



## Study Guide: Episode 21, How to Develop Courage & Be Strong

Joshua 1-8, 23-24

00:00-11:25	“What is strength & courage? Rahab—an example of courage”
11:26-19:37	“Meditation is the language of the soul...a form of spiritual exercise...”
19:28-28:42	“You can feel afraid & exercise faith, too”
28:43-41:36	“How to develop courage & build its muscle”
41:37-44:52	“For suicide prevention, we must ACT”
44:53-End	“Choose you this day whom ye will serve”

1. What does it mean to you to “be strong & of a good courage?” What does true strength look like, in your opinion? How do you develop strength? How do you exercise & develop courage?
2. Do you practice meditation? Why or why not? Listen to 11:26-19:27 and reflect upon the thoughts on meditation. The Lord tells Joshua to “meditate;” how might you obey this command, too?
3. Try my [“Spirit Meditation” in this video](#), as a method to work on meditation.
4. “Perhaps being truly strong simply means being vulnerable enough to allow our stories to be written” (*This is How We Grow*, Hibbert). Do you agree or disagree? Why? What might this look like for you in your life?
5. Listen to 28:43-41:36 & try the following 3 steps for “How to build courage.”
  1. **Recognize** the moments of fear, anxiety, stress as an “opportunity” to build your muscles of courage ,and take those opportunities.
  2. **Get comfortable** with discomfort. It's not easy! It won't feel easy. It will feel uncomfortable. Courage isn't meant to feel comfortable; otherwise it wouldn't be courageous.
  3. **Ask, “What is the BEST thing that could happen?”** Courage allows us to SEE & FEEL the good that may come from the scary, hard, painful experiences of life.
  4. **Remember:** Courage is a *muscle* that must be exercised.
6. **Suicide prevention:** When it comes to helping others overcome suicide, we must “ACT: Ask, Care, Talk (& keep talking)” (Hibbert, 2017). Reach out to someone who may be struggling, needing love & support, & ACT, this week.

### Resources

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[Come Follow Me, Old Testament, Manual](#)

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