



**TODAY'S TOPIC:**  
**How to be YOU**  
**(Confidence)**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What does “confidence” mean?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Easy jokes for children.</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	Know what confidence it, and that you can feel confident in God and in yourself.

**ASK:** What season just started? Spring! Spring jokes.

- What is spring's favorite type of pickles? Daffo-dills!
- Why did the gardener plant a seed in the pond? To grow a water-melon.
- How excited was the gardener about spring? He wet his plants!

**ASK:** What kinds of things do you think of in spring? A lot of people think about how trees and plants start to grow, many animals have babies in spring. There is more light and less darkness every day. We are talking about the season of spring, but what are the four seasons?

**SAY:** Winter, spring, summer, fall. This is the order of the seasons. Do you think nature always knows, without a doubt, no matter what, that spring will come after winter? Do you think the trees know that new leaves will form on their branches? Does the grass know that it will start growing and turn green? Yes. It always knows.

**ASK:** What about a seed. Do you think a tomato seed knows that it will become a

tomato plant? Does a carrot seed know that it will become a carrot? Yes, they know without a doubt, no matter what.

**ASK:** Do you feel that way? Can you be like nature? Can you believe something without a doubt, no matter what? YES! Because you are just like the tree or the grass or the seed. And what you have in common is God.

**ASK:** Where is God? Everywhere. Inside of everything, and everyone and inside of you. And you can know that God is real and loves you and supports you, without a doubt, no matter what, just like the trees and grass know that spring comes every year, without a doubt, no matter what.

**SAY:** One word for this knowing, no matter what, without a doubt, is CONFIDENCE.

**CONFIDENCE:** Being certain, feeling sure. It comes from knowing and trusting yourself and God. You can do things with no doubts or worries holding you back. You can be sure. You can know.

**ASK:** Can you have confidence in yourself? How does it feel when you have confidence? Confidence is feeling sure of yourself and the things you can do. It's not braggy or arrogant. It is a quiet inner knowing that you can do it. Imagine what you can do when you have confidence and feel sure and know no matter what, without a doubt. You can act with strength. You can try new things.

**SAY:** The word of the day is CONFIDENCE. You can always be confident in God = God loves you, believes in you, helps you, is always with you. And you can be confident in yourself = You are strong, you can do hard or new things, you are always loved.

**ACTIVITY:** One way to practice confidence is to learn to tell a joke really well. Take turns telling your jokes. Practice telling your joke to other people until you feel confident to tell it anywhere, anytime.

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .