



# Strengthening Your Soul

facing life with courage from the inside out

new series begins April 24

## WEEK 1. GROWING IN COURAGE

Introduction Question: Where have you observed courage this week?

Framing the lesson: We're going to be focusing on the topic of growing in courage this week, which is what Pastor John addressed in his sermon on Sunday from his new sermon series titled "Strengthening Your Soul." All of us face struggles on a regular basis that are opportunities for us to either respond with courage or without courage. Instead of shutting down, running away, or desensitizing ourselves when these struggles arise, we want to grow in stepping in to courageously face our struggles and see God meet us and grow us as we do.

As we read our Bible passage tonight, pay attention to what you learn about courage and how we can grow in being courageous.

Joshua 1:7-9: <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."

Discussion Questions:

- Why might God be commanding Joshua to be strong and courageous?
- What does God call Joshua to do in order to be strong and courageous?
- What does it mean to us that God is with us wherever we go?

In order to grow in being strong and courageous we have to own our story and embrace where we might not feel strong and courageous. Brené Brown, a professor of social work who's work Pastor John is drawing on for this series, writes in her book *The Gifts of Imperfection*: "Owning our story and loving ourselves through that process is the bravest thing that we will ever do" (ix). As we break up into small groups, then, let's own our own stories, bravely share with

each other where we might not feel strong and courageous, and support each other as we all grow in being able to courageously face our struggles.

Small Group Reflection Questions:

- Where in your life recently have you been able to demonstrate being strong and courageous?
- Where in your life recently have you struggled to be strong and courageous?
- Is there any area in your life you'd like us to pray for you to be strong and courageous?