

## **Confidence is Key**

### **Ready:**

In Him and through faith in Him we may approach God with freedom and confidence.  
–Ephesians 3:12

### **Set**

We've all heard the saying, "confidence is key," at least once in our life, but do you know the true meaning of it? Many think of confidence as a word that describes an arrogant, egotistical, self-loving person, but that's not always the case. For athletes, trusting in yourself is a need. If you do not believe in yourself it shows.

I once had a coach tell me, "I look for confident players that can do what I need, when I need them to do it." If you don't have faith in yourself you cannot perform the assignment that has been given to you. Let's just say that there's 5 seconds left in the game and your down by 2. You need a quick 3 pointer to end the game right? Well do you think your coach is going to want you to shoot if your not confident in your shot? Trusting yourself and the ability God has given you is something that is needed in many circumstances. Now some players can become cocky and self-reliable if not taught how to be humble also. We all know that one kid that is always bragging about his or her self. Doesn't that drive you crazy? Well that's not the type of confidence that I'm trying to explain here. What I'm saying is that no matter the circumstances God will always love and have confidence in you!

### **Go**

1. What does being confident mean to you?
2. How would you define confidence, is it a good or bad thing? Explain
3. When we're some times in your life when you were/we're not confident? What did that feel like?

### **Workout**

- Hebrews 11:1
- Jeremiah 17:7
- Romans 5:4

### **Bible Reference:**

Hebrews 11:1  
Jeremiah 17:7  
Romans 5:4  
Ephesians 3:12



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