

Black Belt EXCELLENCE



JUNE THEME

CONFIDENCE

**“I will remain confident of this: I will see the goodness of the Lord in the land of the living.”
Psalm 27:13**

Have you ever felt sure that someone was going to do what they say? Maybe it was a friend of yours that said he has your back if something goes wrong in a situation at school. Maybe it's taking your brother's or sister's word about an answer on your homework. You have confidence that what they are telling you is true. How many of you know what confidence means? The dictionary states that confidence is the feeling or belief that one can rely on someone or something; a firm trust. In life, it is very hard to find that these days. However, there is one person we can always have confidence in: God. To us Christians, confidence means we live like we believe that what God says is true.

Confidence is key when it comes to karate. If you don't feel confident in your abilities to perform, how do you think you are going to do? Karate teaches you to build yourself up, and one of those key building points is your level of confidence. Just as we can rely on God confidently, we need to be able to live confidently in Him. When you're practicing your moves, you train yourself to confidently be able to demonstrate a hammer fist, knife hand, tornado kick, and more. Believing in yourself and confidence go hand in hand. You can't be confident without believing. Having confidence takes faith and discipline to follow through with it. God can use you if you are confident in His power. Just like in karate when you are confident after you've trained and worked hard, God is always going to find a use for you no matter what.

This month you will learn all about how we can be confident in God that he will always be true to us. With God, there is no impossible for there is nothing stronger than Him. We all can confidently believe that he is always looking out for us and always wants what is best for us. It is up to us to live confidently in Him. When we choose to live like we believe in what God says, He can best use us to further His love and His greatness in this world around us, and help others to gain confidence in themselves and in Him.

This month my son/daughter or student has demonstrated both at home and at school those qualities of responsibility required by our school for students seeking to earn the *Black Belt Excellence Stripe*.

First Name _____

Last Name _____

Date: _____

Parent Signature _____

Date Posted by Instructor _____

6 Requirements of the Stripe of Excellence

- ◆ Black Belt Excellence behavior at home
- ◆ Black Belt Excellence behavior and passing grades at school
- ◆ Overall performance and attendance at the karate school
- ◆ Completion of the monthly Black Belt Excellence activity sheet and assignment
- ◆ Returning the Black Belt Excellence sheet when due
- ◆ Returning the Excellence sheet on time, qualifies you for student of the month and belt testing

Return your BBE Sheet to an instructor at the beginning of class to receive your black stripe.

Name: _____

1. What does Confidence mean in the dictionary?

2. What are some things you are confident about? _____

3. What do you need to have to be truly confident? _____ & _____

4. Who is the one person we can have confidence in fully? _____

5. God is _____ going to find a use for you no matter what!

6. Confidence, to a Christian, means what? _____

Write out Psalm 27:13

