



This Week's Inspiration

June 1, 2011

“A Heart of Courage”

Dear Friend,

Living well requires courage. The English word “courage” originates from a French word for “heart.” People with courage have a different heart. So what does this mean?

- Courage is the heart to try what others rarely attempt
- Courage is the heart to address every day with our best self
- Courage is a heart of faith that looks for divine help when life is overwhelming
- Courage is speaking the truth to ourselves in our hearts, rather than listening to the lies of fear
- Courage is the daily expression of the core values of our hearts

We should not be surprised that the Scriptures repeatedly teach us not to be afraid and to be courageous. If heart is a metaphor for soul, it is evident that God’s concern for our souls calls us to courageous living.

We cannot control the difficult situations of daily life, but we can meet them with courage. We don’t know what the future holds, but we can pursue our life meaning and goals courageously. I encourage you to live life to its fullest by developing a courageous soul.

Doc

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Weekly Inspiration

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