LESSON 11: COURAGE: BEATING FEAR AND OVERCOMING DOUBT

COURAGE VS. FAITH

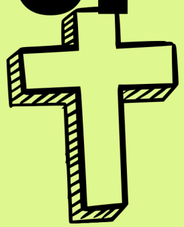
COURAGE IS THE ABILITY TO DO SOMETHING THAT FRIGHTENS YOU, STRENGTH IN THE FACE OF PAIN OR GRIEF.



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FAITH IS HAVING COMPLETE TRUST OR CONFIDENCE IN SOMEONE OR SOMETHING, STRONG BELIEF.

THE OPPOSITE OF COURAGE IS FEAR.



yes!

COURAGE is stepping forward and doing the very thing that fear says you can’t do.

DEUTERONOMY 31:6

"BE STRONG AND COURAGEOUS. DO NOT BE TERRIFIED BECAUSE OF THEM, FOR THE LORD YOUR GOD GOES WITH YOU; HE WILL NEVER LEAVE YOU NOR FORSAKE YOU."

JOSHUA 1:6

BE STRONG AND COURAGEOUS, BECAUSE YOU WILL LEAD THESE PEOPLE TO INHERIT THE LAND, I SWORE TO THEIR FOREFATHERS TO GIVE THEM.

Joshua 1:9

Be strong and courageous. Do not be terrified;
do not be discouraged, for the Lord your God
will be with you wherever you go.

“NEVER LET YOUR FEAR DECIDE YOUR FUTURE.”

THE OPPOSITE OF FAITH IS NOT FEAR, BUT DOUBT.

FAITH IS A STRONG BELIEF AND COMPLETE TRUST IN GOD.

JAMES 1:3-8,

"…THE TESTING OF YOUR FAITH DEVELOPS PERSEVERANCE… IF ANY OF YOU LACKS WISDOM, HE SHOULD ASK GOD, WHO GIVES GENEROUSLY TO ALL WITHOUT FINDING FAULT, AND IT WILL BE GIVEN TO HIM. BUT WHEN HE ASKS, HE MUST BELIEVE AND NOT DOUBT, BECAUSE HE WHO DOUBTS IS LIKE A WAVE OF THE SEA, BLOWN AND TOSSED BY THE WIND. THAT MAN SHOULD NOT THINK HE WILL RECEIVE ANYTHING FROM THE LORD; HE IS A DOUBLE-MINDED MAN, UNSTABLE IN ALL HE DOES."

“TOP 10” LIST OF FEARS: DEATH, SHARKS, SPIDERS, SNAKES, DARK, WASPS, VAMPIRE BATS, BEING ALONE, HEIGHTS, DOGS.

FEARS THAT HOLD US BACK:

Fear of Rejection, Fear of Failure, Fear of Uncertainty, Fear of Loneliness, Fear of Change, Fear of Loss of Freedom, Fear of Being Judged, Fear of Something Bad Happening,Fear of Getting Hurt, Fear of Not Being Good Enough.

“THE FEARS WE DON’T FACE BECOMES OUR LIMIT.”

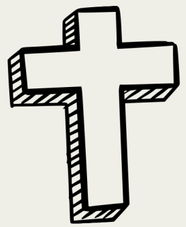
REMINDER

“Fear has two meanings, forget everything, and run or face everything and rise. The choice is yours.”

“FEAR HAS TWO MEANINGS,
FORGET EVERYTHING, AND RUN
OR FACE EVERYTHING AND RISE.
THE CHOICE IS YOURS.”

4 KEYS TO OVERCOMING FEAR AND LIVING WITH COURAGE

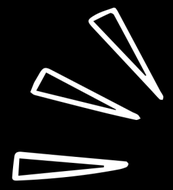
1. FACE YOUR FEARS AND DON’T GIVE UP.

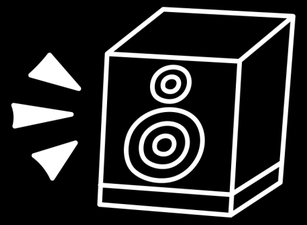


OUR PART: I will do what I can to not fret and to find strength in the Lord, to move forward and not give up.

GOD’S PART: I will trust Him and He will give me the strength I need.

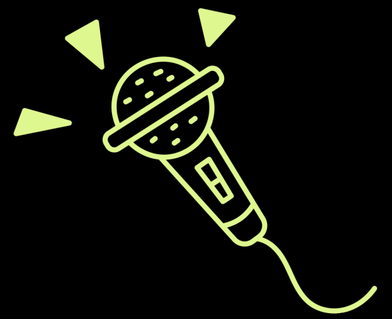
“WE FACE AND FIGHT,
NOT FIGHT OR FLIGHT.”

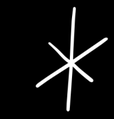












“EACH OF US MUST CONFRONT OUR OWN FEARS, MUST COME FACE TO FACE WITH THEM. HOW WE HANDLE OUR FEARS WILL DETERMINE WHERE WE GO WITH THE REST OF OUR LIVES. TO EXPERIENCE ADVENTURE? OR TO BE OMITTED BY THE FEAR OF IT?”

Judy Blume, Children's Author

2. Focus On Your Faith More Than Your Fear.

“Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.”

3. Fasten Your Heart and Mind to the Facts Not Your Feelings.

FEAR IS JUST FALSE EVIDENCE APPEARING REAL.

4. FORESEE YOUR PRESENT AND FUTURE WITH CHRIST AT THE CENTER.

“THE BRAVE MAN IS NOT HE WHO DOES NOT FEEL AFRAID, BUT HE WHO CONQUERS FEAR.”
NELSON MANDELA

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You can say to yourself, ‘I’ve lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”

Eleanor Roosevelt

“COURAGE ISN’T HAVING THE STRENGTH TO GO ON, IT IS GOING ON WHEN YOU DON’T HAVE STRENGTH.”

GOD BLESS YOU!

BIBLE STUDY FOLLOW UP CHAT QUESTIONS:

1. WHAT WAS YOUR GREATEST TAKEAWAY FROM TODAY'S LESSON?
2. WHAT IS THE DIFFERENCE BETWEEN COURAGE AND FAITH?
3. CAN YOU IDENTIFY A TIME IN YOUR LIFE WHERE YOU NEEDED TO DEMONSTRATE FAITH AND COURAGE?
4. "HOW WE HANDLE OUR FEARS WILL DETERMINE WHERE WE GO WITH THE REST OF OUR LIVES." HOW SO?
5. WHY DO WE FOCUS ON OUR FEAR MORE THAN WE DO OUR FAITH?
6. LIST THE 4 KEYS TO OVERCOMING FEAR AND LIVING WITH COURAGE.
7. CAN YOU REFERENCE A SCRIPTURE VERSE ABOUT COURAGE?