



True Confidence

ROOTED IN FAITH



Bible Crafters
Faith-Based Digital Publications
<https://biblecrafters.com>

B I B L E L E S S O N

True Confidence: Rooted in Faith

The concept of confidence can be elusive and commonly misunderstood, especially for Christian women striving to live out their faith. The modern narrative frequently pushes a brand of confidence rooted in personal achievements, physical appearance, and social status. However, as followers of Christ, where does our true confidence lie? This lesson dives into the heart of true confidence, a confidence not built on worldly measures but rooted in the unshakeable promises of God.

Throughout this lesson, we will explore key biblical passages, such as Proverbs 31:25, which describes a woman who is "clothed with strength and dignity," and Hebrews 10:35-36, where believers are encouraged not to "throw away your confidence; it will be richly rewarded." These scriptures and others provide a foundation for understanding how true confidence manifests in the life of a Christian woman.

By looking at biblical examples and applying their lessons, we will discover how to cultivate a deep, enduring confidence that empowers us to face life's challenges and opportunities with boldness and faith. Join me as we uncover the beauty and strength of true confidence through the lens of Scripture, tailored for the Christian woman in this modern age.

BIBLE LESSON

True Confidence: Rooted in Faith

BIBLICAL REFERENCES

She is clothed with strength and dignity; she can laugh at the days to come. **Proverbs 31:25**

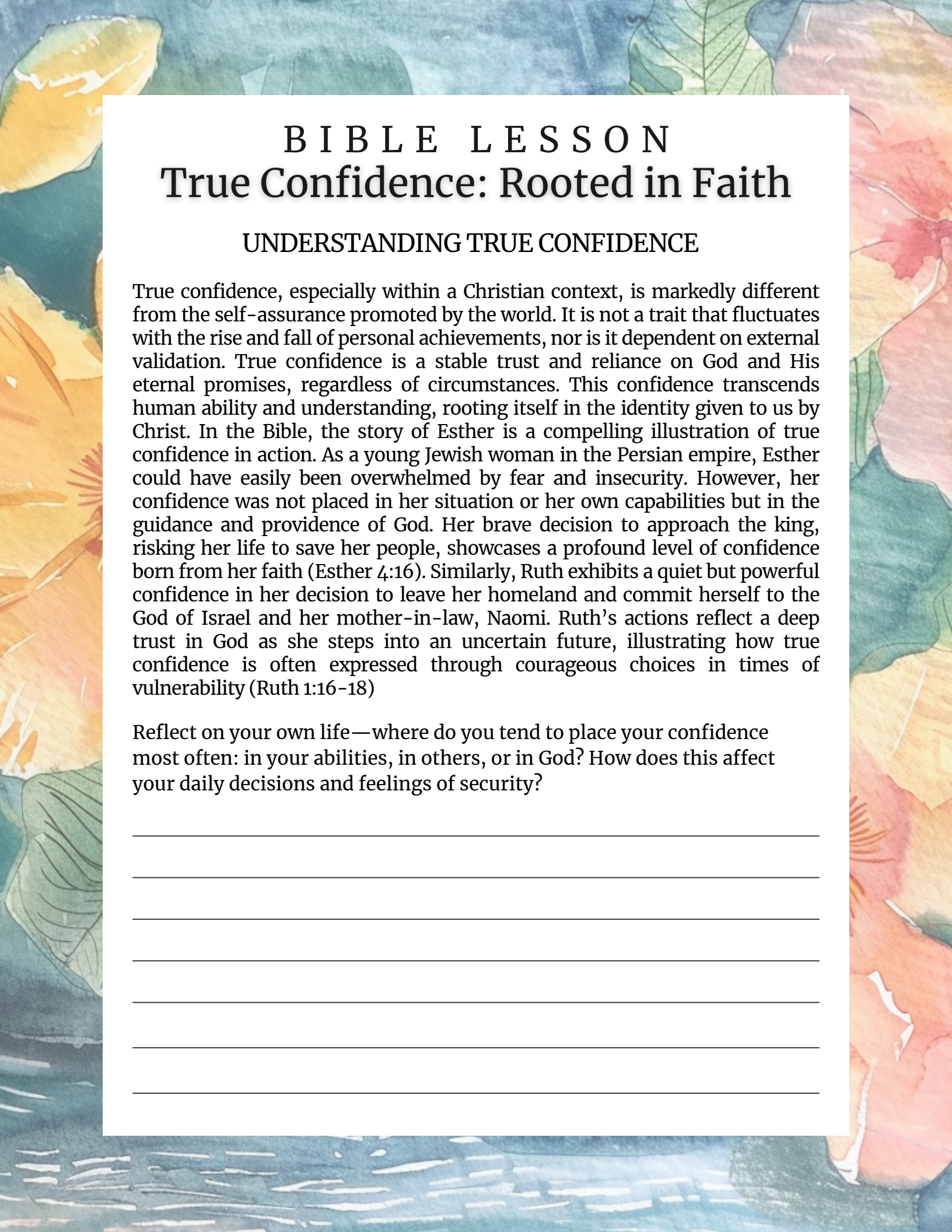
So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised. **Hebrews 10:35-36**

For the Lord will be your confidence and will keep your foot from being snared. **Proverbs 3:26**

I can do all this through him who gives me strength. **Philippians 4:13**

So Sarah laughed to herself as she thought, 'After I am worn out and my lord is old, will I now have this pleasure?' Then the Lord said to Abraham, 'Why did Sarah laugh and say, "Will I really have a child, now that I am old?" Is anything too hard for the Lord? At the appointed time I will return to you, about this time next year, and Sarah will have a son. **Genesis 18:12-14**

In her deep anguish Hannah prayed to the Lord, weeping bitterly. And she made a vow, saying, 'Lord Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the Lord for all the days of his life, and no razor will ever be used on his head.' As she kept on praying to the Lord, Eli observed her mouth. Hannah was praying in her heart, and her lips were moving but her voice was not heard. Eli thought she was drunk and said to her, 'How long are you going to stay drunk? Put away your wine.' 'Not so, my lord,' Hannah replied, 'I am a woman who is deeply troubled. I have not been drinking wine or beer; I was pouring out my soul to the Lord. Do not take your servant for a wicked woman; I have been praying here out of my great anguish and grief.' Eli answered, 'Go in peace, and may the God of Israel grant you what you have asked of him.' She said, 'May your servant find favor in your eyes.' Then she went her way and ate something, and her face was no longer downcast. Early the next morning they arose and worshiped before the Lord and then went back to their home at Ramah. Elkanah made love to his wife Hannah, and the Lord remembered her. So in the course of time Hannah became pregnant and gave birth to a son. She named him Samuel, saying, 'Because I asked the Lord for him.' **1 Samuel 1:10-20**



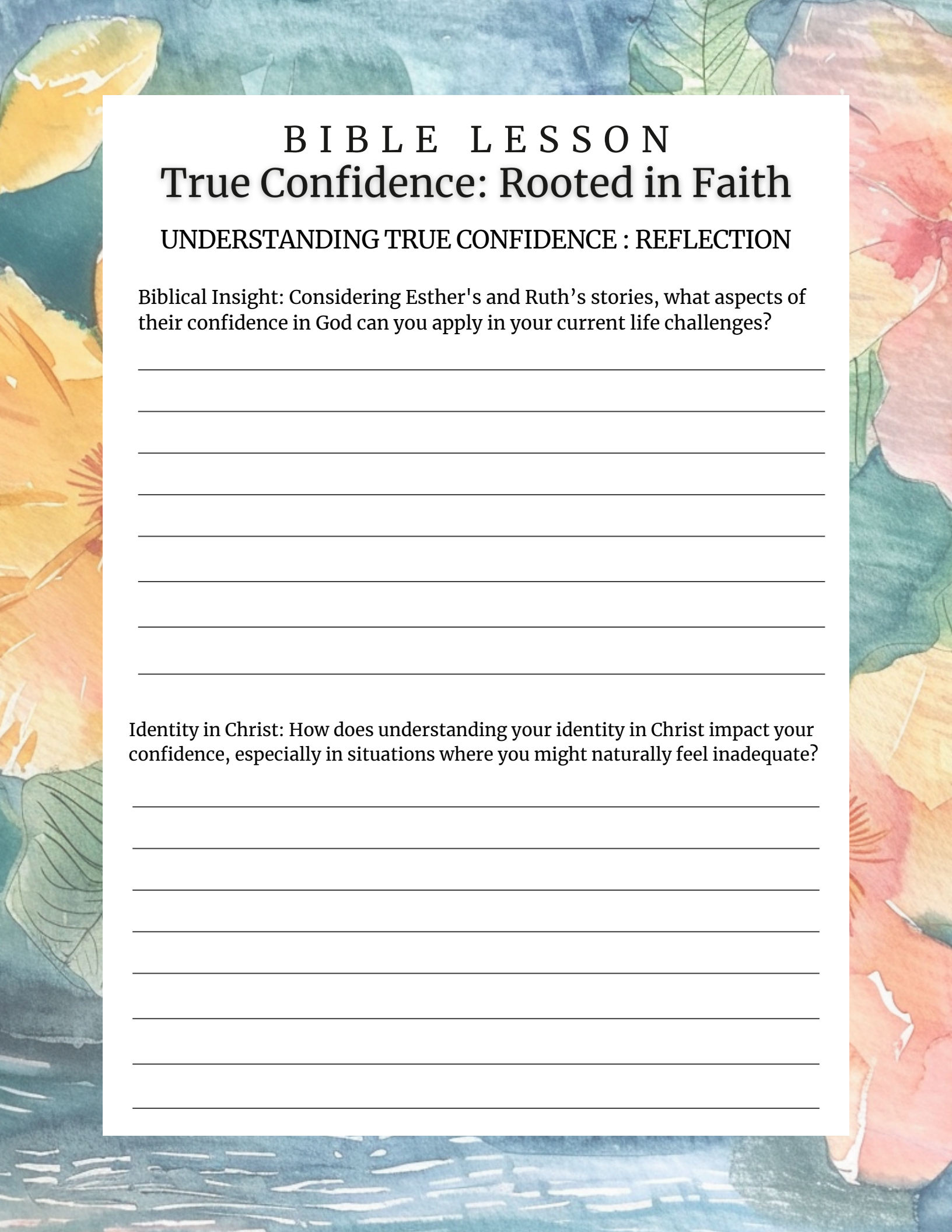
BIBLE LESSON

True Confidence: Rooted in Faith

UNDERSTANDING TRUE CONFIDENCE

True confidence, especially within a Christian context, is markedly different from the self-assurance promoted by the world. It is not a trait that fluctuates with the rise and fall of personal achievements, nor is it dependent on external validation. True confidence is a stable trust and reliance on God and His eternal promises, regardless of circumstances. This confidence transcends human ability and understanding, rooting itself in the identity given to us by Christ. In the Bible, the story of Esther is a compelling illustration of true confidence in action. As a young Jewish woman in the Persian empire, Esther could have easily been overwhelmed by fear and insecurity. However, her confidence was not placed in her situation or her own capabilities but in the guidance and providence of God. Her brave decision to approach the king, risking her life to save her people, showcases a profound level of confidence born from her faith (Esther 4:16). Similarly, Ruth exhibits a quiet but powerful confidence in her decision to leave her homeland and commit herself to the God of Israel and her mother-in-law, Naomi. Ruth's actions reflect a deep trust in God as she steps into an uncertain future, illustrating how true confidence is often expressed through courageous choices in times of vulnerability (Ruth 1:16-18)

Reflect on your own life—where do you tend to place your confidence most often: in your abilities, in others, or in God? How does this affect your daily decisions and feelings of security?



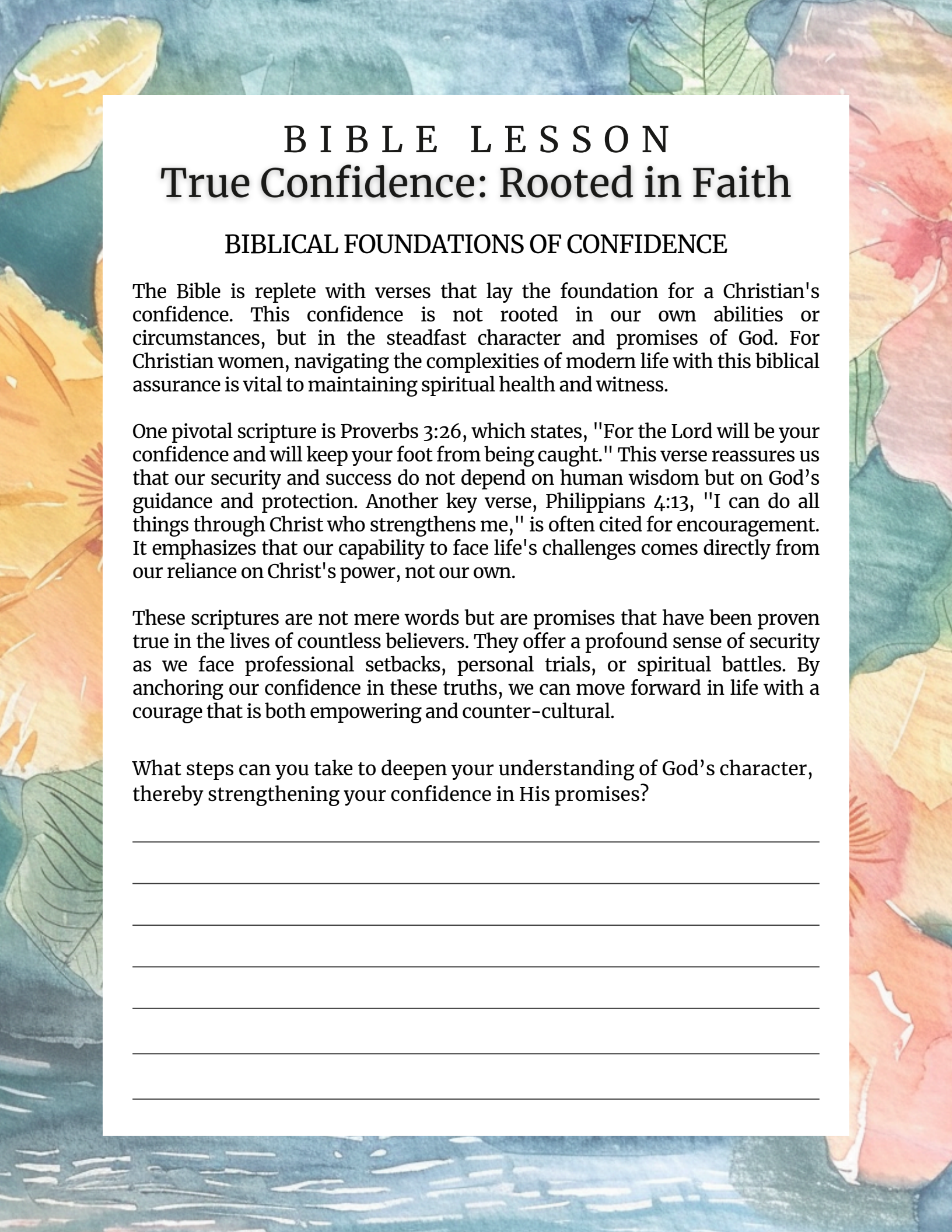
B I B L E L E S S O N

True Confidence: Rooted in Faith

UNDERSTANDING TRUE CONFIDENCE : REFLECTION

Biblical Insight: Considering Esther's and Ruth's stories, what aspects of their confidence in God can you apply in your current life challenges?

Identity in Christ: How does understanding your identity in Christ impact your confidence, especially in situations where you might naturally feel inadequate?



B I B L E L E S S O N

True Confidence: Rooted in Faith

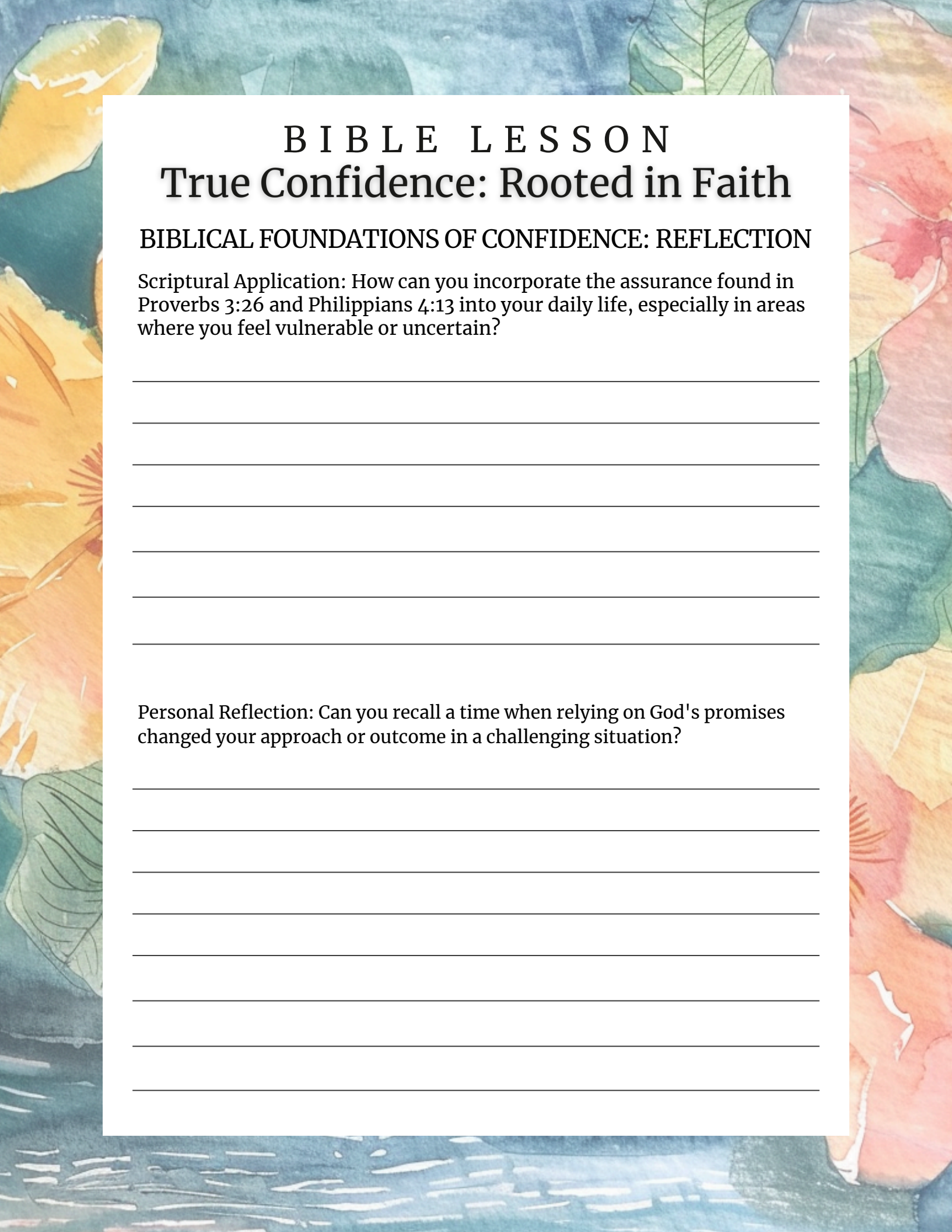
BIBLICAL FOUNDATIONS OF CONFIDENCE

The Bible is replete with verses that lay the foundation for a Christian's confidence. This confidence is not rooted in our own abilities or circumstances, but in the steadfast character and promises of God. For Christian women, navigating the complexities of modern life with this biblical assurance is vital to maintaining spiritual health and witness.

One pivotal scripture is Proverbs 3:26, which states, "For the Lord will be your confidence and will keep your foot from being caught." This verse reassures us that our security and success do not depend on human wisdom but on God's guidance and protection. Another key verse, Philippians 4:13, "I can do all things through Christ who strengthens me," is often cited for encouragement. It emphasizes that our capability to face life's challenges comes directly from our reliance on Christ's power, not our own.

These scriptures are not mere words but are promises that have been proven true in the lives of countless believers. They offer a profound sense of security as we face professional setbacks, personal trials, or spiritual battles. By anchoring our confidence in these truths, we can move forward in life with a courage that is both empowering and counter-cultural.

What steps can you take to deepen your understanding of God's character, thereby strengthening your confidence in His promises?



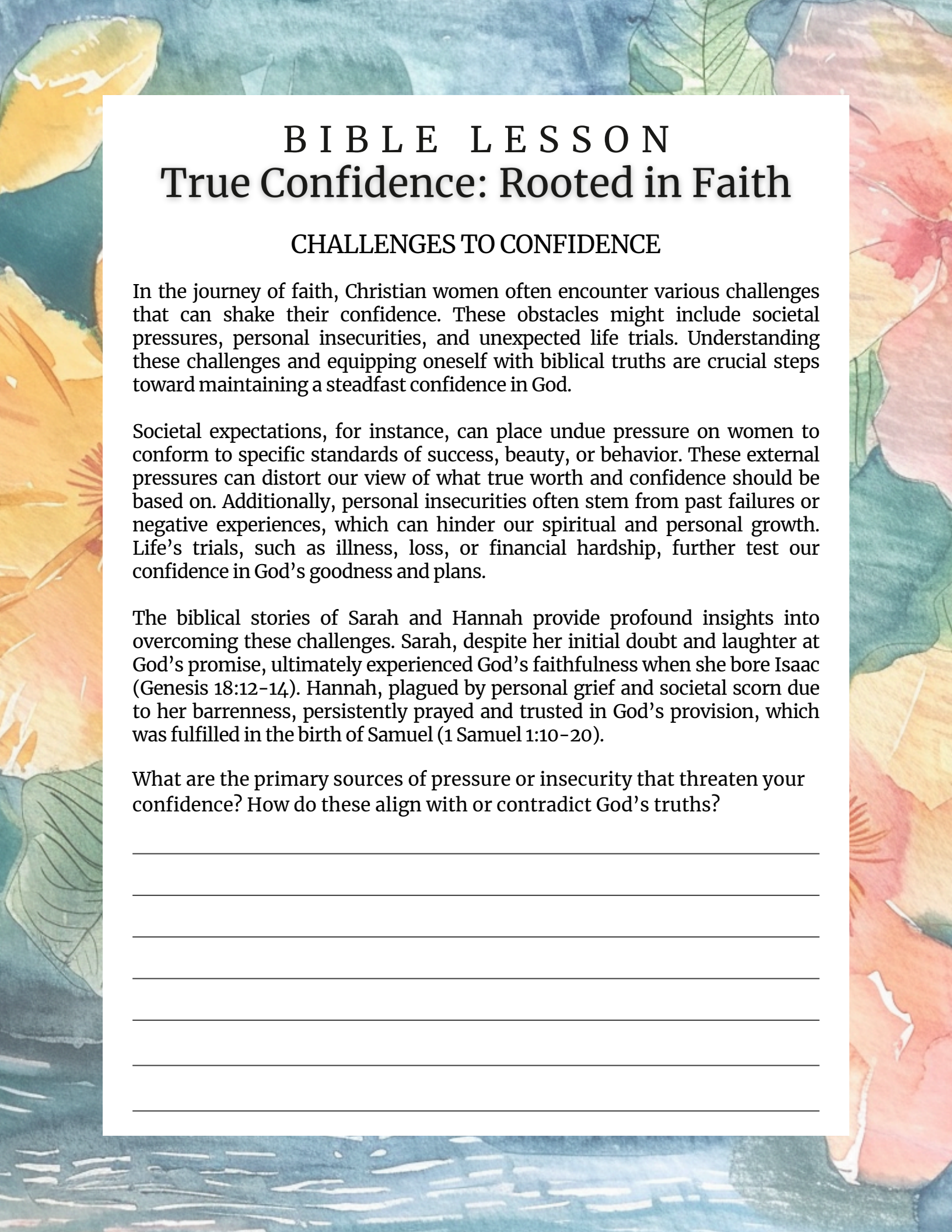
B I B L E L E S S O N

True Confidence: Rooted in Faith

BIBLICAL FOUNDATIONS OF CONFIDENCE: REFLECTION

Scriptural Application: How can you incorporate the assurance found in Proverbs 3:26 and Philippians 4:13 into your daily life, especially in areas where you feel vulnerable or uncertain?

Personal Reflection: Can you recall a time when relying on God's promises changed your approach or outcome in a challenging situation?



BIBLE LESSON

True Confidence: Rooted in Faith

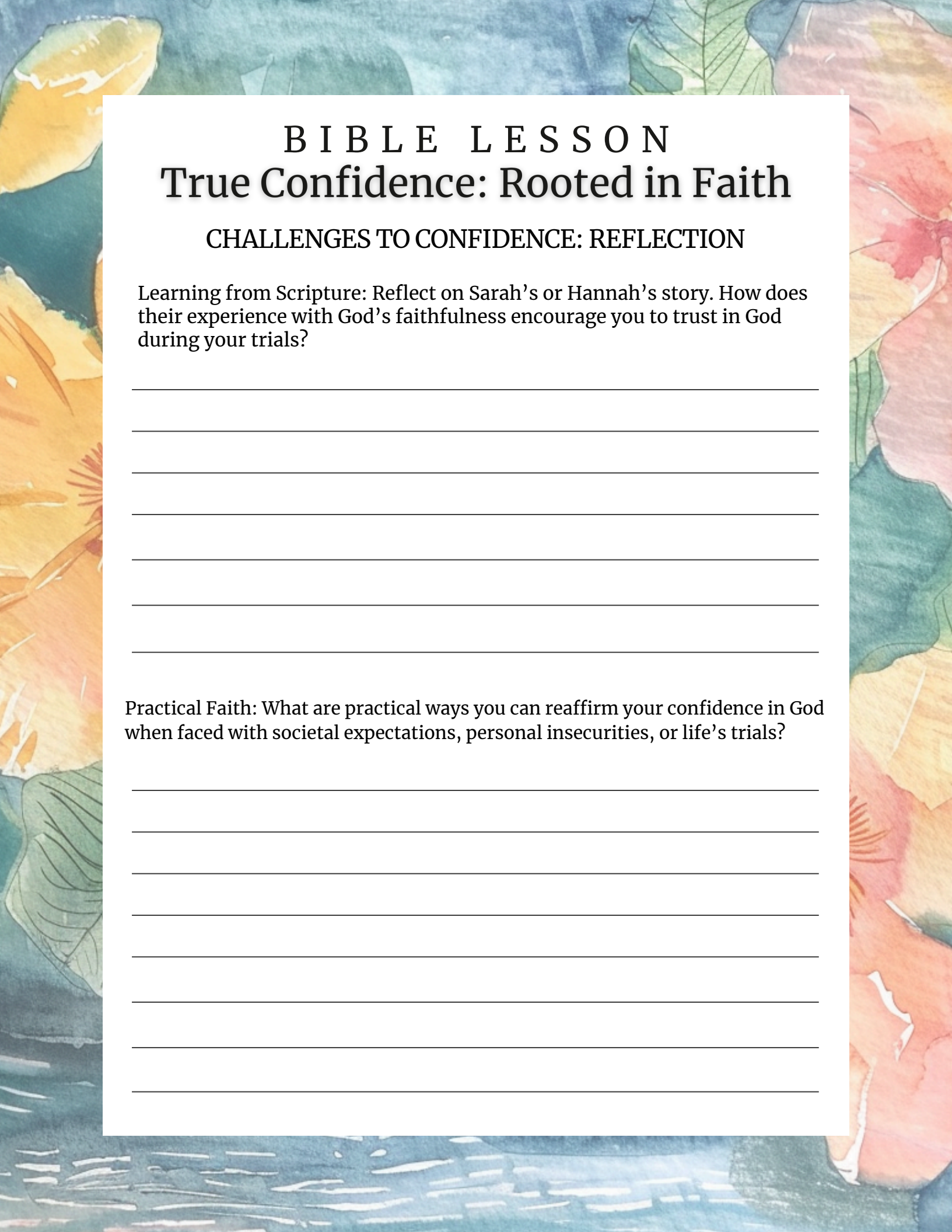
CHALLENGES TO CONFIDENCE

In the journey of faith, Christian women often encounter various challenges that can shake their confidence. These obstacles might include societal pressures, personal insecurities, and unexpected life trials. Understanding these challenges and equipping oneself with biblical truths are crucial steps toward maintaining a steadfast confidence in God.

Societal expectations, for instance, can place undue pressure on women to conform to specific standards of success, beauty, or behavior. These external pressures can distort our view of what true worth and confidence should be based on. Additionally, personal insecurities often stem from past failures or negative experiences, which can hinder our spiritual and personal growth. Life's trials, such as illness, loss, or financial hardship, further test our confidence in God's goodness and plans.

The biblical stories of Sarah and Hannah provide profound insights into overcoming these challenges. Sarah, despite her initial doubt and laughter at God's promise, ultimately experienced God's faithfulness when she bore Isaac (Genesis 18:12-14). Hannah, plagued by personal grief and societal scorn due to her barrenness, persistently prayed and trusted in God's provision, which was fulfilled in the birth of Samuel (1 Samuel 1:10-20).

What are the primary sources of pressure or insecurity that threaten your confidence? How do these align with or contradict God's truths?



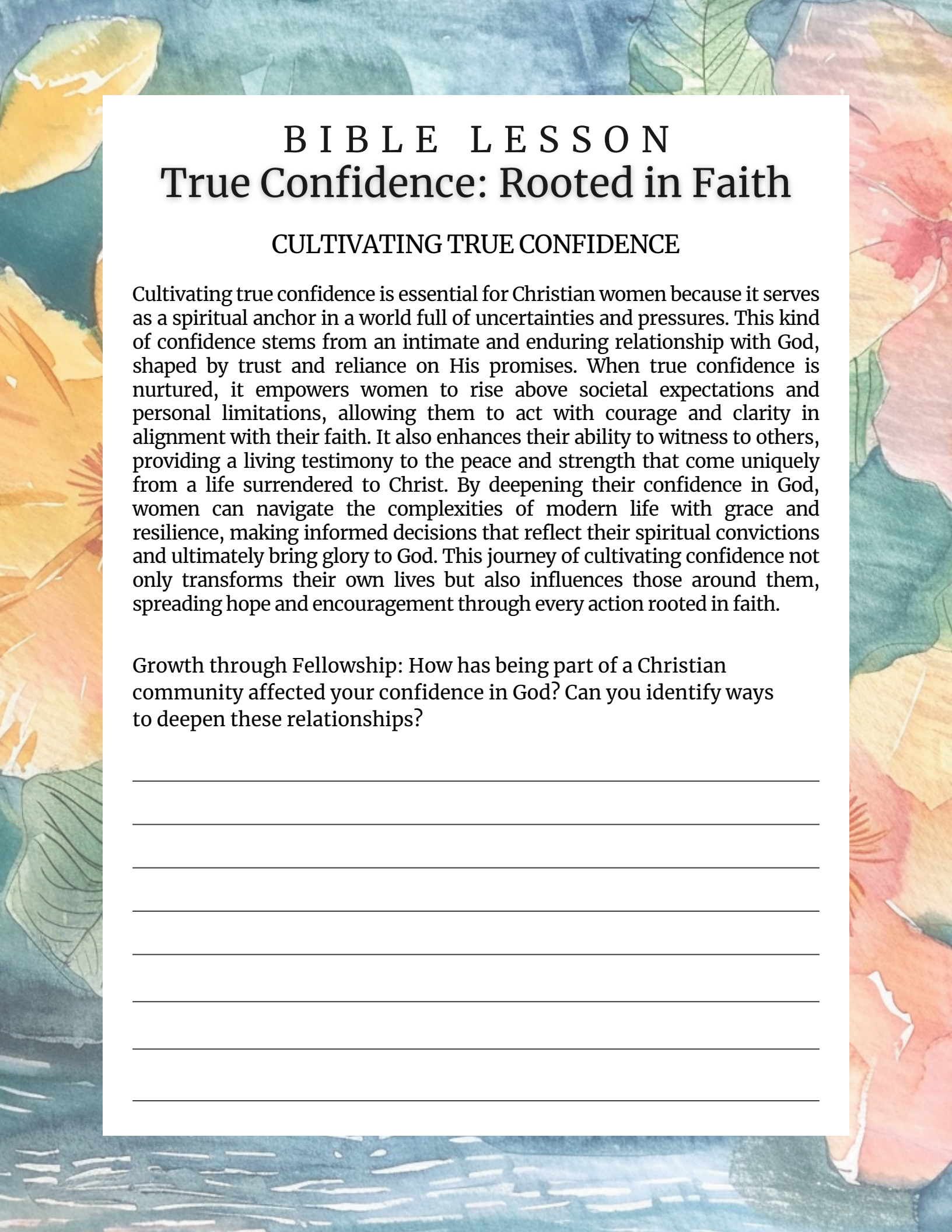
B I B L E L E S S O N

True Confidence: Rooted in Faith

CHALLENGES TO CONFIDENCE: REFLECTION

Learning from Scripture: Reflect on Sarah's or Hannah's story. How does their experience with God's faithfulness encourage you to trust in God during your trials?

Practical Faith: What are practical ways you can reaffirm your confidence in God when faced with societal expectations, personal insecurities, or life's trials?



B I B L E L E S S O N

True Confidence: Rooted in Faith

CULTIVATING TRUE CONFIDENCE

Cultivating true confidence is essential for Christian women because it serves as a spiritual anchor in a world full of uncertainties and pressures. This kind of confidence stems from an intimate and enduring relationship with God, shaped by trust and reliance on His promises. When true confidence is nurtured, it empowers women to rise above societal expectations and personal limitations, allowing them to act with courage and clarity in alignment with their faith. It also enhances their ability to witness to others, providing a living testimony to the peace and strength that come uniquely from a life surrendered to Christ. By deepening their confidence in God, women can navigate the complexities of modern life with grace and resilience, making informed decisions that reflect their spiritual convictions and ultimately bring glory to God. This journey of cultivating confidence not only transforms their own lives but also influences those around them, spreading hope and encouragement through every action rooted in faith.

Growth through Fellowship: How has being part of a Christian community affected your confidence in God? Can you identify ways to deepen these relationships?

BIBLE LESSON

True Confidence: Rooted in Faith

CULTIVATING TRUE CONFIDENCE: PRACTICAL STEPS

Prayer: Maintain a daily prayer routine that focuses not only on requests but also on thanksgiving and acknowledgment of God's past faithfulness.

Scripture Meditation: Start or end your day by meditating on scriptures that reinforce God's promises and your identity in Christ.

Fellowship: Regularly meet with a community of like-minded believers who encourage and challenge you to grow in faith.

Journaling: Keep a spiritual journal to record prayers, insights from scripture, and testimonies of God's answers and interventions.

Worship: Incorporate worship into your daily routine, as it refocuses your mind from the problems at hand to God's sovereignty and grace.

Service: Engage in acts of service within your community or church, which can shift the focus from self to serving others, reinforcing the purpose and confidence that comes from living out God's commands.

Learning: Continually educate yourself on biblical teachings and Christian living through books, podcasts, and sermons that emphasize reliance on God.

Spiritual Accountability: Have a mentor or accountability partner to discuss your challenges and spiritual growth.

Affirmations: Use biblical affirmations to reinforce God's view of you, combating negative thoughts and self-doubt.

Rest: Recognize the importance of Sabbath rest in your routine to reflect, rejuvenate, and restore your spirit under God's care.

Which of the above practices are you currently not engaging in, but feel called to start? What has been preventing you from starting, and how can you overcome these hurdles?

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

STUDY NOTES

SCRIPTURE

THEME

KEY VERSES

INSIGHTS

PRAYER