



TAKE COURAGE

Week 1

BREAKING THE ICE

Do you have any resolutions when it comes to your spiritual growth this year?

Do you have a word for the year? If so, share it with your group and why you chose the word.

MAIN CONTENT

This week our good friend, Annie F. Downs started our new series called, "Take Courage". Annie told us a story about how she was almost deported while living abroad. She talked about having to will herself to be brave in a very fearful moment.

1. How do you handle moments of fear? What is the first thing you do when you tend to get scared?

This year we want to learn how to fear less and have more courage. There are plenty of stories in the Bible about those who faced fearful situations that they didn't know the outcome of ahead of time. When we look through the Bible we are reminded of the scriptures of Noah not knowing when the rain would stop and if he would ever see land again. Or Jonah, who basically was willing to give up his life because he knew his sin was causing problems.

Just like us, people in the Bible struggled with fear; just like us, not everyone in the Bible knew how their life would end. They had to look for peace and trust God just as we do today.

2. What are some things you can do to bring peace and God into a situation that you might not naturally be courageous in on your own?

This week we read scripture that reminded us what happens when we take courage and trust in Jesus.

Read Mark 5:21-34

There are two stories within this scripture: The story of Jairus' daughter and the woman who had been subjected to bleeding for the last 12 years. Both of these stories are told in different ways in three of the four gospels in the Bible and have fear and courage attached to them.

Annie said, "There is a tie between courage and desperation". It's in our desperation that we search for the courage to move from fear to trust God in our circumstances.

3. How have you seen desperation in your circumstances push you to be courageous?

Read Mark 5:35-42

While Jesus was traveling to Jairus' house to heal his daughter, the woman that was subjected to bleeding had the courage to touch Jesus and was healed. This woman was an outcast. She had no friends and had been by herself for 12 years. Meanwhile, Jairus' daughter dies in the process of Jesus coming to heal her. Jairus was a well-known man, he had stature and was well-regarded in his community.

Both of these people needed Jesus' healing and the courage to ask for His healing. Both of these people were important to Jesus, the no-named woman and the well-known Jairus. Jesus sees every single one of us the same.

4. How do you think Jesus views you? Do you have the courage to approach him like the woman subjected to bleeding or are you afraid to ask Him for help?

Courage with Jesus is different. Our relationship with Him is the safest thing. When we trust Him and have courage with Him and in Him, He changes things. Even the smallest worries He wants to help you with. Those small steps of courage can change everything.

5. What does it look like for you to take courage with Jesus this year?

We don't know what will happen in our stories this year. But when we take one brave step with Jesus, He can heal us and He can help us through whatever is in front of us in our lives.

CLOSING PRAYER

God, show us where we need your help to take courage this year. Show us where we need to trust you. Help us draw near to you and follow you. Help us take steps to put our trust in you. We love you, Jesus. Thank you for loving us.

ACTION STEP

+ What courageous conversations do you need to have this year? What courageous steps do you need to take this year? Talk to a friend about the courageous conversations and steps you feel God prompting you to take. Ask them to pray for you about this to help keep each other accountable for the steps you need to take.

+ Download our Take Courage phone lock screen to help remind you of the courageous steps God is prompting you to take during this series.