

Thoughts on Courage



Will you be tackling something new soon? A new experience, a new place, a new activity? How do you feel about it? Sometimes it can feel scary to step into the unknown. We need to have courage to face our fears and embrace new experiences. With courage, we can soar high like an eagle.

The Bible says

'I can do all things through Christ because he gives me strength.'

Philippians 4:13

'Be strong, be courageous, all you that hope in the Lord.'

Psalms 31:24

'So don't worry, because I am with you. Don't be afraid, because I am your God. I will make you strong and will help you. I will support you with my right hand that saves you.'

Isaiah 41:10

'But the people who trust the Lord will become strong again. They will be able to rise up as an eagle in the sky.'

Isaiah 40:31



Fact

Eagles use rising air currents to soar (fly or rise) high up in the skies. They can reach a height of between 3000 and 6000 metres above sea level.



Idea

Many of us like things the way they are and find it hard to change. The new and unknown can be scary. But if we face new experiences with courage and a positive and hopeful attitude, we can discover fun, excitement, happiness, challenge, fulfillment, achievement. Think about everything you will gain by pushing yourself above and beyond in the new. You might learn new skills and discover abilities and qualities you didn't know you had. Think about how that will make you feel. Maybe you will feel like you are soaring high in the sky? Be more eagle!



Do

Make a paper aeroplane or eagle. Write something that you would like to do or achieve on it. Launch your dream!



Thank you for new experiences. Give us courage to embrace the new. Thank you for those people who help us with new challenges.

Pray



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