# The Gift of Confidence, led by Phoebe Parkin and Lynn Norma

13 May 2021

**Summary of Zoom chat**

It's about knowing who we are in God's eyes - his child

I listen to In God Alone

Psalm 27

Psalm 22 followed by Psalm 23

Trace the rainbow through the rain

God who goes before me, God who is behind, the God of angel armies is always by my side

Our God is a great big God and he holds me in his hands

Nothing can separate us from the love of God! Not demons, loneliness, mental health issues etc

WWJD

Lou Fellingham – Everlasting Arms … the line ‘he giveth, and giveth and giveth again’

2 Cor 12 - 'i delight in my weakness, because when I am weak, then I am strong

Psalm 139

"As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go" Joshua 1

i am fearfully and wonderfully made

a tender reed He will not break

God give me the strength to accept the things I cannot change, courage to change the things I can and wisdom to know the difference

Calm me O Lord as you stilled the storm (Northumbria Community)

in my Father's house there are many rooms, if it were not so I would not tell you so

The angel said to Gideon, Go in the strength you have … God goes with you

Breakout questions:

- When you talk about managing anxiety and building confidence with your group, is there a particular time of year or a particular group of people that you focus on? - How can you start to practice and model resilience and confidence with your youth group all the time, not just when it feels necessary?

It may not be good to model resilience all the time - does it not help to show vulnerability sometimes?

building up relationships- helpful in supporting young people and adults.

Can you be resilient but still acknowledge vulnerability? … I think you might?

I think being able to express vulnerability in itself is resilient

I was going to say the same thing Dionne :)

Breakout questions:

* How can you encourage children and young people to feel? o safe to step out o confident in taking risks o accepted when they fall?
* What safety nets do you have/can you put into place?
* Have you experienced, as a youth leader, the unsatisfactory outcomes we talked about? What ways have you found to be okay with this? How do we ‘let go and let God’?

Safe boundaries can make young people feel confident enough to take risks.

Space for 'affordable mistakes' is important

Ensuring mistakes are not seen as failures but can be a learning opportunity and helpful in future decisions

Children are encouraged to think through risks in projects at school - we aren’t ‘school’ but sometimes our church strategies might need to catch up … and credit young people for their abilities and ideas

If you have a good risk assessment the young people can take risks within these boundaries

We talked about growing faith resilience and faith confidence

Catherine Fox on St Paul's Cathedral website during April writing about 'Catastrophe' and resurrection was really insightful

And knowing which straw is about to break the camel’s back!

And good examples of confidence and resilience!!!

Thank you very much. Young people have more challenges than previous generations but at least we have a lot better understanding of how our cognition and emotions work and there are lots of useful ways of helping children and young people to reflect and reframe their experiences. As Katy is just saying, so many adults in the churches would also benefit from these approaches as well