

A woman in a white dress is captured in a dynamic, joyful leap, her arms and legs outstretched. She is positioned in the center-left of the frame, silhouetted against a bright, golden sunset. The background features rolling hills and mountains under a clear, warm sky. The overall mood is one of freedom, hope, and inner strength.

Strengthening Your Soul

facing life with courage from the inside out

A woman in a white dress is captured in a dynamic, joyful pose, running or leaping across a grassy field. She is silhouetted against a bright, golden sunset sky. Her arms are outstretched, and her hair is blowing in the wind. In the background, there are rolling hills and mountains under a clear, warm sky. The overall mood is one of freedom, courage, and optimism.

Entering the Arena

developing courage from the inside out

“be strong and courageous”

Joshua 1.6



Entering the Arena

developing courage from the inside out

our great need for courage

courage = putting yourself on the line

God has made you brave

The arena for courage is inside us



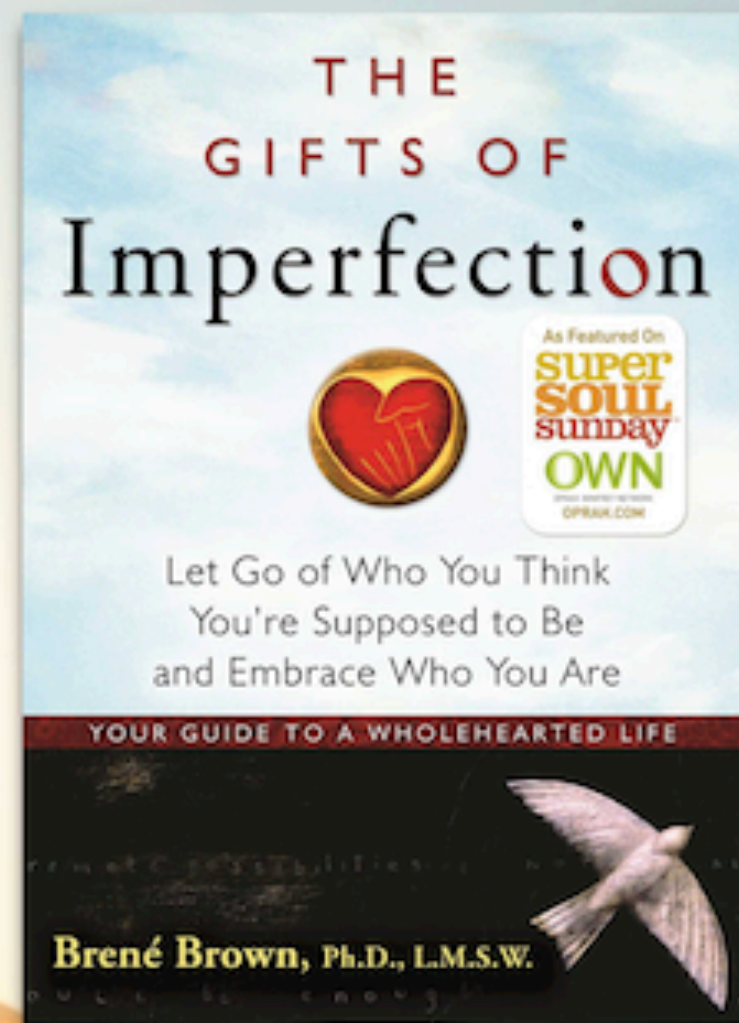


1 Kings 3

¹ Solomon made an alliance with Pharaoh king of Egypt and married his daughter. He brought her to the City of David until he finished building his palace and the temple of the Lord, and the wall around Jerusalem. ² The people, however, were still sacrificing at the high places, because a temple had not yet been built for the Name of the Lord. ³ Solomon showed his love for the Lord by walking according to the instructions given him by his father David, except that he offered sacrifices and burned incense on the high places. ⁴ The king went to Gibeon to offer sacrifices, for that was the most important high place, and Solomon offered a thousand burnt offerings on that altar. ⁵ At Gibeon the Lord appeared to Solomon during the night in a dream, and God said, "Ask for whatever you want me to give you."

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the arena for courage is inside us

we have to walk into and work with
our sense of vulnerability

vulnerability is the seedbed for
creativity, hope, joy and spiritual
authority

we hate our vulnerability but we have
to embrace it

**GUARDIANS
OF THE ARENA**

i have to have it all together and be perfect



i have to have it all together and not show weakness



i have to perform and measure up to people's expectations



i can't get swallowed up by fear and hopelessness



i have to have it all together and be perfect



i have to have it all together and not show weakness



Stuff It

i have to perform and measure up to people's expectations



Distract Myself

i can't get swallowed up by fear and hopelessness

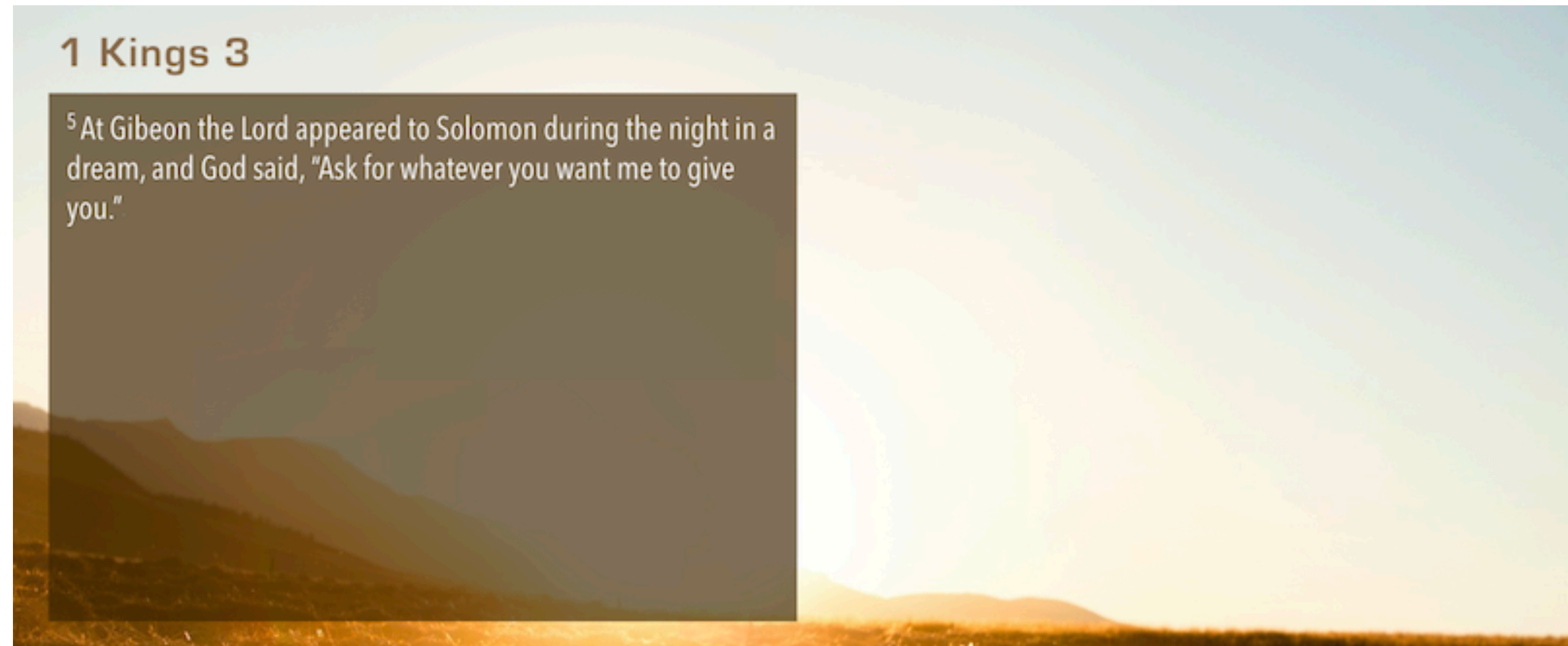


Numb Myself



1 Kings 3

⁵ At Gibeon the Lord appeared to Solomon during the night in a dream, and God said, "Ask for whatever you want me to give you."



1 Kings 3

⁶ Solomon answered, "You have shown great kindness to your servant, my father David, because he was faithful to you and righteous and upright in heart. You have continued this great kindness to him and have given him a son to sit on his throne this very day.

⁷ "Now, Lord my God, you have made your servant king in place of my father David. But I am only a little child and do not know how to carry out my duties. ⁸ Your servant is here among the people you have chosen, a great people, too numerous to count or number. ⁹ So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?"

Since Courage is a Habit, Step into the Arena

Trigger - recognize the triggers that cause us to step away

Truth - state the truth of our hearts and reality-check our fears

Talk -

Talk to God



1 Kings 3

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Talk -

Talk to God

Talk with others

1 Kings 3

¹⁰The Lord was pleased that Solomon had asked for this. ¹¹So God said to him, "Since you have asked for this and not for long life or wealth for yourself, nor have asked for the death of your enemies but for discernment in administering justice, ¹²I will do what you have asked. I will give you a wise and discerning heart, so that there will never have been anyone like you, nor will there ever be. ¹³Moreover, I will give you what you have not asked for—both wealth and honor—so that in your lifetime you will have no equal among kings. ¹⁴And if you walk in obedience to me and keep my decrees and commands as David your father did, I will give you a long life."

My Response



"I want to stop
distracting
myself from
what's inside"

"I need help to
stop stuffing my
feelings"

"I will step
into my arena
of vulnerability
to develop the
habit of
courage"

Please pray
for me. I am
facing some
huge monsters
in my life.

"I want to
stop numbing
and
desensitizing
myself"

"I need Jesus
in my life"