

Encouragement Builds Confidence

Quarter 12 • Lesson 8

Focus on Character Development

- 1. Connecting:** Do an activity to encourage others.
- 2. Teaching:** Learn about how to build confidence (Deuteronomy 31; 1 Thessalonians 5:11).
- 3. Responding:** Do an activity to build confidence.

SUPPLIES

- Bible
 - Soft ball or ball made out of wadded-up paper or clean socks folded 1 inside the other
- Optional Supplies:*
- Memory Verse Poster
 - Student Pages
 - Crayons

Teacher Devotion

*The LORD himself will go ahead of you.
He will be with you. He will never leave you.
He'll never desert you. So don't be afraid. Don't lose hope.*
Deuteronomy 31:8

True confidence does not come from a belief in our own abilities or skills. It comes from the knowledge that we are beautifully made and loved by our heavenly Father who has a good plan for our lives. When we believe this, it encourages us and builds our confidence in what we are able to do.

What skills and abilities has God given you to use for His kingdom? How are you seeking His direction in those areas? Spend some time asking God to guide you toward the opportunities He has for you to use your gifts for His glory. Then confidently use your skills and abilities to do His work with excellence. When your efforts are celebrated by others, thank them graciously and turn the praise toward God, for only He is truly worthy of praise. It is through Him and for Him that we experience success, and it is only because of Him that we can be truly confident.

Family Connection: Encourage families to name at least 1 thing each family member is good at doing. If possible, ask that they pray and thank God for giving them these skills and abilities.

LESSON TIME

1. Connecting: Do an activity to encourage others.

Greet the children as they arrive and have them sit in a circle for an activity. Bring the soft ball with you to the circle.

Today we will begin with a fun activity to help us encourage others. To begin, I will pass this ball to someone and say something kind about that person. Then, that person will pass the ball to another child and say something kind about him. We will continue passing the ball around the circle until everyone has had the ball. You cannot choose someone who has already been chosen, so try to remember who has already had the ball. Ready? Let's begin.

Pass the ball to 1 child. Say something kind about that child. Then, ask that child to pass the ball to another child. You may need to remind the children to say something kind about the child they are passing the ball to. Also, try to remember who has already had the ball to help the children pass the ball to each child in the circle. Continue until everyone has had a turn.

- **How did you feel when someone said something kind about you?**

Allow 2–3 children to respond.

When we encourage others, we help to build their confidence in themselves and in their abilities. Remember, when you know who you are and believe you are valuable, you are confident. Knowing God created you and cares about you can give you confidence. Today, we will learn more about how encouragement can build confidence.

Have the children remain in the circle for the rest of the lesson.

Teacher Tip: Try to think about the children in your class who may not receive much encouragement in their daily lives. Encourage these children when you see them doing something well or staying on task during this lesson. This will help them feel more confident and understand the connection between encouragement and confidence.

2. Teaching: Learn about how to build confidence (Deuteronomy 31; 1 Thessalonians 5:11).

God sometimes uses other people to encourage us, and He uses us to encourage others. The Bible tells the true story of how Moses encouraged Joshua when Joshua was chosen to be the new leader of the Israelites. Moses was a well-respected leader who talked with God! He told Joshua that God had chosen him to lead God's people!

- **Would you feel confident you could lead God's people if Moses chose you? Why or why not?**

Allow 2–3 children to respond.

I might wonder if Moses had chosen the right person, but I would certainly feel honoured and would try to do my best to lead God's people. Perhaps Moses knew Joshua would need a little encouragement so he would have confidence in his ability to lead. Moses spoke words of encouragement to Joshua as well as to the Israelites.

Moses was very old and could no longer lead the Israelites. He told the people God would continue to be with them and lead them into the land that was promised to them. He explained that both God and Joshua would go ahead of the Israelites every

part of the journey. He also encouraged Joshua and the other Israelites to be strong and brave. Listen to what Moses said to Joshua.

If possible, read this passage aloud from the Bible.

*The LORD himself will go ahead of you.
He will be with you. He will never leave you.
He'll never desert you. So don't be afraid. Don't lose hope.*
Deuteronomy 31:8

- **How would you feel if someone told you God would be with you everywhere you went?**

Allow 2–3 children to respond.

Teacher Tip: To help the children answer this question, you may remind them that God is our perfect Father in heaven. He is someone who loves us very much. He is also very powerful, so He can do things that are otherwise impossible.

I would feel very encouraged by Moses' words. I think this would help me to feel confident I could do what I needed to do and lead my people.

After Moses encouraged Joshua and the people, he brought Joshua to a holy tent. God entered the tent and told Moses what he needed to do to prepare the people for the journey they would take into the land God had promised them. Moses was asked to do these things before he died. Then God spoke to Joshua. Listen to what God said.

*The LORD gave a command to Joshua, the son of Nun.
He said, "Be strong and brave. You will bring the Israelites
into the land I promised them. I myself will be with you."*
Deuteronomy 31:23

Now, Joshua had heard the same message from both Moses and God.

- **What words did God say to encourage Joshua?**
God told him to be strong and brave. God said He would be with Joshua.
- **Do you think Joshua felt confident he could lead the Israelites? Why or why not?**

Allow 1–2 children to respond.

Moses spent his final days writing down God's law, teaching the Israelites a song about God to help them remember to worship only God, and blessing them. After Moses died, Joshua led God's people. With God leading the way and with what he had learned from Moses, Joshua became a great leader who took the Israelites into the land God had promised them.

Joshua was encouraged by Moses and by God. God is the source of encouragement and of confidence. He also wants us to encourage each other. Listen to what the Bible says about encouraging others.

*So encourage one another with the hope you have.
Build each other up. In fact, that's what you are doing.*

1 Thessalonians 5:11

- **What does this verse say we are we supposed to do for each other?**

We are supposed to encourage each other.

- **How can encouraging others help build their confidence?**

Allow 2–3 children to respond.

- **How can receiving encouragement from others help to build your confidence?**

It can help me to see that God gave me a purpose. It can help me to see what I do well.

When we encourage one another, we help each other to believe we can use our skills and abilities in ways that help others and do God's work. This reminds us we have value. This helps us to see that God gave us each a purpose.

True confidence comes from God. We have value to God, and He has created us with purpose. When we know this, it encourages us and it can help us to have confidence. God loves each one of us and has chosen us for important purposes. We can have confidence in our own abilities because of who God is. He is always with us.

Spending time with God and trusting Him are good ways to be encouraged and to grow in confidence. Here are a few more ideas that can help you to have confidence:

1. Spend time with people who are kind and caring toward you.

When you are around people who act in ways that are kind and caring, you hear and see good things about yourself. This will help you to have confidence because it will be encouraging to you.

Take a moment to think of someone kind and caring who you might want to spend more time with.

Pause for 15 seconds to allow children to think.

If you have not thought of anyone, consider spending time with someone from this class. We can help to encourage each other!

2. Accept and believe kind words that are said about you.

- **Have your friends ever said something about you that made you feel happy? If so, what was it?**

Allow 2–3 children to respond.

When people say kind things about us, we should believe them. Just as Moses told Joshua the same message God said to him, kind words from others can be messages from God about who we are to Him! When we believe these words, we can grow in confidence.

3. Think and say kind things about yourself and others.

As we learned when we made "I cannot" statements into "I can" statements, when we say good things about ourselves, many times we begin to believe them. Saying good things about others helps to encourage them and may give them confidence, too.

3. Responding: Do an activity to build confidence.

At the beginning of class, we practiced saying kind things about others. Let's sit in a circle and do that activity again. However, this time when the ball is passed to you, you will say something kind about yourself. This could be something you are good at doing or something you know is good about who you are. You might also want to think about things you have been working very hard to learn how to do.

After each statement, you will say, "Because God made me that way." I will start and give you an example.

Say something good about yourself by filling in the blank in this sentence: "I am good at _____ because God made me that way."

Take a moment to think of something kind you can say about yourself.

Give the children 30 seconds to think of something good they can say about themselves. Then begin the game by passing the ball to a child in the circle. That child will say something good about himself ending with "because God made me that way." Pass the ball around the circle until everyone has had a turn.

Teacher Tip: Some children may struggle to think of something kind to say about themselves. If a child does not have something to say, you may say something kind about that child. Then encourage her to repeat the statement about herself.

Optional: If you are using Student Pages, give the children crayons. Read the directions for each section to the children. After each direction, pause for about 1 minute for them to draw or write their responses.

You are each loved by God, and He has a special purpose for your life! When you say good things about yourself and remember those good things come from God, you can grow in confidence! Today's memory verse reminds us our confidence comes from God.

If you would like to volunteer to lead us in the motions for the memory verse, raise your hand.

Choose 1–3 children to stand next to you and lead the class in the motions to the memory verse.

Teacher Tip: When you allow the children to lead, it helps them to grow in confidence. If you are using the Memory Verse Poster, show it to the students.

Blessed is the one who trusts in the LORD, whose confidence is in him.
Jeremiah 17:7, NIV

Teacher Tip: If you changed these motions, use the motions you wrote down instead of the motions that follow.

Blessed is the one—Have the children place both of their hands over their hearts.

Who trusts in the Lord—Have the children hold their hands in front of them as though they are praying.

Whose confidence—Have the children do their "confident poses."

Is in him—Point upward.

Repeat the verse and actions 3 times. Then end class by saying this blessing, based on 1 Thessalonians 5:11 and Jeremiah 17:7, over the children.

Blessing: May you grow in confidence as you are encouraged by others and encourage others. May you remember God is the source of true confidence.

Lead the children in singing this quarter's song, if possible. "Mighty God" by Elevation Worship: <https://www.youtube.com/watch?v=NAhkYoWYxAY>