



Courage

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate courage.*

INTRODUCE TOPIC & SCRIPTURE 2 Timothy 1:7 *"For God did not give us a spirit of timidity but a spirit of power and love and self-control."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE Based on Psalm 118:14 **"Lord, You are my strength and my courage."**

MEDITATION *"For God did not give us a spirit of timidity but a spirit of power and love and self-control. Do not be ashamed then of testifying to our Lord..."* These are words which are directed at us today, as we seek to be faithful to (Christ), even though the environment may seem against us.³ Jesus "is asking us for courage and fortitude in facing up to the demands of ordinary life – to stop (surrounding ourselves with negative media or) to cease putting off (discussing matters of faith and truth). We cannot allow ourselves to hide behind excuses when there is so much... work to be done. We have to act with optimism, loving the world and the good that is in it while seeking to increase that goodness. We can do this with the example of a joyful family,"⁴ a peaceful spirit in the midst of hard circumstances, or a positive outlook that refuses to complain. These things, though seemingly insignificant, take real courage, fortitude, and trust... and allow us to exercise this virtue in small ways, so that we may gain strength for the unknown challenges that lie ahead.

Mark Twain observed that, "It is curious that physical courage should be so common in the world and moral courage so rare."⁵ We often second-guess ourselves or seek the approval of others, but we must remember: "Whatever you do, you need courage. Whatever you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising that tempt you to believe your critics are right. To map out a course of action and follow it to the end requires some of the same courage that a soldier needs. Peace has its victories, but it takes brave men and women to win them."⁶

RESOLUTION (Re-read Scripture.) Let us use this time to ask ourselves how we are doing when it comes to exercising courage. Do I speak up when I feel my conscience is asking me to? Do I face the uncertainty of the future with a peaceful and courageous heart? In what ways is God calling me to turn from a spirit of timidity and embrace the strength of courage? Holy Spirit, come... *All you Holy Martyrs, pray for us, that we may have the courage to stand up for all that is sacred, true, good, and beautiful.*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Our Lady of Perpetual Help: **pray for us**; St. Joseph: **pray for us**; All you Holy Martyrs (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Francis Fernandez, *In Conversation with God*, Vol. 4: 44.1. Scepter Publishers. Used with permission. www.scepterpublishers.org

⁴ Francis Fernandez, *In Conversation with God*, Vol. 4: 45.3. Scepter Publishers. Used with permission. www.scepterpublishers.org

⁵ Mark Twain, www.tentmaker.org

⁶ Ralph Waldo Emerson, www.tentmaker.org

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

