

Having the Courage to Care



what you would normally do
even when faced with
extraordinary situations.



It is controlling fear when facing
danger or pain.

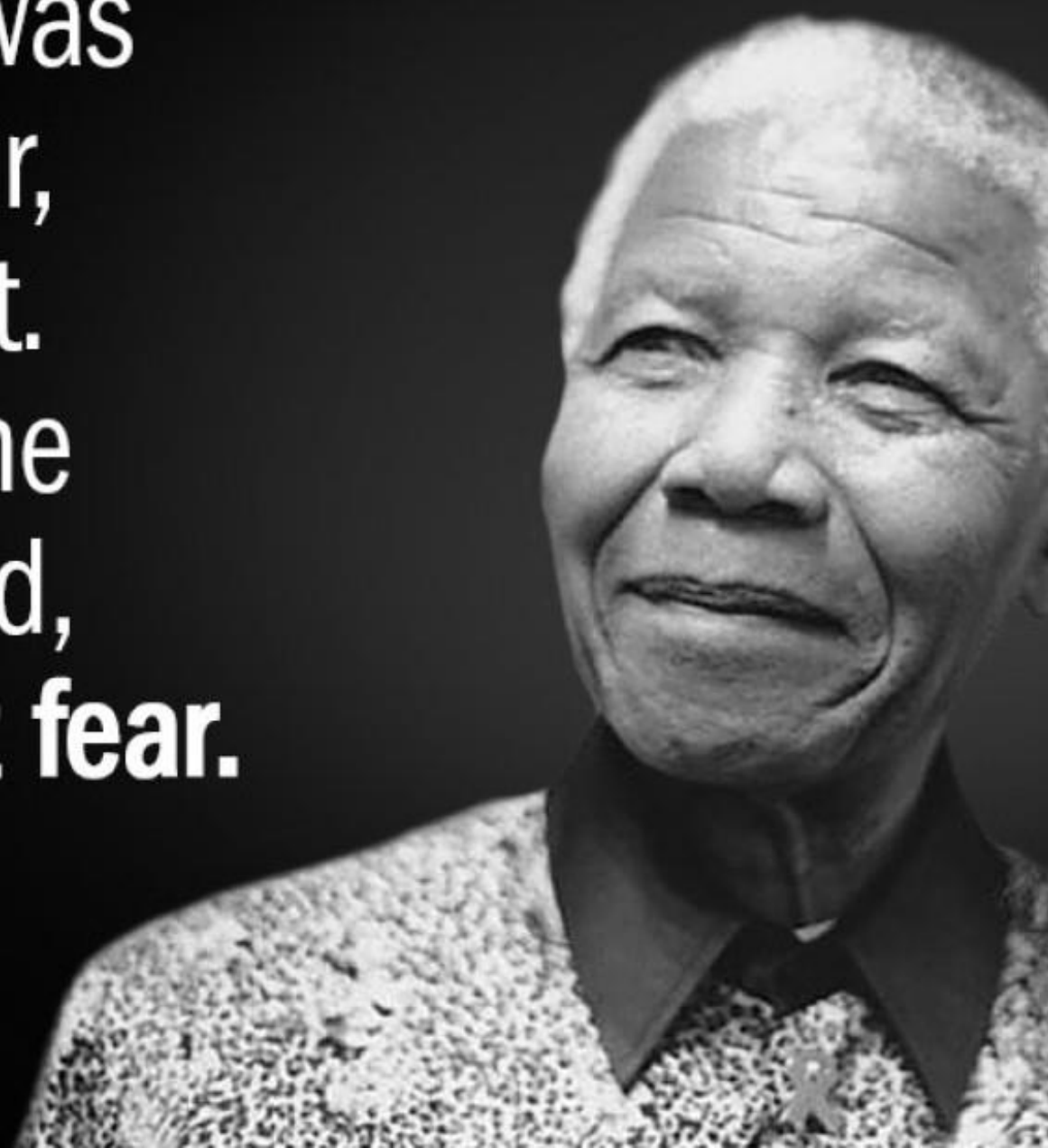
The word 'courage'
comes
from the Latin word
'cor' = heart.



Derek Redmond didn't win a medal at the 1992 Olympic games in Barcelona, but he did bring 65,000 spectators to their feet in a standing ovation recognising his incredible act of courage. Derek Redmond found courage in himself but also through the support of his father.

I learned that **courage** was
not the absence of fear,
but the **triumph** over it.
The **brave** man is not he
who does not feel afraid,
but he who **conquers that fear.**

– *Nelson Mandela*





Story of
Baby
Moses and
his sister

Miriam in
Exodus 2:1- Egypt

- ❖ How did Miriam help save her baby brother Moses from the Nile River?
- ❖ How did God use her courage and wisdom to protect Moses.
- ❖ Have you ever needed courage to do something difficult?

Our worries and anxieties can sometimes feel like GIANTS.

You may like to draw them or write them down. It is ok to feel worried or anxious about these things.

Many Christians believe that God promises to help, guide, strengthen and fill them with courage, just as he did in the story.

I wonder if you need some courage to face your GIANTS? Find someone you trust to talk to

let's
pray