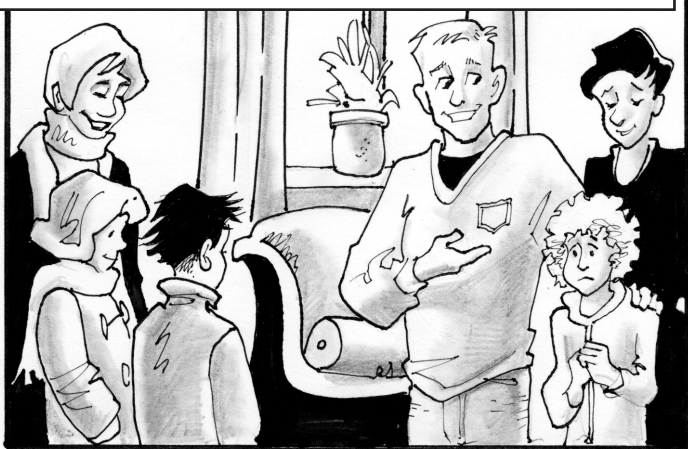


DO YOU OFTEN
FEEL SHY WHEN
INTRODUCING
YOURSELF TO NEW
PEOPLE—



FEELING Shy?

WHETHER AT YOUR SCHOOL, WITH CHILDREN YOU MEET AT THE PARK, OR NEW FRIENDS YOUR PARENTS INTRODUCE YOU TO?



I REMEMBER ONE TIME A NEW GIRL CAME TO THE BOARDING SCHOOL I WAS ATTENDING.

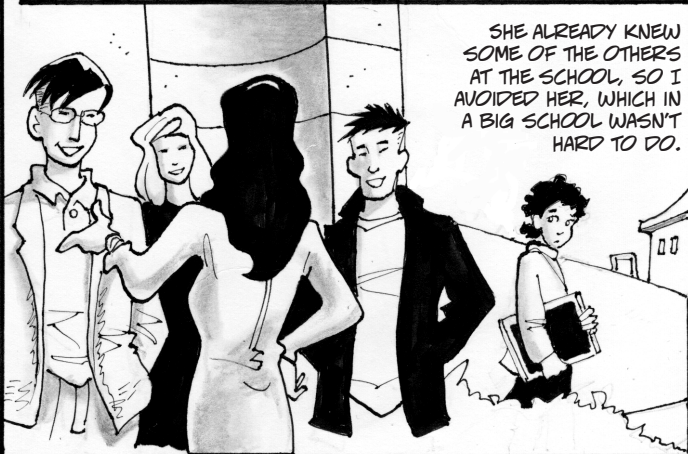
SHE WAS TALL AND PRETTY,
AND I DEFINITELY FELT
INTIMIDATED MEETING HER.



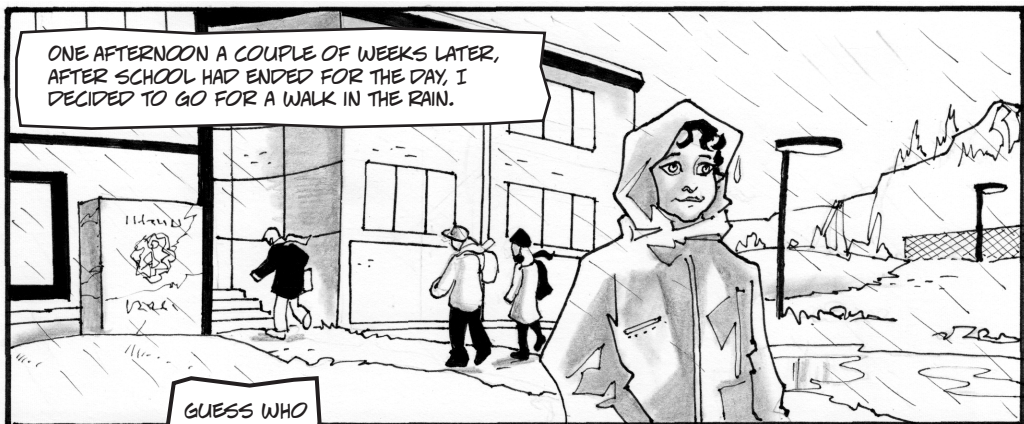
I SAID A
QUICK "HI,"
BUT WAS TOO
SHY TO TALK
TO HER.



SHE ALREADY KNEW
SOME OF THE OTHERS
AT THE SCHOOL, SO I
AVOIDED HER, WHICH IN
A BIG SCHOOL WASN'T
HARD TO DO.



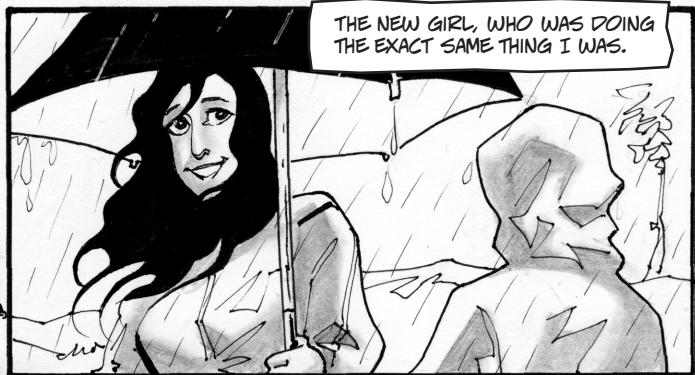
ONE AFTERNOON A COUPLE OF WEEKS LATER, AFTER SCHOOL HAD ENDED FOR THE DAY, I DECIDED TO GO FOR A WALK IN THE RAIN.



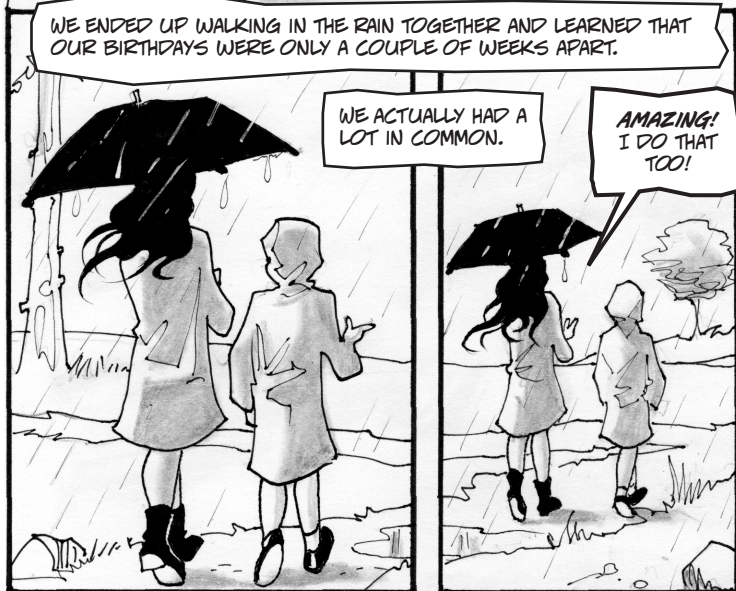
GUESS WHO I BUMPED INTO?



THE NEW GIRL, WHO WAS DOING THE EXACT SAME THING I WAS.



WE ENDED UP WALKING IN THE RAIN TOGETHER AND LEARNED THAT OUR BIRTHDAYS WERE ONLY A COUPLE OF WEEKS APART.



WE ACTUALLY HAD A LOT IN COMMON.

AMAZING!
I DO THAT TOO!

SHE BECAME ONE OF MY BEST FRIENDS.



I REALIZED THEN HOW SILLY I'D BEEN, WASTING THOSE WEEKS NOT GETTING TO KNOW HER JUST BECAUSE I WAS TOO SHY.

SOME OF THE FAMOUS CHARACTERS IN THE BIBLE WERE SHY AND OFTEN FELT INSECURE.

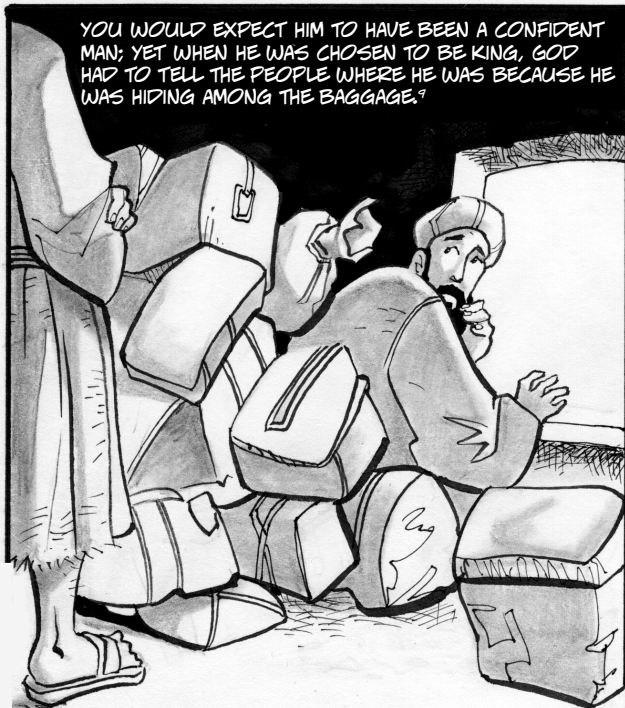
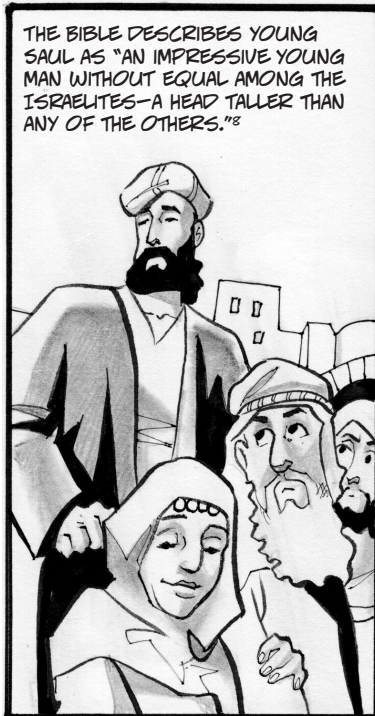
Moses argued with God, repeatedly trying to find excuses, before finally agreeing to confront Pharaoh.



I think you'd have to be pretty shy to argue with God Himself to get out of doing what He asked of you. So for Moses to have gone from that to fearlessly facing Pharaoh and leading his people shows you just what God can do. Deuteronomy 34:12 says, "For no one has ever shown the mighty power or performed the awesome deeds that Moses did in the sight of all Israel."⁵



SOMETIMES SHYNESS CAN AFFECT THOSE WE'D NEVER EXPECT IT TO.



A friend of mine said recently that she was shy as a child and wondered if she only seems outgoing now because she pretended to be outgoing, even though she didn't feel that way.

Pretending to be outgoing and taking that first step to get to know someone is often all it takes to build confidence and become outgoing. You end up having good experiences of making new friends, and then it becomes less and less scary.

AS WITH ANYTHING, THE MORE YOU FACE YOUR FEARS, THE EASIER IT WILL GET.

Plus, always remember you're not alone. Jesus can help you have the confidence you need to face any situation—whether it's standing up in front of your class or making new friends.

HERE'S A VERSE FROM THE BIBLE THAT YOU CAN REPEAT TO YOURSELF BEFORE FACING SOMETHING DAUNTING:

...AND JESUS HAS HELPED ME, JUST LIKE HE HELPED TINA TO OVERCOME HER SHYNESS ABOUT MEETING JOY!



"Be strong and courageous. Do not be afraid or terrified..., for the LORD your God goes with you; he will never leave you nor forsake you."¹⁰



Footnotes

¹ Exodus 3:11 NIV

² Exodus 4:1 NIV

³ Exodus 4:10 NIV

⁴ Exodus 4:13 NLT

⁵ New International Version

⁶ See Judges 6:8.

⁷ Jeremiah 1:6 NLT

⁸ 1 Samuel 9:2 NIV

⁹ See 1 Samuel 10:22.

¹⁰ Deuteronomy 31:6 NIV

S&S link: Character Building: Values and Virtues: Courage-2e

Authored by Nina Kole, adapted.

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