

# NUGGETS FROM REV. SAM ADEYEMI'S TEACHING

## HOW TO BUILD CONFIDENCE



**Compiled by**

**Discovery Media Crew**

+234 802 360 4721

[www.discoverymediacrew.com](http://www.discoverymediacrew.com)

Facebook: @Dmc MediaCrew Twitter: @discoverymediac Instagram: Discoverymediacrew

Youtube Discovery Media Crew

Email: info@discoverymediacrew.com

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# ABOUT THE SPEAKER

Reverend Sam ADEYEMI is the Senior Pastor, Daystar Christian Centre.

He is also the President of Success Power International, an NGO that among others things specializes in Organizing Financial, Leadership and Motivational Seminars and is President of Daystar Leadership Academy, a leadership School for Business Owners and Ministers of the Gospel.



# PART 1

We believe that there are "Time Proven Laws of Success" that guarantees that when you satisfy their Condition(s) you will turn out well.

There is tremendous Power in our world - Tremendous Positive Energy Passing through our world every nano seconds and you can leverage on these Power that expresses itself in so many different ways to achieve your Goals.

When you understand the Principles through which these Powers works - When you put a seed in the soil, it Germinates and begins to Grow.

... The Power that makes it Grows is invisible but its Real.

You can't deny its existence.

And when something is consistent all over the world like that, everyone understands it will establish a Law - The Law of Sowing and Reaping!

There is a Law of Gravity; there is Law of Lift, there is Law of Aerodynamics.

It is amazing that once man has been able to understand how the Principles works for something to lift into the air; we have been leveraging on that.

When you truly understand Principles, it makes you Creative, it makes you Innovative and adapt in your world and the things in your world to create Solution.

... It is quite amazing!

You can create Solutions to the challenges in the environment because you can work with the Principles of course and effect it.

Planting a seed is a Cause - You are causing something.

So, the effect is Harvest.

So, there are Principles that guarantees Success and those Principles makes Success Possible because there is Power with the Principles and they make Success Predictable.

Wouldn't you like to live your life that way?

Where you are not living by chance, you are not waiting for luck before you can succeed.

Some People create their own luck.

When a farmer Plant his seed in the soil, he is creating his own luck.

Some Months down the line, he is going to Harvest or maybe some few years, he will begin to Harvest fruits.

That is how you can create your luck - You understands how the Principles works.

Nothing else make someone functioning below in his own Capacity.

And I believe that the issue of Confidence is Critical to our ability to fulfill our Potential.

One of the major reason why we loose Confidence or we don't have Confidence or we have low self esteem is because we tend to build our sense of worth on Circumstances, on our Possession or Probably even our Physical habit and that sometimes is where we make a mistake.

Several Years back a friend of mine held up two (2) Currency Notes of same Value.

Let us assume \$5 or £5 or #5 in Nigeria currency but same value.

One is crimson New Note from the bank; the other is dirty, rumbled, rough with lines on it, really dirty.

So, my friend held the two (2) of them up and said this is brand New. Now, this is really old, tattered and dirty.

Which one do you think will buy more items from the Market?

It is amazing that some People said the New One before they caught themselves.

... No, the New Note won't buy more in the Market.

So, the New Note is crimson New, is coming from straight from the bank. It is better to the eyes.

The other one is old, is rugged, it is seen a lot in its lifetime. Its gone into the Market, to the Hospital, to the Church - It has gone around by the day and is dirty.

The big question is which one will buy more? - They will buy the same Value of Goods from the Market.

You know why?

The Big Lesson there is: As much as the dirty one has gone through a lot of Places, has changed many hands, has been stained with a lot of stains, probably is even carrying a few germs, it doesn't matter.

The "Intrinsic Value" of the figure written in it has not been destroyed; it has not been removed one bit - It has exactly the same Value as the crimson New Note.

Oh, it is amazing what happened when we stand next to someone who is better dressed than we or we stand next to someone who drive to the event with a better car or we stand next to someone who has a better Qualification.

That is when we begin to lose our Esteem, our sense of Worth along with it our Confidence.

Why? - Because we are measuring ourselves through External Factors just like someone who will consider the dirty Note.

So, we make big mistake when we define ourselves by the things we have gone through or by our circumstances.

Our "Intrinsic Value" is never eroded.

What you think and say about yourself is far more important than what other People think or say.

... And the Starting Point is You:

1. What do you think about Yourself?

2. What Value do you Place on Yourself?

See the way it works - You Under-Value Yourself, no one is going to Raise You Up - They will treat you exactly the way you treat Yourself!

My encouragement here is this:

1. You are going to have Confidence.

2. You are going to build Yourself (Confidence).

3. You have got not to build your Confidence on External Factors but on Intrinsic Factors.

Some People worry that they will never be able to measure up to other People. That they will never be Good enough.

1. I think what we should be worried about is the Possibility of us Functioning below our Capacity.

2. I think what we should be concerned about is the Possibility of us not being the best that we could be.

You are Good enough on your Destiny; Good enough for your Assignment on this Planet and you have got to recognise it.

DMC NOTES: We warmly Welcome us all to a Series of this Teaching on: "HOW TO BUILD CONFIDENCE" - This will run in four (4) Parts with each dedicated Per Week for the next three (3) coming weeks.

... Please Watch Out for the other three (3) Series to run one (1) per week in the next three (3) God's Sparing our Lives!



## PART 2

1. To build Confidence, I encouraged you to build your Character.

2. I encouraged you to Develop:

I. "Strong Values" - Very important.

II. "Set Standards" for Yourself - Standard of behavior because I have realized that Negative Behaviours defeat our Sense of Confidence. It affects the way we feel about ourselves.

So, build Character, Strengthen your Character, Choose to be Honest, Choose to be Trustworthy, Choose to have Integrity.

And that simply means: What you "SAY" aligns with what you "DO" - Who you are in Private aligns with who you are in Public.

I want to encourage you that we should build our Character.

... And do you know how it is?

It functions like the Muscles - It Strengthens day after day because we Human Beings are Creature of Habits.

So, we can Strengthen our Character daily by constantly building Values.

1. So, Honesty is a Value for example; Generosity is a Value - We can subscribe to those Values.

2. Service is a Value.

Helping to meet People's Needs, helping to Solving People's Problem - These are Powerful Values.

3. Love is Powerful.

Choosing to love People generally; to care for People; to empathise with People - That builds Confidence.

So, "Strong Values" very Critical.

Have "Strong Values" Primarily Love because those Values influence our behaviour; they help our Decision Making Process.

Sometimes sincerely speaking, we have only a few split seconds to make our Decision.

Somebody once said: The Natural Human Instinct is to help the Person back. But when you have the "Strong Value" of Love, you know that forgiveness has to Prevail over the desire for Revenge.

Not revenging sometimes make us look weak but sincerely speaking when you write off someone's Debt; that Emotional Debt, when you forgive someone like that - You feel Good on the inside.

It Strengthens your Feelings - It is a Positive Feelings that it gives you. It Strengthens your Results, Strengthens your Characters.

So, build your Character - It is absolutely Critical to the Process of "Building Confidence".

The other important thing here is: For you to build your Competence, your Capacity to work and to Solve Problems.

... It helps your Confidence!

One of the things that defeat confidence the most on this Planet is:

1. For you to want to do something and you fail at it.
2. For you not to be Good at it especially if you have been trained and you have been employed for it and you have been Paid for it.

... For you not to be able to do it will defeat your "Self Esteem".

So, Skillfulness build Esteem for you to be able to do something and for you to be able to do it well.

My first car, you know after sometimes developed a fault. I wasn't sure exactly what it was. It was a puzzle and this is what happened.

When I would drive on highway, whenever I wanted to overtake another vehicle. At the Point of accelerating, I mean the sound of the engine would just go down and it would stop moving.

The accelerator didn't work anymore.

I had to slow down and the car won't just pick up and run.

I would have to park by the roadside - Put the engine off, wait a few minutes, start it all over again before it would start and move.

This thing took Months and Months because I took it to the Mechanics; he did something to it but it didn't work - It took Months.

One day, the car stopped in our neighborhood. We Pushed it to the house.

So, my Mechanics came to look at it.

And the way he was speaking obviously he didn't know what to do.

I could see it, I could hear it - He wasn't sure what to do but he still recommended for me to buy some Parts.

And it happened that there is a friend that is using exactly the same kind of car.

When I called him, he said oh my Mechanics is very Good. If you don't mind I will bring him tomorrow morning.

When my friend's Mechanics arrived, he knew exactly what to do.

Within ten (10) minutes, my car was up and functioning well.

... It is amazing and I haven't forgotten it.

It has been quite some Years now and it was like Magic.

... He knew the job, he knew what he was doing.

What I am saying here is: Competence on your Job; Skillfulness on your Job; Expertise on your Job will build your Confidence!

I will like to say this to you: If you are a Student studying right now, do the reading well - The Good Grades will help your Confidence!

And some People were Gifted for Academics - We have got to accept that.

They don't work as much as we do, yet they get the highest mark - It is a Function of their Gift.

... So, if you need to Put in hard work, Put in your hard work to get the Good Grades - It will help your Self Esteem!

If you want to build your Confidence:

1. Function in the Areas of your Gifting.

2. Align your Career with your Strength.

... Your strength will help you to Stand Well.

So, when you begin to do everything that everyone else finds it difficult to do, it build your Self Esteem.

... It does!

So, you should just bear it in mind that your Talent is given to you in "Raw Form".

1. It is to be Refined.

2. It needs to be Cultivated.

3. It needs to be Developed.

The more you develop your Talent, the more you develop your Gift and the easier it is for you to Succeed.

## PART 3

Whenever you measure yourself against other People, just remember that you are measuring yourself against their Strength.

And if you focus on your weaknesses, you compare your weakness with their Strength, you will always come short.

... So, everybody has their Strength!

I found it revolutionary when I realised that there are different kinds of intelligences - I found it Revolutionary and it helped me in Parenting.

I found out that for the most Part of the Contents of the Academic Curriculum only measures "Academic Intelligence".

Amazing! - It measures only the ability to deal with Numbers and Verbal Intelligence or Linguistic Intelligence.

That is what the Academy can measure.

And I found out that there are different kinds of Intelligence:

1. We have Kinetics Energy or Kinetics Intelligence which is what is demonstrated by People in Sports and Athletics.

There is a connection between their brains and their bodies - It is unique and they are able to think and to move their bodies.

2. And we have Spatial Intelligence.

People are able to Draw, to do Graphics and so on.

... So, different kinds of Intelligence.

Now, when you put someone with Kinetic Intelligence in an Academic Environment - If the Person is not doing well in class but is doing very well in Sports; it is amazing how sometimes the Person is described as a dullard because the Person with Kinetic Intelligence is being measured by Academics Parameters.

There was a Particular scenario like that where during break when all the students were out Playing in the field and doing all kinds of Sports.

This young boy who was not doing too well in his Academics was made to sit in class to do Academic Work during the time when his colleagues were doing the things that he excelled in.

A "Change of School" helped him quite a bit because then he was moved to a New School that some kids are best in Sports even though they were not too Good in their Academics; he excelled and he did well in Sports which he loved.

He now did better in his Academics and ultimately he was able to win Scholarship in the University on the basis of the Sports where he excelled.

Now, some of us has escaped into Adulthood without these issues been resolved at all.

All of our lives, we have being measured by Parameters that can only defined our Weakness and not our Strength - And we defined ourselves also that way.

I want to say to you: They might have called you a dullard; they might have called you a failure but there is some dimension to you that is Unique.

Your Genius is there waiting to find Expressions!

I am encouraging that:

1. You should focus on your Strength.
2. Define your Strength.
3. Focus on what is Positive about you.

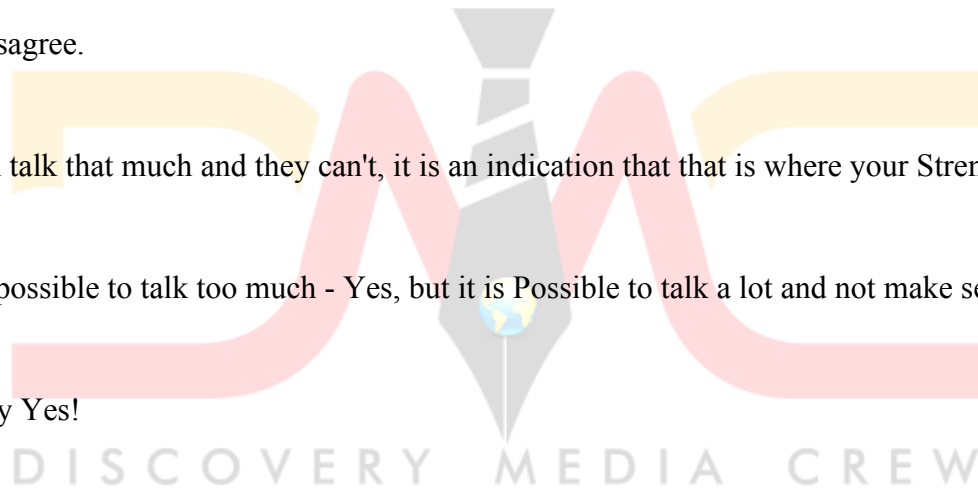
Maybe, People have told you all your life that you talk too much; that you talk all the time, you talk non stop and that shows that there is something wrong with you.

I bet to disagree.

If you can talk that much and they can't, it is an indication that that is where your Strength is!

... It is impossible to talk too much - Yes, but it is Possible to talk a lot and not make sense.

Absolutely Yes!



So, that is your Strength - You are encouraged to celebrate it and focus on it.

Now, don't focus on the "Wrong Narratives" which is Criticism.

Shake the Narratives off and turn it into a "Recognized Strength" that it is - It will help your Confidence!

You may have been listening to the "Wrong People" for a long time - It is time for you to hear the "Right Voice"!



They may have told you that you are too quiet and you don't talk - There is nothing like that.

Human beings are created to be different - Your being quite and having to think is a Strength.

... That is where your Genius is - Find it and Sharpen it.

And if you can't find anybody around you to encourage you, you too can encourage yourself - Brush off all those "Negative labels" that has been Placed on you.

Some People says: You like to Play too much - But who knows; see how huge the Entertainment Industry is?

People wants Fun, People needs to Relax, People needs Recreation and some People are earning Millions and Millions Providing Fun or Providing Entertainment for People.

So, what somebody thinks is wrong is right for somebody else!

It is up to you to decide - But I'm saying that it is your Choice.

Choose to focus on the Positives in your life because that is where your Genius is!

Now, let us say that you enrolled for examination and you failed nine (9) Subjects or nine (9) Courses and you got an "A" in only one (1) - That is an Indication.

Now, Human Nature will focus your attention in the nine (9) Subjects or Courses that you failed. But your genius is trying to find its expression through that one (1) where you an "A".

I'm saying if you want to have Confidence, it is Good you shift your thinking and your life to rest on that area - It may seems so small to you, it may seems so narrow to you but you build your "Personal Narratives" on the Positive about your life.

Focus on your Strength and find your Genius - The Place where you achieve results more easily, where you make as much efforts as other People make and you achieve "Extra Ordinary Results; that is Pointing you to something.

... When you function there, you will find out that you have a lot of Confidence!



## PART 4

I have come to discovered that there is Power in words.

There is "Creative Power" in words - And if you are Religious you would have believed that God created our world!

There is Power in words - Words have shaped our world; words have caused or created Peace.

So, words "Well Spoken" with Confidence have tremendous Impacts - Give expressions to your Confidence by speaking confidently.

1. Speak like you know what you are saying.

2. Speak like you are in Charge.

There is Power that backs words like that!

So, you Pay a close attention to People that are really successful and you find out that they speak with Confidence.

They Master their Subjects - That is important because we have encouraged you earlier in the Series (Part 2) to function in the Area of your Genius.

So, when you speak with Confidence whichever way it is, you know something that somebody else doesn't know yet.

If you don't have Confidence in what you are saying, they will only "Mirror" Confidence in what you have that you are saying.

So, you have got to express Confidence when you speak.

There is Power in "Faith-Filled Words".

Let me give you an example - Permit me to use myself as an example.

Many years ago after I graduated and I couldn't get a job yet, I think I read something from a book.

I just have this "Paradigm Shift" about myself and I began to talk to People that I can never be Poor again for the rest of my life.

And I said it with Confidence because the way I saw myself had shifted.

I began to tell People I'm not a "Local Champion" - I'm a "World Champion" and I meant it because I have now discovered my Genius.

I was discovering myself.

For the first (1st) time; I read about Temperament and different kinds of Temperament and I discovered that the Strength in an Introvert - It was amazing!

It was "Eye Opener" for me.

And up till that time, I got guys that were friendly - They were the best guys around.

I just love to read and stay all by myself thinking.

I now discovered that the Power in that Thinking; I discovered the Creativity in that Thinking - It boosted my "Self Esteem".

And then I found out I was getting "Visions and Ideas" and I wasn't satisfied with my environment.

... I wanted something more, something bigger.

So, I began to say because that was what I saw in my Imagination - It is amazing!

Several years later when I began to have moved on quite a bit, then I had one of my friends commented and said: Oh, those things that Sam was saying; they are beginning to come to Pass - So, they are Real!

When I heard I said: Oh, you know what? - It was what I said yesterday you are seeing today.

I'm already saying "New Things" that you are going to see tomorrow.

Because I have discovered that the Power in words; the reason why sometimes we "Sized Step Greatness" or we "Sized Step Opportunity" for Breakthroughs because we despised the tangible resources in our words and words are "Intangible Resources".

Speak with Confidence

Now, there is no Point speaking with Confidence when on your inside; you are thinking "Completely Differently".

What you are saying must align with what you are thinking!

... It is then that you can get "Powerful Results".

You should say what you believe - That is where the Power is!

So, speak with Confidence; Answer questions with Confidence - When you ask; ask or demand with what you want with Confidence.

There is Power in expressing Confidence through your Speech!

So, express Confidence from the inside; express it in your words.

And the amazing thing is that: When you speak; the Person you hear loudest is "Yourself".

You hear "Yourself" before "Other People" hears you.

The Faith in the words that you speak will build your Confidence!

There is a way we can dress or appear and with Confidence. And there are ways we can appear and not with Confidence.

So, you need to be deliberate to be sure that you put on things that can boost your Confidence and that can help "Other People" to have Confidence in you.

You don't need to be Ostentatious (Meaning Pretentious). You don't need to be "Extravagantly Loud" to get Other People's attention.

Actually you overdo it and you make People suspicious to you.

There is a reason why Lawyers put on "Dark Colour" most of the time; there is a reason why Bankers most of the time don't put on dark or lousy colour - Because they want to have the Confidence of their clients.

So, you need to dress well!

To dress well, the Path to take of course is the best use of the resources that you have Per time but just make sure that you are not "Running Down" your "Self Esteem" with your appearance.

The other important dimension is your Posture.

It is Good for us to have a "Good Physical Posture"; It is Good for us to feel Healthy.

There are ways you stand and it doesn't help your "Self Esteem".

So, I tell People: "Sit with Confidence" - Sit like you are on Top of the Game; Sit like you are in Charge.

Our Actions impact our Thinking and our Thinking also impact on our Feelings.

It is an expression of "Inner Confidence" but at the same time it helps to boost that Confidence!\*

I must emphasize this: If you try to do on the Outside what is not there on the Inside, it is fake and ultimately People are going to find out.

It is not going to be Real.

Always start from believing and then you act on the basis of what you believed - That makes it Authentic!

DMC EDITORIAL NOTES: We warmly appreciate our dearly beloved Readers in keeping Faith with us all through the four (4) Weeks of intently reviewing How to Build Confidence together with us!

Without any iota of doubt; it has been a "Great Journey" together and I am sure that we have learnt something Valuable of course as you Journey with us all through the Series.

In our Usual Style; Watch Out for the EBook on How to Build Confidence By Reverend Sam ADEYEMI from the Stable of DMC soonest!

This is where we wish to draw the Curtain on our Coverage - So Long Friends!

DISCOVERY MEDIA CREW, REACHING OUT TO THE WORLD THROUGH THE POWER OF THE GOSPEL!

Yours Always,

MOSES DURODOLA, TITILAYOMI AJAYI AND AYODELE OLALEYE.

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SIGNED

MOSES DURODOLA

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