

# Overcoming Stress – Part 2



## REBUILDING YOUR SELF CONFIDENCE

### WHY ARE WE CONTINUING WITH OVERCOMING STRESS AS A TOPIC?

*We have discovered this as a main need in people we are counselling. It is becoming a series as one Sunday won't do it justice and it is more of a process and a journey than an instant fix. Last week we looked at all the symptoms of stress and this week we are going to unpack one of them..*

### STRESS CAN AFFECT YOUR SELF CONFIDENCE

*When your self-confidence starts dropping your self-esteem can also dwindle. You might start doubting your abilities at work, questioning things and losing your belief in things and yourself. You might find yourself being overly suspicious of things and people.*

*...Dog hair remover analogy... when the roller is full of hair it does not work anymore, it looks like activity but it is battling to produce the desired result. I might lose your confidence in the dog hair remover's ability. Stripping off the outer sticky layer (stress) is taking steps to restore your confidence.*



*The US air force Apache helicopter is the most advanced and lethal attack helicopter in the world. It is the most difficult helicopter to fly requiring both hands and feet doing different things all at the same time. It takes another year and a half for a fully qualified helicopter pilot to learn to fly the apache. Apache pilots said they feel safe in such an advanced machine and many battles are won with the enemy retreating just hearing the sound of the Apache rotor blades. Their confidence comes from their intensive training.*

### REGAINING YOUR CONFIDENCE

*It's important to understand the differences between arrogance and confidence, because no one likes to deal with arrogant people. The definition of arrogance is that it is an insulting way of thinking or behaving that you are better, smarter or more important than other people. On the other hand, the definition of confidence is that you have a feeling or belief that one can rely on something of someone. A feeling or belief that you can do something well or succeed at something. A feeling of being certain that something will happen or that something is true. When you trust someone you will feel confident to tell that person something in confidence. Other words that describes confidence is trust, belief, faith or conviction.*

### BUILDING PEOPLE UP INSTEAD OF BREAKING THEM DOWN

*Once many flight engineering professors were given complimentary plane tickets. After they sat down and fastened their seatbelts, they were informed that the plane were built by their first year students that have failed their first semester. All of them ran out of the plane except one. People started asking him why he did not leave the plane. He said: "If it is made by those students, It won't start, and by the way, I am not getting of this plane until they have served me my lunch."*

*Superiority is the main quality of an arrogant person. Arrogant people are single-minded; they either think that they are superior to others or inferior to them. This arrogance may be nothing more than a way to cover the feelings of inferiority they experiencing due to past unresolved rejections or hurts etc. It seems they feel better about themselves when they tear others down. On the contrary, confident people feel good about themselves without having a need to put others down or speak behind their backs. They usually see people's potential and has an ability to help people to succeed in something.*

*Romans 10:17 – “So then faith comes by hearing, and hearing by the word of God”. God’s Word not only builds our confidence (faith) but also our ability to hear His voice properly (hearing by the Word of God)*

### **RESPECTING PEOPLE INSTEAD OF DISRESPECTING THEM**



*A woman went to her doctor’s office. She was seen by one of the new doctors, but after about 4 minutes in the examination room, she burst out screaming and ran down the hall. An older doctor stopped her and asked what the problem was, and she explained. He had her sit down and relax in another room. The older doctor marched back to the first and demanded, “What’s the matter with you? Mrs Terry is 63 years old, she has four grown children and seven grandchildren, and you told her she was pregnant? The new doctor smiled smugly as he continued to write on his clipboard. “It cured her hiccups, didn’t it?”*

*Arrogant and confident people treat others in a different way. An arrogant person thinks they are better than others, while a confident person knows they are just as good as others. Arrogant people have difficulty listening to others. They often project negative energy and blame others if things do not work out as expected. Confident people will rarely be found lecturing or preaching to others on how they are wrong. They usually show respect while listening to somebody.*

*John 3:16,17 – “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved”. We can see here that the Father placed our salvation above the life of His son (gave His only begotten Son) and that He was confident in the plan of salvation (should not perish) and God did not take an arrogant approach to our need of salvation (God did not send His Son into the world to condemn the world).*

### **WALKING IN HUMILITY INSTEAD OF BEING SELF CENTERED**

*As a result of a near mutiny the overbearing and arrogant captain was forced to see a psychiatrist by order of the commodore. As soon as the captain became comfortable on the couch, the psychiatrist began the session by asking the captain, "Why don't you start at the beginning?" The captain said, " Okay. In the beginning I created heaven and the earth....."*



*Arrogant people brush their own shortcomings aside. By virtue of their obstinacy, they cannot admit their mistakes. Confident people always feel comfortable, because they have the right conception of perfection. It seems impossible to bring them down, because they are aware of their weaknesses and know how to deal with them.*

*James 3:6 “But He gives more grace. Therefore He says: God resist the proud but gives grace to the humble.”. Humility is like a magnet that attracts the grace of God.*

## **VALUEING RELATIONSHIPS OVER SELF IMPORTANCE**

*After a Doctor examined a patient he came to the following conclusion: Your blood pressure is fine, your cholesterol is fine, but your self-esteem is way too high*



*Arrogant people can sacrifice friendship or other relationships at the cost of their success. Relationships with arrogant people can be a great source of potential pain. Such people live in their own world of self-importance and pride and nothing affects them. They cannot accept their weaknesses or faults with grace, but blame others for them. A truly self-confident person is able to show vulnerability and even admit past mistakes. This quality draws people towards them instead of pushing people away.*

*Ephesians 2:8,9 "For by grace you have been saved through faith, and that not of yourselves, it is the gift of God, not of works, lest anyone should boast. We are His workmanship, created in Christ for good works, which God prepared beforehand that we should walk in them." Boasting is the same as being arrogant. When we walk deeper into the purpose God has for our lives and follow Him in the way He lays out in scripture, our stress levels start to come down. The good Shepherd leads His sheep to green pastures and still waters. Psalm 23.*

## **CONNECTING WITH PEOPLE INSTEAD OF IGNORING THEM**



*A priest and a pastor from local churches are standing by the side of the road. They are discussing a road sign that reads: "The End Is Near! Turn Yourself Around Now -- Before It's Too Late!" As a car sped past them, the driver yelled, "Leave us alone, you religious nuts!" From the curve they heard screeching tires and a big splash. The pastor turns to the priest and asks, "Do you think the sign should rather say 'Bridge under repair?'"*

*Communication with arrogant people is not a pleasant thing. An arrogant person will always try to one-up everything you say. They stick to their own position and make others accept their ideas. That's why people try to avoid conversations with them because it's not comfortable to speak with the person who is always right. Confident people don't try to impose their vision of the situation on others. Their accomplishments do it for them.*

*Hebrews 11:3 By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made from the visible.*

*Genesis 1:1 In the beginning (TIME) God created the heavens (SPACE) and the earth (MATTER). This is a sign of supernatural authorship. How could the writer of Genesis have known about something that was only confirmed by physicists in the 20<sup>th</sup> century. Moses wrote the book of Genesis and Exodus 33:11 says that God spoke to Moses face to face as a man speaks to his friend.*

### **ESTEEMING PEOPLE INSTEAD OF DEGRADING THEM**

*If I scramble a R100 note up into a small ball and stand on it and ask you if you still want it, you will say yes, why? It is because even though it is dirty it has not lost value. People can trample over you but you still have value and you can still add value due to the Holy Spirit's presence in you.*



*Arrogant people will constantly be looking past you for someone else to talk to, because they think this person will benefit them more than you. It is difficult to catch the running eyes of an arrogant person. Eye contact is an indispensable part of any conversation. Confident people will make eye contact with you and make you feel as though you are the most important person in the room.*

*Isaiah 30:15 "For thus says the Lord God, the Holy One of Israel: In returning and rest you shall be saved; In quietness and confidence shall be your strength. But you would not"*

### **BEING CONFIDENT INSTEAD OF BEING DEFENSIVE AND SARCASTIC**

*If we go on long journeys and my wife drives the car I feel at peace to go to sleep while we driving. It is because I am confident that she will not fall asleep. We can have confidence in God's love towards us and the integrity of His Word.*

*Arrogance is usually the result of a defence mechanism used by subconscious mind in order to prevent further criticism. Confidence comes from positivity, optimism and mental steadiness.*

*Hebrews 11:6 "Without faith it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who diligently seek Him"*

*Have a look at Jesus's confidence lesson training of Peter in Matthew 14:22-36*

*Hebrews 11:1 Now faith is the substance of things hoped for and the evidence of things not seen*

*John 7:18 He who speaks of himself seeks his own glory, but he who seeks the glory of the one who sent him is true, and no unrighteousness is in Him.*



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