

A Reason for Confidence

[Philippians 4:10-13](#)

[Philippians 4:10-13 \(NASB\)](#)

¹⁰“But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned *before*, but you lacked opportunity.

¹¹Not that I speak from want, for I have learned to be content in whatever circumstances I am.

¹²I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need.

¹³I can do all things through Him who strengthens me.”

Negativity affects us both spiritually and physically. Simply spending time with a pessimistic individual can take a toll. On the other hand, positive emotions, particularly godly confidence, can empower us to live fully, as the Lord intends.

Facing each day with the knowledge that our strength comes from Jesus will drive away doubt and anxiety. Yet many things can interfere with a healthy outlook. For example, we often allow wrong advice and negative attitudes to drain us. Sin, too, will keep our hearts from finding full confidence in God. And sometimes false guilt creeps into our minds and robs us of assurance as well.

Instead, we can purposefully develop confidence in almighty God by maturing in our faith. Meditating on the Word, drawing near to the Lord in prayer, and choosing to believe Him are all ways to strengthen our relationship with the Father. The more our friendship with Him deepens, the more unshakable our trust will become.

As Christians, we have every reason to live with assurance—we have the very presence of God living within us ([John 14:17](#)).

[John 14:17 \(NASB\)](#)

¹⁷“*That is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you.*”

But in addition, we also have His peace, power, and provision ([Philippians 4:7, 13, 19](#)).

[Philippians 4:7 \(NASB\)](#)

⁷“And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.”

[Philippians 4:13 \(NASB\)](#)

¹³I can do all things through Him who strengthens me.”

[Philippians 4:19 \(NASB\)](#)

¹⁹“And my God will supply all your needs according to His riches in glory in Christ Jesus.”

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Our world is full of distrust, fear, and uncertainty. Don't allow yourself to listen to negative messages, which can make you lose the confidence God gives His children. Instead, focus on the truth in Scripture, as well as the glory and victory of Jesus. Let His perfect love cast out your fear (**1 John 4:18**).

1 John 4:18 (NASB)

¹⁸“There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.”