

1. Courage - Our Lent 1. page 01



2. STAND, BREAKTHR 1. Page 1



STAND, BREAKTHROUGH & COURAGE

3. Ephesians 6:13 (NIV) 1. Ephesians 6:13

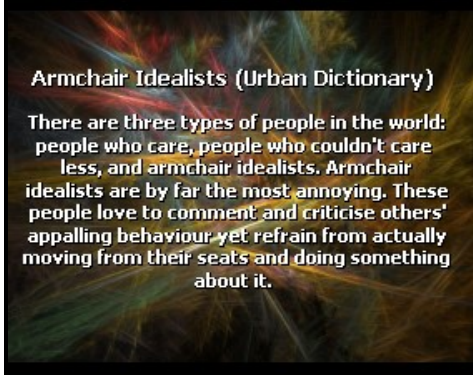


Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.

4. Breakthrough 1. page 01



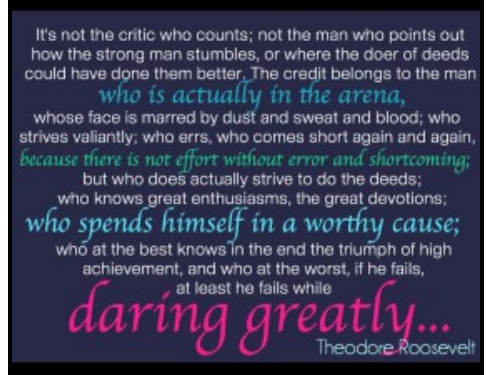
5. Armchair Idealists ( 1. Page 1



Armchair Idealists (Urban Dictionary)

There are three types of people in the world: people who care, people who couldn't care less, and armchair idealists.

6. Theodore Roosevelt 1. page 01



7. Cross cliff jump 1. page 01



8. Tightrope between 1. page 01



9. Rock Climbing 1. page 01



10. Superhero 1. page 01



11. Firemen at Work 1. page 01



12. "I used to think of 1. Page 1

*"I used to think of courage as BIG, BOLD ACTION, like a firefighter running into a burning building. And, of course, these actions take courage. From my hospice families and colleagues, I learned about a different kind of courage. A kind of courage that shows up in the small, specific choices we make every day of our lives. A kind of courage that shows up and is present in the big and little, joyful and agonizing, moments of everyday life."*  
~ Rev. Jan Kwiatkowski

"I used to think of courage as BIG, BOLD ACTION, like a firefighter running into a burning building. And, of course, these actions take courage. From my hospice families and colleagues, I learned about a

13. "Courage is a heart 1. Page 1

*"Courage is a heart word. The root of the word courage is cor - the Latin word for heart. In one of its earliest forms, the word courage meant "To speak one's mind by telling all one's heart." Over time, this definition has changed, and today, we typically associate courage with heroic and brave deeds.*

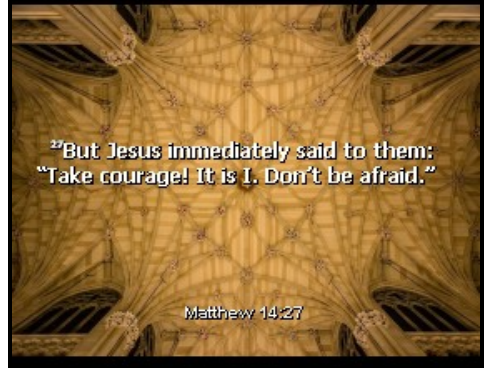
"Courage is a heart word. The root of the word courage is cor - the Latin word for heart. In one of its earliest forms, the word courage meant "To speak one's mind by telling all one's heart." Over time, this

13. "Courage is a heart 2. Page 2

*But in my opinion, this definition fails to recognize the inner strength and level of commitment required for us to actually speak honestly and openly about who we are and about our experiences -- good and bad. Speaking from our hearts is what I think of "ordinary courage."*  
~ Brené Brown, I Thought It Was Just Me: Women Reclaiming Power and Courage in a Culture of Shame

But in my opinion, this definition fails to recognize the inner strength and level of commitment required for us to actually speak honestly and openly about who we are and about our experiences -- good and

14. Matthew 14:27 (N 1. Matthew 14:27



27But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

15. Miep\_Gies\_(1987) 1. page 01



16. "As people of faith 1. Page 1

*"As people of faith we live life on a continuum between fear and courage."*  
~ Rev. Jan Kwiatkowski

"As people of faith we live life on a continuum between fear and courage."

~ Rev. Jan Kwiatkowski

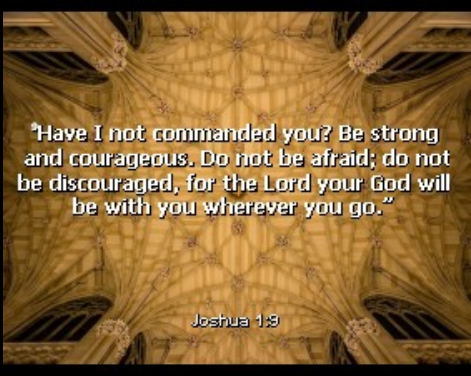
17. Courage - Cat & [ 1. page 01



"Courage is resistance to fear, mastery of fear, not absence of fear."

~ Mark Twain

18. Joshua 1:9 (NIV) 1. Joshua 1:9



**"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."**

Joshua 1:9

9Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

19. "Courage is...a hal 1. Page 1



**"Courage is...a habit, a virtue: You get it by courageous acts. It's like you learn to swim by swimming. You learn courage by couraging."**

**- Brene Brown, The Gifts of Imperfection**

"Courage is...a habit, a virtue: You get it by courageous acts. It's like you learn to swim by swimming. You learn courage by couraging."

20. Practice makes pri 1. Page 1



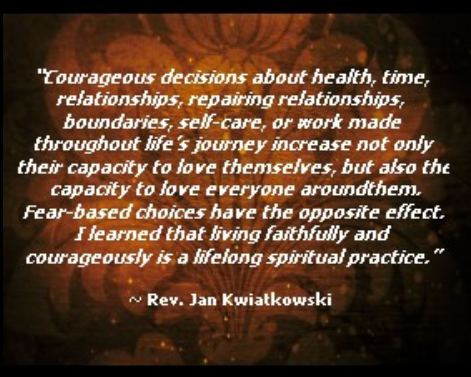
**Practice makes progress.**

**—Anonymous**

Practice makes progress.

—Anonymous

21. "Courageous deci 1. Page 1



**"Courageous decisions about health, time, relationships, repairing relationships, boundaries, self-care, or work made throughout life's journey increase not only their capacity to love themselves, but also the capacity to love everyone around them. Fear-based choices have the opposite effect. I learned that living faithfully and courageously is a lifelong spiritual practice."**

**~ Rev. Jan Kwiatkowski**

"Courageous decisions about health, time, relationships, repairing relationships, boundaries, self-care, or work made throughout life's journey increase not only their capacity to love themselves, but also

22. LivingCompassGr 1. page 01



23. MyAssessment20: 1. page 01



24. www.livingcompa: 1. Page 1



**www.livingcompass.org/  
assessment-introduction**

www.livingcompass.org/  
assessment-introduction