

## Courage

**Opener:** When have you seen someone show amazing courage?

**Scripture:** God is our refuge and strength, an ever-present help in trouble. <sup>2</sup>Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, <sup>3</sup>though its waters roar and foam and the mountains quake with their surging. Psalm 46:1-3

David also said to Solomon his son, “Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the Lord is finished. 1 Chronicles 28:20

Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. <sup>7</sup>“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. <sup>8</sup>Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. <sup>9</sup>Have I not commanded 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 1:6-9

Be on your guard; stand firm in the faith; be courageous; be strong. I Corinthians 16:13

The Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Tim. 1:7

### Discussion Questions

1. Psalm 46:1-3 declares God’s strength and presence but also emphasizes that we shouldn’t fear, even when the world around us seems to crumble. How can understanding God’s power and sovereignty over all things contribute to our courage? What’s an example of when your faith in His power gave you the courage you needed to do what needed to be done?
2. David’s advice to Solomon in I Chronicles 28:20 was to “Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you.” How does recognizing God’s involvement in what we’re doing change our perspective and approach? How does a personal relationship with God influence our ability to be courageous?
3. In Joshua 1:6-9 God tells Joshua to “be strong and courageous.” Why do you think this was so important for Joshua and for us as believers? God also commanded Joshua to meditate on His law and follow it. How would this make a difference in our decision-making and resolve to be courageous?
4. If I Corinthians 16:13 were an equation (be on guard + stand firm + be courageous + be strong) what would it equal? How does courage factor in to all the rest and what are some practical ways we can become more courageous?
5. 2 Timothy 1:7 lists three things that are given to us by the Holy Spirit: power, love and self-discipline. How have these attributes kept you from being timid?
6. “Be strong and courageous” is a recurring theme in the Bible. Why is this admonition so essential?

**Wrap Up:** Courage is not something we wait to feel before stepping out on it; it’s a force we’re equipped with because we believe God is with us. Courage enables us to look at the things we fear and “do them afraid.” With, in, and through Jesus, we can face anything and do anything that’s His will for us. If courage were being sold in cans we would all run to the store and buy as many as we could. The truth is, courage does come in “cans”—it comes as we believe that with God, we can! Adapted from *Living Courageously* by Joyce Meyer