

# Explore Courage

1 John 4:18 says “perfect love drives out fear”.  
Bring your fears to God. Share with Him why you are afraid.  
Ask Him to reveal His profound love for you, and banish the fear.

Read Daniel 3.  
Why do you think the 3 men had such courage?  
(Hint: chapters 1 & 2 may help you understand)  
How can you build your courage?

Meditate on Philippians 4:13.  
If you need some instruction on biblical meditation,  
check out <https://youtu.be/KPEsWN29wng>

**Core Truth:**  
Courage is not the absence of fear,  
it is action in spite of fear.  
  
Our courage comes from confidence  
in God’s love for us, and trust  
that He will take care of us.  
  
What opportunities for influence do you have  
that are outside your comfort zone?  
Pray for courage & go for it!

Ask a knowledgeable Christian to share favorite examples  
of courage they can recall from the scripture.  
Ask for clarification when you don’t know the story.  
What did you learn?

Read through the book of Acts.  
Make a note every time you see  
an example of courage.  
What “acts” may God be calling  
you to do in his name?

Is there someone you are uniquely positioned  
to engage in a conversation about faith?  
Start by asking what they believe.  
Ask if they’d be interested in hearing what you believe.