

CA 34 TFP3 THE PARENTING GIFT OF CONFIDENCE (formerly CA 34 Parenting)**Theme music**

FOSTER: When you hear the word confidence, what do you think of? An athlete going for the winning shot? A surgeon doing a difficult procedure? Perhaps being ready for a big presentation. Confidence is defined as “*a faith or belief that one will act in a right, proper, or effective way.*” However, the interesting thing about confidence is—it’s often given to us by someone else. Someone who has confidence in us.

Welcome to Champions Arise. I’m Foster Braun and I’m with Kent Darcie. In our last program we discussed how fathers can give three gifts to their children: the knowledge of Christ, protection, and a secure identity that is rooted in Christ. Today we’re going to look at another powerful gift we can give our children—the gift of confidence. We’re glad you’re with us. We’ll be right back with Champions Arise.

Theme music

FOSTER: Kent, as I think back over my life, I can see people that God put into my life at just the right time to give me confidence to overcome an obstacle or persevere through a difficult time. Have you had that experience?

KENT: Yes. I can think of times when I was insecure, or had doubts about something, and a timely word of encouragement made a big difference.

FOSTER: Confidence really is a gift.

KENT: It is. And it’s one of the greatest gifts we can give our children. It’s invaluable for boys, and when a dad gives his daughter confidence in herself, there’s almost nothing she can’t do.

FOSTER: But again, I want to make sure we all have the same idea of what confidence means. Please explain what you mean by confidence with our kids.

KENT: Sure. Confidence (in our context) is where a child has a firm enough foundation to test his or her ideas, values, and relationships in a nurturing environment. A nurturing environment provides encouragement when things go well. **And** our children can feel the freedom to fail without harsh feedback from us or other significant adults.

FOSTER: Are you saying that we shouldn’t correct our kids or tell them when they do wrong?

KENT: No. Constructive criticism is important for all of us to grow, but we must remember their age. Constructive criticism we give to a seventeen year-old could be devastating to a ten-year-old. Proverbs 15:4 says, “*A gentle tongue is a tree of life, but perverseness in it breaks the spirit.*”

FOSTER: So how can we help develop confidence in our children?

KENT: Confidence requires consistency and predictability from the parents. Let's compare consistency and predictability from the parents with a judge in traffic court. Imagine you get a citation for speeding. You go to court and two other people were also caught speeding in the same place at the same speed. The judge gives the first driver a \$100 fine. The second driver gets ten years in prison for the same violation. Now it's your turn. What confidence do you have that the judge is going to be fair with you?

FOSTER: I wouldn't have any confidence that I would be treated fairly.

KENT: That's the point. When parents discipline or treat the children inconsistently, it delays their ability to gain confidence. And confidence is important for things like boy/girl relationships.

Although, when it comes to relationships with the opposite sex, I know very few people that approached that with confidence.

FOSTER: Me either.

KENT: But our kids watch us. They observe how mom and dad treat each other. Does Dad treat Mom with love and respect? Is he the loving head of the home? Sons learn about relationships by watching how dad treats mom in and out of the house.

FOSTER: And what about our daughters?

KENT: Daughters get their confirmation of their femininity from their dads. They'll have confidence in themselves if their dad has confidence in them. Without it, she will have a distorted image of how she should be treated by guys (and how successful she can be in life.) But by educating and equipping our sons and daughters in the relationship area, a lot of difficulties can be avoided.

FOSTER: Are there any other areas where confidence is important?

KENT: There are a number of areas, but a big one is the confidence to become independent. Our goal as parents is to help our children to learn how to live independently. This basically means they are equipped to care for themselves, make wise choices, protect themselves, and grow their own relationship with God.

Now you might be wondering how you do this. How do you build confidence in these areas? In the book "the Four Priorities" Dr. John Tolson and Larry Kreider have written about what they call the five "E's." These are five tools we can use to help build confidence in our children. They are engage, explore, explain, empower, and encourage.

FOSTER: Can you say those again please?

KENT: Sure. In order to develop confidence in our kids we need to engage with them, explore with them, explain to them, empower them, and encourage them.

FOSTER: So how do we engage our children?

KENT: The best way is to get down to their level. For a five year old this may mean getting down on the floor so we can look at them eye-to-eye. For our teenager, it may mean listening to their music with them or doing some other activity that is important to them.

It's interesting that Jesus engaged the disciples where they were. Peter and Andrew were fishing. James and John were also fisherman and Jesus met them as they were mending their nets. Matthew was sitting at the tax collection booth. In these situations, Jesus engaged them at their level—where they were.

FOSTER: And, as we become more like Jesus day by day, it makes sense we would use the skills He used in our families. If you joined our conversation late, you're listening to Champions Arise. I'm Foster Braun and I'm with Kent Darcie. We're discussing how we can give the gift of confidence to our children. There are five "E" words that help us build our children's confidence. We just talked about engaging our kids. Kent, what is the next "E"?

KENT: the second E is Explore. The best way I can say this is to use 1 Peter 3 verse seven as an example. This verse says, "*Likewise, husbands, live with your wives in an understanding way,*" In order to truly minister to our wives, we need to understand them. And we must do the same thing with our children. We need to take the steps to understand or explore them.

What are areas they are sensitive in? What are their strong areas? What are their fears and why? Imagine being a child and not having parents who are interested enough in you to get answers to these questions.

Unfortunately, some of you listening know what that is like. This should give you **all the more** incentive to pour into your kids so they can have what you didn't. This takes time, but it's necessary if we're going to successfully move to the next step which is to explain.

FOSTER: Explain.

KENT: yes. After we've engaged and explored, we've built up their trust in us because we've taken the time to find out what motivates them and what skills and interests they have. As a result, because of their trust in us, we can offer instructions and guidance to them. But we are guiding them toward the path of God's leading, not the path we want them to take. As a result, explaining is not pressuring, criticizing, or nagging. It's a time when our children learn, grow, succeed and celebrate accomplishments.

FOSTER: I think one of the greatest challenges we face as parents is allowing God's will to be done with our kids, instead of trying to fit them into the mold we want.

KENT: I would agree, but that frees us to empower them—which is the next E.

When our children are empowered, they can act on the confidence they've received. And like a baby bird flying from the nest, they can explore new opportunities. And when he or she discovers the joy of achievement, an internal drive for success takes over.

FOSTER: That sounds like a very exciting time.

KENT: It is. And it can be just as encouraging for us—the parents. But it's a process that occurs over time. A neat example of this is Jesus and His disciples. Jesus had been with his disciples for quite a while when we come to Mark Chapter 6. By this point, Jesus had engaged, explored, and explained with them. Now it was time for empowerment. The disciples were going to go out and do what Jesus had done. In Mark 6 verses 7-12 we read:

“And He called the twelve to Himself, and began to send them out two by two, and gave them power over unclean spirits. He commanded them to take nothing for the journey except a staff—no bag, no bread, no copper in their money belts— but to wear sandals, and not to put on two tunics.

Also He said to them, “In whatever place you enter a house, stay there till you depart from that place. And whoever will not receive you nor hear you, when you depart from there, shake off the dust under your feet as a testimony against them. Assuredly, I say to you, it will be more tolerable for Sodom and Gomorrah in the Day of Judgment than for that city!”

So they went out and preached that people should repent. And they cast out many demons, and anointed with oil many who were sick, and healed them.”

FOSTER: That's such an interesting way to look at this event. Jesus had instilled confidence in the disciples and then empowered them.

KENT: It is. And we see the fruit of Jesus efforts in Luke chapter 10 which tells what happened after the disciples came back. In verses 17 through 20 we read:

“The seventy-two returned with joy, saying, “Lord, even the demons are subject to us in your name!” And he said to them, “I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven.”

And as I said earlier, when people discover the joy of achievement, an internal drive for success takes over.

FOSTER: I can see that now. So Kent what is the last E.

KENT: The last E for developing confidence in our children is Encourage. This occurs toward the end of their childhood. Like the disciples we just read about, our children have used their confidence to explore and learn. They've received your godly input as the father. And now they are ready to move on with our encouragement.

That's the 5 E's for developing confidence. While engaging, exploring, explaining, empowering, and encouraging will build confidence during the process of raising a child to adulthood, these also occur many times in small and big ways throughout those years.

Telling the truth, tying shoes, obeying rules, mastering an instrument, respecting others, driving a car without the parents along. All of these and many more need to be built on the confidence received from God, their father and mother, and others.

FOSTER: Kent, Thank you for this very interesting look at how we as fathers can have a very large impact on our kids by giving them the gift of confidence.

KENT: You're welcome. Foster, I find it fascinating how closely the five E's –engage, explore, explain, empower, and encourage follow the methods Jesus used with His disciples. Look at the last words of Jesus Matthew records in Matthew 28 verses 19 and 20:

“Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.”

That's encouragement and empowerment right to the end. Jesus is our ultimate example of giving the gift of confidence.

FOSTER: I've really enjoyed these two programs on parenting, because we've looked at parenting from a different perspective. If you missed our last program I encourage you to listen to our discussion on the gifts of protection and identity. I'll tell you where you can find that program when we return to Champions Arise.

Music Theme in

Program Close

FOSTER: Thank you for listening to Champions Arise where men are equipped and strengthened to meet their God-given potential. Today we discussed the gift of confidence we need to give to our children. This material was based on chapter 19 in the book “The Four Priorities,” by Dr. John Tolson and Larry Kreider which is published by “The Gathering USA” in 2007 and used by permission. You can learn more about this book and listen to any of these programs at our website championsarise.org. I'm Foster Braun with Kent Darcie. Thank you for listening to Champions Arise. May God mold you into the man He knows you can be.

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