

UNIT VI

CONFIDENCE



Harvey Penick, one of golf's greatest instructors, said "if there is doubt in your mind, how can your muscles know what they are expected to do."

What do you think?

Jim Abbott – "I worked very hard. I felt I could play the game. The only thing that could stop me was myself."

Confidence comes from practice and preparation. In practice, we have the opportunity to train our minds as well as our bodies.

What are some practical ways we can do this?

Routines help – when we analyze and decide how we are going to handle a situation, a routine helps bring comfort, and turn that thinking mechanism off so our body can perform. Routines should be the same in practice and in the game.

What are your routines?

Michael Jordan said he would walk onto the court for every game believing he was the best out there until someone proved him wrong. Not all of us will be the best out there like Michael Jordan, but being confident will still go a long way.

How do we let defeat build us up rather than destroy our self-confidence? See it as an opportunity for improvement.

How does trusting your stuff translate into our relationship with God?

Confidence in God has nothing to do with our ability, but entirely God's. "We must definitively renounce the concept of attaining our goal by our own natural forces, and expect everything from the holy new life that Christ has infused into us in Baptism." (Dietrich Von Hildebrand, Transformation in Christ) **Translate this.**

Genesis 6:11-22 –Noah – Confidence =Trust in the process

- What does God ask Noah to do?
- Who will accompany him on the arc?
- What did he do?
 - "This Noah did" He built it
- How big was the arc?
- Would that have been a quick process?
 - Not a chance.
- What would the rest of the world be thinking about Noah?
 - That he was crazy
- What kept Noah going?
 - He trusted the process. He went and pounded in one board at a time and had Confidence that God was going to come through. He wasn't questioning it every day, he was going to work and pounding in board after board without knowing exactly how he was going to get 2 of every animal into this arc.

- Where do we need to focus on the process and trust the process?
 - Sports –we work every day and don't see a huge change from day to day but trust that if we do the reps at 100% we will get better.
 - School –Trust that if we put the time and effort in, we will eventually learn the material.
 - Faith –Keep praying and trust that God will answer our prayer. Live today, be in the moment, and control what you can control. Then trust that God will take care of what we can't.

1. Need confidence in God's omnipotence: Luke 1:37 – “For with God nothing will be impossible.” **Why is this an important aspect?**

2. Confidence in His love FOR US as well as in His mercy: *Eph 2:4-5* – “But God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ” **Why is this important?**

3. Confidence in His omniscience: *Ps 139:8* – “If I ascend to heaven, thou art there! If I make my bed in Sheol, thou art there”

- a. God is constantly aware of us and is presiding over our destinies.
- b. We are continually in the hands of God and secure in His all-powerful and all-wise love.
- c. Nothing can escape His glance – **How does that make you feel? Why is this an important aspect for us?**

4. Confidence that we have all been called by God individually: *Is 42:6* – “I the Lord have called you in righteousness, I have taken you by the hand and kept you”

- a. God not only loves us, He also wills to be loved by us. **Why is this one important?**

Our confidence in God is not mere optimism. Our growth in holiness requires our full effort. At the same time, it is only through Christ and Christ alone that a real victory over our sinfulness can be obtained. **Phil2:12-13**– “work out your own salvation with fear and trembling: for God is at work in you, both to will and to work for his good pleasure.”

Why, do you think, is this God's design?

What can help us grow in this understanding? A truly contrite heart – always in hope. No sin, if repented in contrition, can keep us separated from God. His mercy is bigger than us.

Remember the quote from St. Benedict XVI: *“The one who has hope lives differently; the one who hopes has been granted the gift of a new life.”*

Let us confidently hope in God, who is all good, and pray that our trust may increase.

Challenge: pray daily this week, “Jesus, I trust in you.”