



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

**Chapter 9. Realizing the necessity of KNOWLEDGE.**

**Week 36: Building confidence through GOAL SETTING.**

**Video: Coach Carter**

[Click here to watch a video clip in our Vimeo account.](#)

**Word of the Week: Confidence**

**Theme verse:** *Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* – Hebrews 4:16

**Additional Verse:** *In him and through faith in him we may approach God with freedom and confidence.* – Ephesians 3:12

**Quote:** “We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face, we must do that which we think we cannot.” – Eleanor Roosevelt

**John Eldredge:** “In ancient African cultures, a young man was not considered a full member of the tribe, an elder, a man. He couldn't marry and he couldn't own land until he had killed a lion. It was symbolic.”

**Questions:** Is confidence all you need to do great things?  
Do you think confidence is the main thing you need to accomplish success? How can confidence and humility work together?

**Highlight Video: Confidence, Sanctus Real**

[Click here to watch in our Vimeo account.](#)

## Word of the Week: Confidence

### Dictionary:

*noun*

- full trust; belief in the powers, trustworthiness, or reliability of a person or thing: *We have every confidence in their ability to succeed.*
- belief in oneself and one's powers or abilities; self-confidence; self-reliance.
- certitude; assurance: *He described the situation with such confidence that they believed him.*
- a secret that is confided or imparted trustfully: *They exchanged confidences over the years.*
- the wish to retain an incumbent government in office: *a vote of confidence.*
- presumption; impudence: *Her disdainful look crushed the confidence of the brash young man.*

**Quotes: “Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”** – Norman Vincent Peale

**“We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot.”** – Eleanor Roosevelt

**“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”** – Helen Keller

**“Don't let others define you. Don't let the past confine you. Take charge of your life with confidence and determination and there are no limits on what you can do or be.”** – Michael Josephson

**“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented, fabulous?’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”** – Marianne Williamson

**“Know your value. Confidence breeds success. Act like the person you want to become, and people will start seeing you as that person.”**

– Mark M. Ford.

**“The four C’s of making dreams come true: Curiosity, Courage, Consistency, Confidence.”** – Walt Disney.

**“The way to develop self-confidence is to do the thing you fear and get a record of successful experiences behind you.”** – William Jennings Bryan

**“Avoid negative people at all costs. They are the greatest destroyers of self-confidence and self-esteem.”** – Brian Tracy

### **Bible: Nehemiah 6:16**

When all our enemies heard about this, all the surrounding nations were afraid and lost their self-**confidence**, because they realized that this work had been done with the help of our God.

### **Job 4:6**

Should not your piety be your **confidence** and your blameless ways your hope?

### **Psalms 71:4-5**

Deliver me, my God, from the hand of the wicked, from the grasp of those who are evil and cruel. For you have been my hope, Sovereign Lord, my **confidence** since my youth.

### **Proverbs 11:13**

A gossip betrays a **confidence**, but a trustworthy person keeps a secret.

### **Proverbs 20:18-19**

Plans are established by seeking advice; so if you wage war, obtain guidance. A gossip betrays a **confidence**; so avoid anyone who talks too much.

### **Isaiah 32:16-17**

The Lord’s justice will dwell in the desert, his righteousness live in the fertile field. The fruit of that righteousness will be peace; its effect will be quietness and **confidence** forever.

### **Jeremiah 17:7-8a**

But blessed is the one who trusts in the Lord, whose **confidence** is in him. They will be like a tree planted by the water that sends out its roots by the stream.

### **2 Corinthians 3:4-5**

Such **confidence** we have through Christ before God. Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God.

### **Ephesians 3:11-13**

According to his eternal purpose that he accomplished in Christ Jesus our Lord. In him and through faith in him we may approach God with freedom and **confidence**. I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory. In him and through faith in him we may approach God with freedom and **confidence**.

### **Philippians 3:3-4**

For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no **confidence** in the flesh— though I myself have reasons for such **confidence**. If someone else thinks they have reasons to put confidence in the flesh, I have more.

### **Hebrews 3:6**

But Christ is faithful as the Son over God's house. And we are his house, if indeed we hold firmly to our **confidence** and the hope in which we glory.

### **Hebrews 4:16**

Let us then approach God's throne of grace with **confidence**, so that we may receive mercy and find grace to help us in our time of need.

### **Hebrews 11:1**

Now faith is **confidence** in what we hope for and assurance about what we do not see.

### **1 John 3:21**

Dear friends, if our hearts do not condemn us, we have **confidence** before God.

### **1 John 5:14**

This is the **confidence** we have in approaching God: that if we ask anything according to his will, he hears us.