

## **BUILDING CONFIDENCE**

“But you, O Lord, are a shield around me; You are my glory, the One who holds my head high. I cried out to the Lord and He answered me from His glory, the One who holds my head high. I cried out to the Lord, and He answered me from His holy mountain. I lay down and slept, yet I woke up in safety, for the Lord was watching over me. (Psalm 3: 3-5)

The theme of Psalm 3 is confidently trusting in God. David is reflecting upon a time when he was fleeing for his life because of his son Absalom rebelling and desiring to become king. As many as 10,000 soldiers may have been surrounding David according to Verse 6. David was experiencing this difficult crisis in his life and yet still chose to confidently trust God. As you read the verses, I have provided for you above, David’s confidence in God is definitely on display. He is:

- Confident that God is shielding him despite David being surrounded by Absalom’s soldiers,
- Confidently holding his head high rather than in despair as some would in this same crisis,
- Confident he could cry out to God and that his prayer would be heard and acted upon,
- Confident that the Lord was watching over him,
- Confidently trusting God as opposed to being afraid.

These verses reveal the confidence that David had in the Lord even in a time of crisis. This kind of confidence in God does not happen over night. This kind of confidence requires developing a trust in God over a period of time. It requires getting to know and to trust God completely as you develop your relationship with Him. David took the time to get to know God and develop a relationship with Him that led to having this kind of confidence. We see exactly how having this type of confidence in God helped David in such a difficult moment in his life.

We have been through a very difficult season in our own lives these past few months with COVID-19. We are now beginning to see the lifting of some of the restrictions that have been placed on us as a result of the pandemic. As society slowly begins to reopen one of the worries that politicians and businesses have is whether people will have the confidence to return to some of their previous activities and shopping habits. For instance:

- Will people have confidence going to a restaurant again?
- Will they be confident to go to a movie, a theatre performance or a sporting event?
- Will they be confident to gather in people's homes or amongst a large group of friends?
- Will they be confident stepping foot in a mall or a retail store again?
- Will they be confident returning to church?

Many people's confidence has been eroded as a result of the fears and worries concerning this pandemic. Building up people's confidence will be one of the important things needed to benefit society as a whole coming out of this pandemic.

As David shows us in this Psalm, regardless of the crisis we are going through, it is so important and beneficial to be able to have a strong confidence in God in order to endure it. To have this kind of confidence requires spending time with God and working on our relationship with Him. Part of this confidence comes with asking God questions and learning from His responses. This aspect is so vital in gaining confidence in somebody as I have been realizing these past few weeks helping Coral with some Bible questions.

I shared with you a few weeks ago how Coral yelled down to me during her on-line Bible time at school and asked "*Dad, why did the religious leaders kill Stephen?*" I told her it was because of his belief in Jesus which is not wrong, but her teacher was looking for this answer: because he referred to Jesus as God. After giving Coral the wrong answer (in the teacher's view), I had to begin rebuilding Coral's confidence in me. Instead of being downstairs on a different level from Coral while her class was studying the Book of Acts then Revelation, I decided I would be in the same room with her during this class time instead. I would have my Bible in hand listening to the questions and when Coral felt she had the answer she would look at me and ask, "Is that the right answer Dad? If it was, I would say yes, but before answering she would ask me again, "Are you sure Dad? You know what happened the last time!" Once again, I would reassure her and say, "Yes, you have the right answer". With that Coral would go on and give the answer and the teacher would say, "You are right Coral". The first time that happened Coral smiled at me and gave me a high five. Despite confirming the right answer, I hadn't regained her full confidence yet. I continued to stay close by and each day she would come up with an answer but first

look to me to confirm. For the first 5-7 days she would continue to ask me again, "Are you sure Dad"? But the more I confirmed she had the right answer and the teacher complimented her for giving the right answer, the more her confidence in me and herself started to grow. Now she still will ask for confirmation if her answer is right, but she no longer asks, "Are you sure Dad?" Being closer to her as she struggled to find answers provided her with the confidence in me and my knowledge of Scripture again.

Isn't this the journey we must take with our Heavenly Father in order to have the same confidence that David displayed in the Psalm. We know God draws near to us and is willing to be there for us. We know God is willing for us to ask questions and place prayer requests before Him. We know that God will provide answers to our questions in His perfect way and time. We also know God is always willing to give us reassurances to build this confidence and hope and trust in Him. To get to this point of confident hope we must also be willing to do what Coral did with me:

- Invite God into our space and situations with us as she did with me,
- Be willing to ask God questions as she did with me,
- Evaluate each time God gives us the answer and place these learnings in our heart on the path toward trusting as she had to do with me,
- And finally making that choice you can confidently trust as seen when she stopped asking, "Are you sure Dad"?

Maybe you are already doing this in your relationship with God and have found that you have built this confidence in Him. If you have not, then my hope and prayer is that you will begin this process and journey so that you will one day have the same confidence in God as David did.

The Lord has been watching over us during COVID-19 and continues to do so as we enter this season of restrictions being lifted. May this truth give you the confidence you need as you move back into your daily lives and routines.

God Bless and Keep Safe

Pastor Dean