



GOD
CALLS
Adventure

week 4

COURAGE

■ Discover
Spirituality



Courage

What is courage?

Courage is when someone does something that is out of the comfort zone, it might be frightening, and it can be classed as an act of bravery.

Why is it good to be courageous?

The very fact you are on week 4 of our GodCalls Adventure, 40 days, means you have been courageous in your own discipline. This week will allow you to explore that a little bit more and see why in our own journey in life why it's good to be courageous.

There are many moments in Scripture where we can see the importance of courage. Jesus asks Peter to have courage when he invites him out of the boat to join him when walking on water Matthew chapter 14 verses 22 to 33. Even though there is doubt when Peter began to sink, he put his faith in God and through this is saved from sinking beneath the waves. In St Paul's First letter to the Corinthians we are told to stand firm in our faith and to be courageous:

“Keep alert, stand firm in your faith, be courageous, be strong”. (1 Corinthians chapter 16 verse 13)

The faith boldly inspires us to have courageous actions day in and day out, especially within our busy ever switched on world of today. Pope Francis reminds us of this:

“we need courage to swim against the tide. Jesus gives us this courage!”
(Homily 28/04/2013)1.

If we turn our attention to the Saints they followed their call to holiness and showed courageous action even when for some this meant death.

- In our life God Calls us to be courageous and to sometimes step into the unknown to follow Him, we have surrender ourselves to Him and listen to His will for us. God will never ask us to do anything that we are incapable of doing, it just means we need the courage to say, YES! Even partaking in the 40 days of GodCalls Adventure is journey which will challenge us and perhaps put us out of that comfort zone, but if we reach out to God in prayer, read the scriptures and put our trust in Him.

Monday

- Read from your bible, Matthew chapter 14 verses 22-33
- Ask yourself, what do I need to learn from this reading?
- How can we develop ourselves and be courageous in our Faith?
- Do something courageous today (look back at the section on asceticism and pick something off the list to do today that will challenge you).

Tuesday

- Read from your bible: St Paul's first letter to the Corinthians (1 Corinthians chapter 16 verses 13-24).
- Ask yourself, what do I need to learn from this reading?
- How can we develop ourselves and be courageous in our Faith?
- Do something courageous today (look back at the section on asceticism and pick something off the list to do today that will challenge you).

Wednesday

- Read from your bible: St Paul's letter to the Hebrews (Hebrews chapter 13 verses 1-19) but focus and pray on the section (Hebrews chapter 13 verses 5 and 6).
- Ask yourself, what do I need to learn from this reading?
- How can we develop ourselves and be courageous in our Faith?
- Do something courageous today (look back at the section on asceticism and pick something off the list to do today that will challenge you).

Thursday

- Read from your bible: (Exodus chapter 7)
- Ask yourself, what do I need to learn from this reading?
- How can we develop ourselves and be courageous in our Faith?
- Do something courageous today (look back at the section on asceticism and pick something off the list to do today that will challenge you).

Friday



- Read from your bible: (1 Chronicles chapter 28 verse 20) and meditate on this section.
- Ask yourself, what do I need to learn from this reading?
- How can we develop ourselves and be courageous in our Faith?
- Do something courageous today (look back at the section on asceticism and pick something off the list to do today that will challenge you).

Saturday

- Read from your bible: The short book of Jonah today.
- Ask yourself, what do I need to learn from this reading?
- How can we develop ourselves and be courageous in our Faith?
- Do something courageous today (look back at the section on asceticism and pick something off the list to do today that will challenge you).

Sunday

- Read from your bible: The Great Commissioning in Matthew chapter 28 verses 16-20)
- Ask yourself, what do I need to learn from this reading?
- How can we develop ourselves and be courageous in our Faith?
- Do something courageous today (look back at the section on asceticism and pick something off the list to do today that will challenge you).

Conclusion of the week:

- In your examination of consciousness today, reflect on what you have learned this week.
- What have you found difficult or challenging?
- What has given you joy or peace this week?
- What do changes will you make to your life going forward?

