

"Virtues to Live by"

Before You Begin – An overview for teachers

Courage

"Courage!" Jesus said. "It is I. Do not be afraid!"

(Matthew 14:27)

Definition

COURAGE – You do something that needs to be done even when it is hard to do or you are scared to do it. Even though you are afraid, you overcome your fear and do the right thing. You know you can count on God's help and so you are never alone.

Courage is personal bravery in the face of fear but it doesn't mean taking unnecessary chances just to look brave. Love can give us courage. It gives us strength and helps us to do the right thing without letting our fears stop us.

Virtue to Live by

I have courage

I am willing to try new things

Biblical Sources

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." (Joshua 1:9)

"Be strong and courageous." (Deuteronomy 31:6)

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!" (Psalm 27:14)

"Then David said to Solomon his son, "Be strong and courageous and do it. Do not be afraid and do not be dismayed, for the Lord God is with you. He will not leave you, until all the work for the service of the house of the Lord is finished." (1 Chronicles 28:20)

"Be strong, and let your heart take courage, all you who wait for the Lord!" (Psalm 31:24)

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10)

"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

Why Practise Courage?

Courage is the best thing you can have when you are scared or unsure. There are times when you are not sure that you can do something. You might feel alone, facing what seems to be an impossible situation. Courage helps you to do great things.

Without courage everyone would do only what is easy. No one would try new things that seem hard. Everyone would do what everyone else is doing, to avoid standing out- even if they knew it was wrong. Fear would be in charge. We would avoid anything that seemed hard.

How do you Practise Courage?

You do what you know is right even when it difficult or scary. You face your mistakes with courage and learn from them. You remember that you can always ask for help when you need it. You know you can count on God and others to give you strength and support.

You stand for what is right and make wise decisions even when your peers are following a different path. You let courage fill your heart even when you are ridiculed or belittled.

Key Words:

Choice, courage, fear, strength

Signs I am practising courage:

Signs I have courage

- I have the courage to ask for help
- I make the right choices
- I stand up for what is right
- I can reflect on the choices I have made
- I am not afraid to fail

Other Sources:

"Courage is the power of the mind to overcome fear." (Martin Luther King)

"Courage is being scared to death – and saddling up anyway." (John Wayne, actor)

"With courage, you will dare to take risks, have the strength to be compassionate and the wisdom to be humble. Courage is the foundation of integrity." (Keshavan Nair)

Reflection Questions:

- **When have I joined in with others and not shown courage to stand up for what I know is right?**
- **Can I use the virtue of reflection to prepare courage in the future?**
- **How can I encourage others to show courage?**
- **Help me to turn to God in times of fear or when facing difficult choices.**