
A woman in a white dress is captured in a dynamic, leaping pose against a warm, golden sunset. The sun is low on the horizon, creating a strong silhouette effect on the woman and casting a soft glow over the scene. In the background, there are rolling hills or mountains under a clear sky. The overall mood is one of freedom, joy, and resilience.


Strengthening Your Soul

facing life with courage from the inside out

new series begins April 24

A landscape photograph featuring rolling hills and mountains under a clear sky. A large, faint rainbow is visible in the background, arching across the sky. The overall color palette is warm, with golden and blue tones.

we need courage today
our world needs courageous people
our children are going to need courage



ordinary courage

courage isn't being strong on the outside.
it's being strong on the inside


ordinary courage

“to speak one’s mind buy telling one’s heart”

Being heroic is battling great odds and putting your life on the line.

Courage is battling great fears and putting your self on the line.






God made you brave

we were made for struggle

“Courage is ... a habitus, a habit, a virtue: You get it by courageous acts. It's like you learn to swim by swimming. You learn courage by couraging.”

Mary Daly, theologian



The arena for courage is inside us

Dragons of self-worth

Monsters of comparison

Giants that tell us we're not enough

Quicksand that threatens to swallow us up





What We Often Do

Stuff our feelings and ignore them
Distract ourselves
Desensitize ourselves

Jesus

We also know that the Son did not come to help angels; he came to help the descendants of Abraham. Therefore, it was necessary for him to be made in every respect like us, his brothers and sisters, so that he could be our merciful and faithful High Priest before God. Then he could offer a sacrifice that would take away the sins of the people. Since he himself has gone through suffering and testing, he is able to help us when we are being tested.

Hebrews 2:16-18

Jesus

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.


Hebrews 4:14-16

Jesus

Jesus replied, "Now the time has come for the Son of Man to enter into his glory. I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives ...

"Now my soul is deeply troubled. Should I pray, 'Father, save me from this hour'? But this is the very reason I came! Father, bring glory to your name."

John 12:23-24, 27-28

A woman in a white dress is captured in a dynamic, leaping pose against a warm, golden sunset background. She is silhouetted against the bright light, with her arms and legs extended in a joyful, forward motion. The background features rolling hills and a clear sky with soft, wispy clouds. The overall mood is one of freedom, courage, and optimism.

Courage is Stepping In

Saying no to distractions

Saying no to desensitizing ourselves

Saying no to running away or hiding out



My Response

"I need help to stop running away"

"I compulsively and addictively numb myself and need help"

"I want to stop shutting other people out and begin facing what's inside me"

"I will make time to start journaling and talking with God about my stuff"

"I need Jesus in my life"