



Lesson 10

Be Strong and of Good Courage

Do you ever have a day where you just want to pull the covers back over your head and hide? Have you ever avoided doing something new, just because you were afraid of how it would turn out? Everyone has had these feelings at one time or another. YOU ARE NOT ALONE! But we feel as though we are sometimes. We hesitate because we lack CONFIDANCE and our COURAGE wanes. At this point in our study, it's good to remind ourselves of how to find that strength and courage that will get us up out of bed, help us to face our fears, and to walk upright – no matter what the rest of the world may be doing. The promises of 2 Timothy 3:17 and 2 Peter 1:3 cover these concerns too, you know!

1. Write Psalm 121:7, 8 here.

Read Psalm 91

2. What does verse one give you a mental picture of?
3. Does verse two make you believe that God is strong or only strong sometimes?
4. What does verse four make you think of?
5. What does verse nine say the Lord has for you?
6. What protection is promised in verse eleven?
7. In verses 14-16, why does God say He protects this way?

8. 2 Peter 1:4-11: List the things that Peter says to do so that "you will never stumble".

9. God makes it hard for us to know what He wants us to do. TRUE or FALSE

Read Psalm 34:4

10. Does David believe God heard him when he prayed?

11. What did the Lord do for David?

Read Isaiah 41:10.

12. What does the Lord promise here?

13. How does that make you feel?

14. Can you name some characters in the Bible who God helped through scary situations?

Read Psalm 118:6.

15. Who is on your side?

16. Look at Romans 8:31 – does this sound the same as the verse in Psalms?

Read Isaiah 41:13.

17. What does the Lord say?

Read Psalm 121:7, 8.

18. Do think the Lord is only watching you once in a while?

There are people in the world who believe that God is "busy" and that sometimes He just can't hear us or be bothered by us. Also, there are some who believe that God stepped back from us after Creation and that He really has no interest in us beyond that.

19. After what you've been reading, do you believe that to be true?

Read Isaiah 5:20.

20. Can you think of some examples of people doing what is talked about in this verse?

Read Psalm 31:24.

21. Who is promised the help in this verse?

22. Read Deuteronomy Chapter 31. How many times does Moses say "be strong and of good courage" or something similar?

23. Read Joshua Chapter 1. How many times does Joshua say "be strong and of good courage" or something similar?

24. In 1 Chronicles 28:20, who did David say would be with Solomon as he finished the work of the Temple?

25. According to 2 Peter 3:17-18, what can you do to "be on your guard" (NASB) or "beware"?

26. Write 1 Corinthians 16:13 here.

27. Write a prayer thanking God for His care for you and asking for the courage to stand when it is scary to do so.

Conclusion:

Courage or bravery is a choice. It's not something that you either are or are not. Being brave is something you DO. Courage and bravery are NOT being unafraid of things. Courage is standing up when you are afraid. Fear is not a bad thing; letting fear control you so that you don't do the right thing is bad. Think of the people in scripture who showed courage: Jesus – He was afraid in the garden before His crucifixion, but He went on and let them take Him away, hurt Him, and then kill Him. He could have called for help to stop it all – but He didn't. David stood in the face of lions, bears, and King Saul – not without fear, but with courage and the Lord on his side. What about Esther? Did it take courage to do what she did? Can you think of any others?

We should be able to do as Hebrews 13:6 says,

“So we may BOLDLY say: ‘The Lord is MY helper; I will not fear. What can man do to me?’” (emphasis mine, ADL)

In Your Bible:

Psalms 91:11

2 Samuel 10:12 and 2 Chronicles 19:13

Hebrews 1:13, 14

Ephesians 6:10

Isaiah 40:29

1 Chronicles 22:13

Psalms 23:4

2 Timothy 2:1

Joshua 10:25

Psalms 27:14

John 14:27

Proverbs 3:5-6

Study Builders

Use this page to note all the verses from the lesson into one or more of the categories.

<i>In Manner of Life In Purity</i>	<i>In Word</i>
<i>In Love</i>	<i>In Faith</i>

Additional Notes: