

Courageous Living

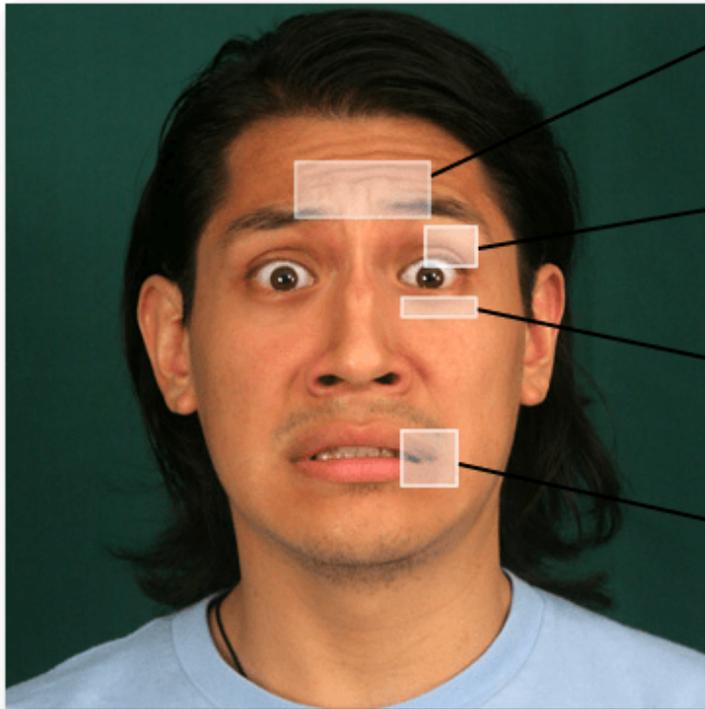
(Video - download from skit guys - "Who Will Go")

Facing Life With Purposeful and Courageous Action

Fear

- Is an emotion
- Can help us move away from danger
- Fear arises with the threat of harm, either physical, emotional, or psychological, real or imagined.
- Can also keep us feeling trapped and prevent us from doing things we'd like to.
(Paul Ekman Group)

The Face of Fear



1. Eyebrows raised and pulled together

2. Raised upper eyelids

3. Tensed lower eyelids

4. Jaw dropped open and lips stretched horizontally backwards

PaulEkmanGroup

Courageous

- **Dictionary Definition of Courageous**

cou·ra·geous

/kəˈrɑːʒəs/

adjective

1. not deterred by danger or pain; brave.

Martha Pasternack - IAC Certified Master Coach, Fearless Living Master Coach, Mentor Coach, Fearless Living Trainer

- Courage is the ability to act on one's beliefs despite danger or disapproval. Courage is also called daring, audacity, boldness, grit, true grit, hardihood, heroism, and gallantry, among other things.
- Living fearlessly is not about being tougher than the next guy, or being immune to feeling afraid in the grips of a perceived danger, or feeling overly confident in the presence of the unknown. It is not about overcoming fear, either. It is more about befriending fear and loving yourself just the way you are, really.

Jesus' Followers in Training

Jesus Sends Them

Matthew 14:22-24

Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

Call to Courage in the Face of Fear

Matthew 14:25-27

Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

Peter Steps Out

Matthew 14:28-30

"Lord, if it's you," Peter replied, "tell me to come to you on the water."
"Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

Jesus Catches Peter

Matthew 14:31-33

Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

The Purpose of Courageous Living

Matthew 14:34-36

When they had crossed over, they landed at Gennesaret. And when the men of that place recognized Jesus, they sent word to all the surrounding country. People brought all their sick to him and begged him to let the sick just touch the edge of his cloak, and all who touched it were healed.

1 Thessalonians 5:10-11

He died for us so that, whether we are awake or asleep, we may live together with him. Therefore encourage one another and build each other up, just as in fact you are doing.

We Can Help to Get You Connected

- Rooted - 10 weeks of community Next Session May 9th
- Small Groups - Oikos Groups (intentional outward focus) Starting Week Of April 12
- Missional Pathway
 - Personal Calling
 - Awaken April 9-10
 - Activate May 1
 - Corporate (church) Calling
 - Assess September 11
 - Advance October 9