

CONFIDENCE by Pastor John Walton

(Some quotes in this article are in the book on Confidence by Alan Loy McGinnis.)

Read: Luke 4:16-21 He came to Nazareth where he had been reared. As he always did on the Sabbath, he went to the meeting place. When he stood up to read,

Luk 4:17 he was handed the scroll of the prophet Isaiah. Unrolling the scroll, he found the place where it was written,

Luk 4:18 God's Spirit is on me; he's chosen me to preach the Message of good news to the poor, Sent me to announce pardon to prisoners and recovery of sight to the blind, To set the burdened and battered free,

Luk 4:19 to announce, "This is God's year to act!"

Luk 4:20 He rolled up the scroll, handed it back to the assistant, and sat down. Every eye in the place was on him, intent.

Luk 4:21 Then he started in, "You've just heard Scripture make history. It came true just now in this place."

Luk 4:22 All who were there, watching and listening, were surprised at how well he spoke. But they also said, "Isn't this Joseph's son, the one we've known since he was a youngster?"

Dictionary meaning: Assured expectation, freedom from apprehension, enterprising disposition.

Other words: Faith, Belief, Trust, Hope, Dependence, Conviction, Certainty, Assurance. Boldness.

A New Zealanders tendency: Self-depreciation - e.g. "I can't play very well"; "it never works out for me"

Success at friendship, business, sports, love; indeed at nearly every thing we attempt is largely determined by our self image.

People who have confidence in their personal worth seem to be magnets for success and happiness. Good things drop into their laps regularly, their relationships are longer lasting, their projects are usually carried to completion, they enjoy pleasure - they catch joy on the wing.

Luke 11: 33-36. In the Message, "If you live wide eyed with wonder and belief, your body fills up with light. If you live squinty eyed with self-depreciation and distrust, your body is a dank cellar. Keep you eyes open and your lamp burning, so you don't get musty and murky. Keep your life as well lighted as your best lighted room."

Some people are magnets for failure and unhappiness. Their plans go awry, they have a way of torpedoing their own success, and nothing seems to work out.

Can you change? --- yes you can !

The seeds of success come with eternal life. Just as a father desires success for his children, so does your heavenly Father.

E.G. Mother offered money for her baby --- \$1000 -1,000,000 ?

"My baby is worth more to me than the world!"

Why does she say this? Because she looks forward to 1000's of dirty diapers, sleepless nights, cost of raising it?

No, it's because she chooses to value this tiny person.

Such worth resides in the very identity of the person, not in their performance.

If our self-portrait is to be durable and worthwhile our worth must come from the image of God in all of us.

Can we change? If we cannot, then we are doomed to a life of sadness and unearned guilt.

Self-confidence without self-worship: Is it possible to have too much confidence, yes. Big Egos who are objectionable.

Confidence is not cockiness, arrogance or self-conceit.

I have just fallen in love with a fantastic person -myself!

Seminars that make you shout over and over " I like myself!" are shallow! They call this "finding yourself" - it's introspection. It's pop psychology!

People emerge self-centred, self-absorbed and self-focused.

In the Bible Romans says, "not to think of ourselves more highly than we ought to think, but think so as to be wise."

Just how highly ought we to think?

Somewhere between self-worship advocated by secular psychologists and false modesty conveyed by misguided Christians.

Neither a braggart nor a wimp!

It is a fallacy to think that exterior changes will make us feel better on the inside. Awards etc., can lead us to believe this.

Change starts on the inside - it begins with self-knowledge and self-enrichment. If we can picture ourselves differently, confidence will come.

Self-doubt to self-confidence.

Self-regard is too dependent on our successes and failures.

Change will not happen overnight and does require effort.

Fears are educated into us and can be educated out!

Story of the famous Scottish actor Helen Hayes:

When Helen was a young actress, her producer George Tyler, told her that, were she four inches taller, she could become one of the greatest actors of her time. "I decided," she says, "to lick my size. A string of teachers pulled and stretched till I felt I was in a medieval torture chamber. I gained nary an inch --- but my posture became military. I became the tallest five-foot woman in the world! My refusal to be limited by my limitations enabled me to play Mary of Scotland, one of the tallest Queens in history."

Helen Hayes succeeded because she refused to focus on her weakness, but rather chose to focus on her strong points and on her potential. This is the first fundamental in developing confidence.

1st Fundamental for Self-confidence is:

FOCUS ON YOUR POTENTIAL INSTEAD OF YOUR LIMITATIONS.

Of course we do have limitations. Motivational speakers say that if we believe in ourselves we can accomplish anything --- not true. Telling people this can crush our potential. When the dreams don't come true their self-confidence is knocked.

Believing we are omnipotent will not make us so.

Wrong to tell a low IQ person they will become a doctor.
Or me I'll be a great singer!

Each person created by God is very important, and within us are great-untapped resources.

We do have potential above what we are now living.

Don't compare yourself with others. We scan people around us to see how we compare. You're good looking, but find your self with a better-looking person - now you think you're ugly!

Rabbi Zuscha, was asked on his death-bed what he thought the Kingdom of God would be like. He replied, "I don't know, but there is one thing I do know, When I get there I am not going to be asked, 'Why weren't you Moses?' 'Why weren't you David?'
I am only going to be asked, 'Why weren't you Zuscha?' 'Why weren't you fully you?'"

We receive 23 chromosomes from our mothers and 23 from our fathers. The odds of our parents having another one the same as us is one in 102,000,000,000. We are born with a unique set of potentials that yearn to be fulfilled as surely as the acorn yearns to become the Oak within it.

Self-confidence comes when we believe we have come from a benevolent Creator. We are special !

Don't suicide over the current problem. Buckminster Fuller 32 years. Old -- bankrupt -looked up to the sky - turned his back on the lake - began a remarkable career - world famous engineer, mathematician, architect, and poet. He held 170 patents.

Read Ps. 8: 3-5 When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained, what is man that You are mindful of him, and the son of man that You visit him? For You have made him a little lower than the angels, And You have crowned him with glory and honour.

Ps 3:2-6 Many are they who say of me, "There is no help for him in God." Selah

But You, O LORD, are a shield for me, My glory and the One who lifts up my head.

I cried to the LORD with my voice, And He heard me from His holy hill. Selah

I lay down and slept; I awoke, for the LORD sustained me.

I will not be afraid of ten thousands of people Who have set themselves against me all around.

If God has created us with such glory and honour, what keeps us from tapping our potential?

Frequently it's because we concentrate on our defects.

E.G. girl with pimple on chin. When someone says you're beautiful, she thinks s/he is telling lies.

Some with low self-perception who dislike themselves, can't receive praise - will not be talked out of their self-view. They hear criticisms loudly, but compliments drift over top. They tend to hear only remarks that confirm their self-view.

Filter data - if it fits what you think you are, you let it in.

E.G. You hear, "You are pretty good at tennis," you let that in and thank them. But if, "You are sure looking nice and trim," that is screened out, because your inner picture is of someone with a terrible figure.

Most of us are ignorant of what drives us from within. Self-knowledge is an essential part of self-confidence.

2nd Fundamental for Self-confidence is:

DETERMINE TO KNOW THE TRUTH ABOUT YOURSELF.

Why we lose contact with the truth about our identities.

As teenagers we try on other personalities like changing clothes - sometimes bizarre - this has strong repercussions.

Be courageous about our imperfections.

The Bible is very realistic about human nature.

Face squarely the dark side of ourselves. The only emotion that can hurt us is the unacknowledged emotion. *To repress our shadow side is to give it the greatest power over us.*

There is power and liberation in naming the thing we fear within. An enormous amount of denial goes on within us.

When the dark material within is skimmed away we find the image of God within - there comes creativity, true identity and a release of the real unique person that we are in God.

3rd Fundamental of Self-confidence:

DISTINGUISH BETWEEN WHO YOU ARE AND WHAT YOU DO.

Go to a party with this restriction on our conversation: not to tell or ask what our jobs are. We position ourselves by what kind of job we do.

A dangerous trap: We are what we produce --- Confuse personal value with production. "You do the lawn for me and I will love you and think you are great?"

Some old time workaholics don't think anything of you unless you are a worker.

We have to gain insight as to how we arrived at our present position, and then we can take measures to change our direction. Insight may not solve the problem, but it is the first step.

Your parent may be to blame, but forgive them. It would not be wrong to say, *"My parents were wrong to have put me down, and I am now correcting the standards by which I was judged as a child, but I refuse to carry resentment against anyone for the rest of my life."*

What do you think of your self? Work on this.

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