

Don't Throw Away Your Confidence

from *A Confident Heart* by Renee Swope

Video Message Notes

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

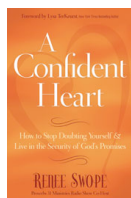
Let's take God's Commandment → Make it our Commitment

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



If this message touched your heart, be sure to get a copy of Renee's book, *A Confident Heart*. Download Renee's "Don't Throw Away Your Confidence" printable on her FREE RESOURCES page at www.ReneeSwope.com.