

Take Courage!

“It all begins with prayer”. As long as we are praying, courage is possible!

“Let nothing trouble you. Let nothing frighten you. Everything passes. God will never change. Patient endurance will attain everything. Whoever has God wants for nothing. God alone is sufficient”..... *St. Teresa of Avila*

Great people have certain phrases they repeat.

- **Jesus: Take courage and don't be afraid - different sides of same coin.**
 - **See of Galilee: Courage! It is I! Don't be afraid (Mark 6: 45)**
 - **Jarius: “Don't be afraid: just have faith.” (Mark 5: 27 -43)**
 - **Woman with hemorrhage: Courage daughter! your faith has saved you.” (Mt. 9:22)**
 - **In garden he called them to Watch and Pray and not hide in sleep.**
 - **When hiding in the upper room he called to not be afraid.**

- **How do you move from fear to courage? Faith is the bridge.**
- **“This is the work of God, that you believe in the one he sent.” (John 6:29)**

Jesus modeled courage in every way possible. Put flesh on the image of Good Shepherd. We are called to listen, to follow and become the Good Shepherd.

Many other men and women followed the example of Jesus.

Fr. Stan Rother: “The Shepherd cannot run.”

- **Characteristic of all the martyr's.**
- **St. Lawrence had three days to run. In third century. Emperor had already put the pope to death. Given three days to get together the riches of the church.**

Book of Maccabees: Israelites in captivity. Eleazar was one of the leading spiritual leaders. King wanted him to eat pork as a way of denouncing his faith. He was 90 years old and guards offered to give him different meat.

- **First runners where Adam and Eve. They ran and hid**
- **Judas ran out of the upper room**

Story of Lucy

Fortitude is a gift of the Holy Spirit-Courage is another word for it. All seven gifts of the Holy Spirit come to us in our baptism and are enhanced by the other sacraments of the Church. We have it within us to be courageous people!

Enemies of courage:

- **Lack of discipline. Discipline comes from word disciple**
- **Discouragement: Ignatius and C.S. Lewis**
- **False self: based on temptations of Jesus:**
 - **What I have, what I do, what others think of me.**
 - **These elements undermine our confidence and lead us into running, hiding and covering up.**
- **Saying yes to a particular sin in a consistent way.**

Best friends of Courage:

- **Consistent Prayer: TIME AND PLACE FOR IT.**

Much prayer = much peace much joy, much courage

Little prayer = little peace, little joy, little courage

No Prayer = no peace, no joy, no courage

- **Practicing Matthew 25: Who is Lazarus?**
- **Courage to forgive and be forgiven.**
 - **Do it quickly – Like an infection**
 - **Nothing blocks spiritual life as a lack of forgiveness.**
- **Gratitude: Gratitude Journal**
- **PRACTICE, PRACTICE, PRACTICE.**

**Do not let your hearts be troubled; trust in God still and trust in me.”
John 14:1**