard and develop our talents, if we trust God and rely on Him, He will give us what we need to take advantage of opportunities to serve Him.

### **Go**

1. Have you ever not done something because you felt like you weren't able or were going to fail? 2. What are some ways that you can rely on God to provide you with the ability to do something rather than relying on yourself?

### **Workout**

Psalm 68:35 Hebrews 11



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
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