

KEYS FOR SELF-CONFIDENCE

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IN SEARCH OF SELF-CONFIDENCE

People with Self-Confidence

- George Gallup, Nat'l Survey

1. Are more successful
2. Are more satisfied with their lives
3. Are more willing to help others in need
4. Hold themselves to higher moral & ethical standards
5. Are more likely to assume leadership
6. Have more productive, satisfying relationships
7. Are less affected by stress
8. Are more likely to see God as loving, caring & forgiving

Text: Book of Jeremiah (selected)

I. LACK OF CONFIDENCE: CHIEF CAUSES

1. D **IFFICULT** **EXPERIENCES**

"Why did I ever come out of the womb to see trouble and sorrow and to end my days in shame?"

Jer. 20:18

2. D **estructive** **Thoughts**

"How long will your wicked thoughts lodge within you?"

Jer. 4:14

3. D **evastating** **Loss**

"The whole Babylonian army under the commander of the imperial guard broke down all the walls around Jerusalem." Jer. 52:14

4. D **IMINSHED** **HOPE**

"A voice is heard in Ramah, mourning and great weeping, Rachel weeping for her children and refusing to be comforted, because her children are no more."

Jer. 31:15

II. HELP!!!! FOR GOING BEYOND WHERE YOU'RE AT

H **OLD** on to the Sabbath

(Set Apart/"Different" Day)

The Promise: "Jesus said, "The Sabbath was made to benefit man." Mk. 2:27

- A Word to Workaholics

I will use my Sabbath (Different) Day to...

• **PHYSICALLY REST**

1 Ki. 19:5-8

• **EMOTIONALLY** Recharge

Mk. 6:31

Include time for

- Quietness (Ps. 23:3; Is. 40:29-31)
- Fellowships (Ps. 122:1; Heb.10:25)
- Family (Mt. 19:6; Eccl. 9:9; 1 Peter 5:7,8)

• **SPIRITUALLY** Refocus

Ps. 95:6; 16:8
Jn. 15:5

E **ENJOY** the Moment

Prov. 14:33
Phil. 4:4

"God has given us all things rightly to enjoy" 1 Tim. 6:17

L **ighthen** the Load

Matt. 11:28,29

"Let us lay aside every weight and sin which so easily entangles us." Heb. 12:1"

P **RIORITIZE** My Pursuits

Matt. 6:33

"Our time is limited. You (God) have given us only so many months to live and have set limits we cannot go beyond." Job 14:5

• God *"In everything you do put God first, and He will direct you and crown your efforts with success."* Prov. 3:6

• Family *"Fight for your brothers, your sons and your daughters, your wives and your homes."* Neh. 4:14

• Career *"Do your work heartily as if doing it for the Lord..."* Col. 3:23

"If our heart does not condemn us, we have confidence before God."

1 John 3:21