

Courageous Hope offered during LENT

BIBLICAL NOTION OF COURAGE:

***“HAVE I NOT COMMANDED YOU? BE STRONG AND COURAGEOUS. DO NOT BE AFRAID; DO NOT BE DISCOURAGED, FOR THE LORD YOUR GOD WILL BE WITH YOU WHENEVER YOU GO.”
JOSHUA 1:9***

***“BE STRONG AND COURAGEOUS. DO NOT BE AFRAID OR TERRIFIED BECAUSE OF THEM, FOR THE LORD YOUR GOD GOES WITH YOU; GOD WILL NEVER LEAVE YOU. THE LORD HIMSELF GOES BEFORE YOU AND WILL BE WITH YOU, GOD WILL NEVER LEAVE YOU NOR FORSAKE YOU. DO NOT BE AFRAID. DO NOT BE DISCOURAGED.”
DEUTERONOMY 31:6,8***

“BE ON YOUR GUARD; STAND FIRM IN THE FAITH; BE COURAGEOUS. DO EVERYTHING IN LOVE.” 1 CORINTHIANS 16:13-14

Courage

--is the--

Conviction

--to face the--

Darkness

Fear
is a
Reaction

Courage
is a
Decision

Courage is knowing
what not to fear.

Plato

Courage:

The quiet fire in your chest that speaks when fear scream loudest. Not the absence of fear, but the decision to act anyway. Courage is the soul's rebellion against limitations. A sacred invitation to step forward, even with shaking hands and an unsure heart.

Angel of Dark and Fire

by Laura Reece Hogan

*My angel most certainly
dwells in darkness and fire.
She my assigned warrior
battles night and chaos.
She lives in the crags
between asleep and awake.
Sword glinting, eyes
a steely might in my favor.
Born fire from Fire
she is of the Fire I love.
You, set in my heart,
set as a seal, burning.
You encircle me, you
make flame her buckler.
Why should I fear?
She prevails, powerful
sentry in this world; yet
she dissolves, forceful
magnet to the next.
Darkness is yet light
in that kingdom.
A temporary blindness
which opens wide.
My angel stands in
divine darkness,
the black hole of
her unseen weight
compels, urges me
into lightness,
a surrender to brightness.
In her there is no fear.
I long for such wings.
Reaching sightless
my embrace meets
the alchemy of
your Fire. Cares forgotten,
I take flight.*

Restless Hearts

by Larry Gosselin, O.F.M.

Our hearts are restless until they rest in Thee.
How can our hearts not come to rest in Thee?
For we are planted in the seed of contemplation,
sealed in dark night and waiting in hope for birth.
Night is our home and silence is our life.
Poverty our wealth, hope is our security.
We're as exiles in the far end of solitude.
It is here that all are longing as listeners.
We are awakening now to receive the Christ of our night.
He is the Lord of the Day.
His joy is our vocation,
ecstasy is our mission.
We are burning with love,
We need no eloquence here.
For we are tongue-tied to what we cannot fully comprehend.
To receive this Christ is for us,
as white is to lightening,
flame is to fire.
wind is to the sky.
Come quickly now, our own Beloved One,
for we are resigned longing in expectation,
as we sing now in this stone valley of hope.
For here we are on the breath of dawn
Let your light shine for all to see,
This dawn of a new day.

“Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.”

– **Maya Angelou**

“You cannot swim for new horizons until you have courage to lose sight of the shore.”

– **William Faulkner**

“Courage is resistance to fear, mastery of fear - not absence of fear.”

– **Mark Twain**

“I learned that courage was not the absence of fear, but the triumph over it. The brave person is not the one who does not feel afraid, but the one who conquers that fear.”

– **Nelson Mandela**

C.S. Lewis famously defined courage not merely as a single virtue, but as “the form of every virtue at the testing point.” In The Screwtape Letters, he argued that virtues like honesty or mercy are only genuine when tested by danger. Lewis emphasized that true courage requires acting despite fear, viewing a dangerous world as a place where moral choices become real.

BE
=STRONG=
AND
COURAGEOUS





"BE of good courage
and
God will strengthen
your heart."

Psalm 27:14

Questions for reflections:
(How, What, When, Where, Who)

How is Hope reflected through courage?

What does courage look like today?

When do we need to stand up in
courage?

Where is Courage needed most?

Who are you in courageous hope?

