

## Don't Throw Away Your Confidence

from *A Confident Heart* by Renee Swope

### Segment 3

#### Message Notes

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As I was digging through the trash, I sensed God whisper to my heart: "That's how easily you throw away *your confidence* - without even recognizing it."

#### It's usually very subtle.

Sometimes I'll be thinking about something I want to do or sense God calling me to, and all the sudden a feeling of \_\_\_\_\_ comes over me and whispers to my heart, "You can't do that. You're not \_\_\_\_\_." Out of the blue, I'll just get that awful, doubtful feeling.

**Too many times, I've agreed with those doubts** and I've thrown away my confidence without \_\_\_\_\_ what I'm doing. And with it, I've thrown away the \_\_\_\_\_ that gives me access to the \_\_\_\_\_ that is mine in Christ.

#### What about you?

- How often have you thrown away your confidence without \_\_\_\_\_ what you're doing?
- How often has doubt mad you \_\_\_\_\_ whether you have what it takes to \_\_\_\_\_ Christ, to be a \_\_\_\_\_ woman, a good mom, an effective \_\_\_\_\_ or servant in ministry

#### So, what do we do when doubt comes over us, and makes us throw away our confidence?

*"Do not throw away your confidence, it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what He has promised."* Hebrews 10:35-36 (NIV)

#### What has God promised?

He's promised us \_\_\_\_\_ and \_\_\_\_\_ as children of God

**As we move forward...** We need to ask God to show us when we're tempted to throw away our confidence and then depend on Him to help us throw away my insecurities instead. We're also going to ask Him to give us His perspective through His promises and ask Him to help us process our emotions and circumstances with Him.

## Talking *trash* vs. Talking *Truth*

- **When doubt tells you - *you're weak and all alone.*** Throw away that doubt and tell yourself the truth: You are strong and courageous because the Lord your God is with you. He says He will never leave me nor forsake me (Deut. 31:6).
- **When doubt tells you - *you can't do something.*** Trash that doubt and hold onto God's truth: You can do all things through Christ who strengthens you (Phil. 4:13).
- **When doubt tells you - *you'll never change.*** Throw away that doubt and tell yourself the truth: You can be confident of this, He who began a good work in you will carry it on to completion until the day of Christ Jesus. (Phil. 1:6)

### Let's Take this One Step Further:

When feelings of failure or defeat come over you, write them down. Write down your doubt and throw it in the trash every time.

By doing this we throw away our feelings of \_\_\_\_\_ and doubt so that we can \_\_\_\_\_ onto the truth of who we are in Christ – not based on what others think about us or even what we think about ourselves, but based on what God says about us.

### Closing Thoughts:

*Why is this so important?* Because scripture tell us: “We are not of those who shrink back and are destroyed, but of those who believe and are saved.” Hebrews 10:39

### Let's take God's Commandment → Make it our Commitment

I will not throw away my confidence.

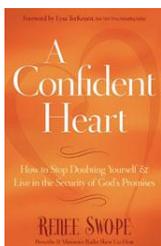
I will persevere so that when I have done the will of God

I will receive what he has promised.

Hebrews 10:35-36

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