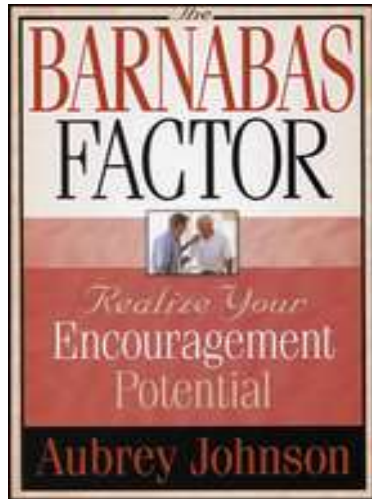


# The Barnabas Factor: Realize Your Encouragement Potential



## Lesson 2: The Power of Courage



# Scheduled Lessons

- **Aug 2**                    **The Lips of an Encourager**
- **Aug 9**                    **The Hands of an Encourager**
- **Aug 16**                  **Courage to Build: Nehemiah**
- **Aug 23**                  **Courage to Bloom: Barnabas**
- **Aug 30**                  **Courage to Believe: Jesus**
- **Sept 6**                    **Courage to Battle: God the  
Father**

# Encouragement is a Biblical Ministry

- **Godly encouragers from the past**
- **Encouragers needed today**
- **Human Magnets**
- **A Matter of Choice**
- **Becoming an Encourager**



# The Power of Courage

- Attitudes
- Beliefs
- Expectations
- Partners
- The heart and soul of encouragement



# Introduction to tonight's lesson

- Paul told Timothy (**2 Timothy 1:7**)
- Do not confuse courage with recklessness
- “Courage is the inner capacity that enables a person to move ahead toward meaningful goals and objectives in life in spite of fear and obstacles.”
- Moses encouraged Joshua...(**Deut. 31:6**).

- Daniel is a classic example of courage
- Courage is a divine resource needed by all
- Day-to-day struggles call for courage
- Courageous men and women endure, bear up, tough it out and keep on keeping on.
- “Perseverance” is the word to keep in mind here (**Eph. 6:18; James 1:25; Neh. 5:16**)



- **“Courage makes it possible for an individual to stand up for what he or she believes even when it is unpopular.”**







- “The difference between courage and fear is in the direction. Courage implies positive, forward movement. Fear suggests negative movement or the failure to move at all. Courage is progress, and fear is paralysis. Both are based on one’s attitudes, beliefs and expectations.”

# Attitudes



- **Shortcuts/comprised vs. conviction & perseverance**
- **Choose to respond to adversity**
- **Fearful—insurmountable problems**
- **Courageous—possibilities**
- **Attitudes drastically influence performance.**
- **Attitudes are life-lenses that color everything**



- **“Courageous people have confidence in their ability to cope with any circumstance. In the darkest situations, they see light at the end of the tunnel. They are never without hope.”**
- **Christians are this way because their confidence is in Christ!**

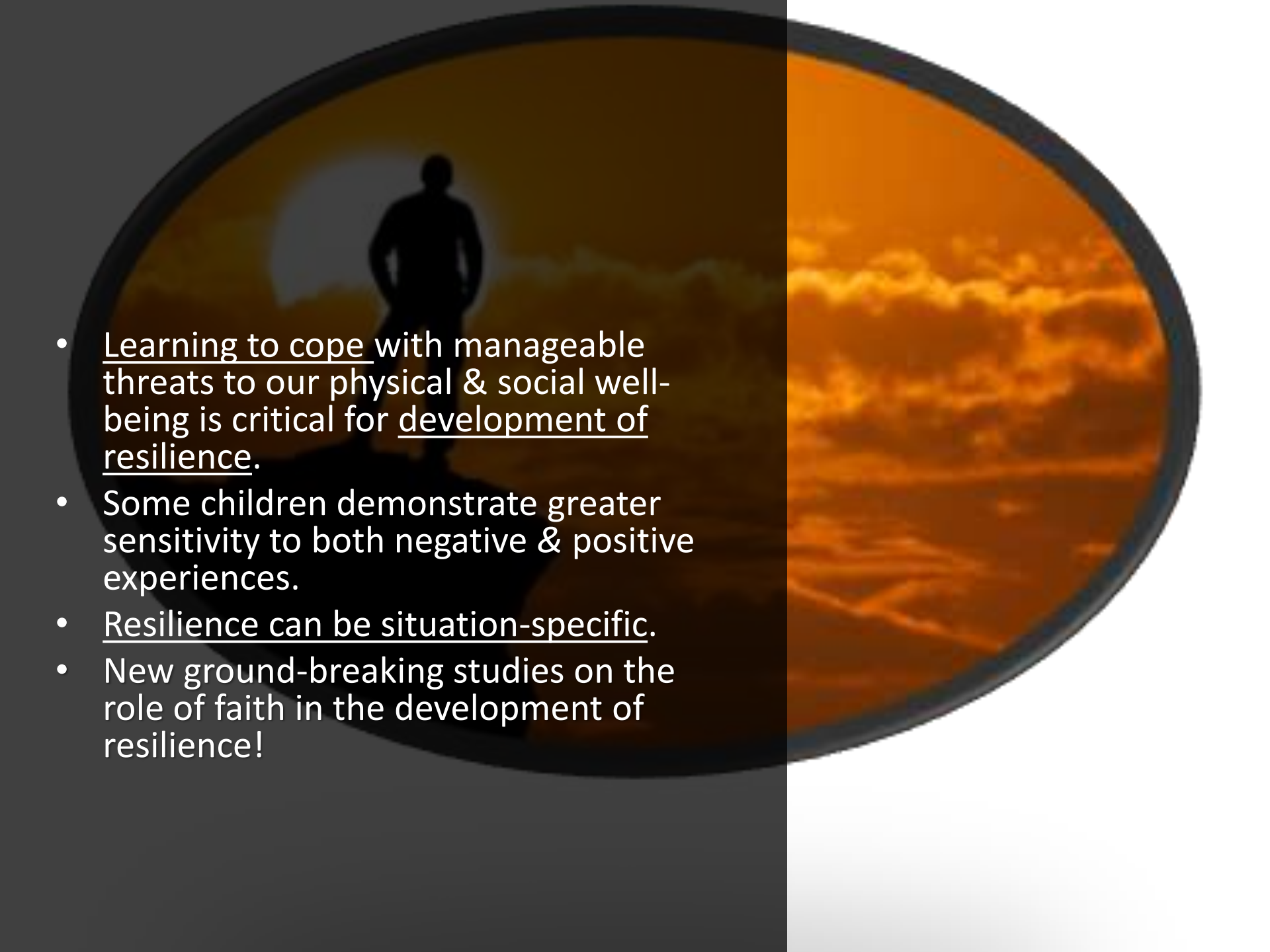



- **There is a common set of characteristics that predispose children to positive outcomes in the face of adversity:**
  - **Availability of at least one stable, caring, supportive relationship between a child & an adult caregiver.**
  - **A sense of mastery over life circumstances.**
  - **Strong executive function & self-regulation skills.**
  - **Supportive context of affirming faith or cultural traditions.**

# Resilience & Courage

- The science of resilience—Bari Walsh, Harvard Graduate School of Education
- <https://www.gse.harvard.edu/news/uk/15/03/science-resilience>
- Why some children can thrive despite adversity—moves into adult life also!
- Resilience is born from the interplay between internal disposition and external experience. It derives from supportive relationships, adaptive capacities, *and* positive experiences.



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- Learning to cope with manageable threats to our physical & social well-being is critical for development of resilience.
  - Some children demonstrate greater sensitivity to both negative & positive experiences.
  - Resilience can be situation-specific.
  - New ground-breaking studies on the role of faith in the development of resilience!

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- A silhouette of a person standing on a cliff edge, looking out over a sunset. The sun is low on the horizon, creating a bright orange and yellow glow. The person is standing with their hands on their hips, looking towards the right. The background is a dark, solid color, possibly representing the sky or a wall.
- Positive and negative experiences over time continue to influence a child's mental and physical development. Resilience can be built; it's not an innate trait or a resource that can be used up.
  - People's response to stressful experiences varies dramatically, but extreme adversity nearly always generates serious problems that require treatment. (demands more resilience)

# Beliefs

- Faith is courage enhancing
- Negative beliefs inevitably steer a person on a self-defeating course.
- “Little-faith ones” in **Matthew 6:30; 8:26; 14:31; 16:8; 17:20**
- In each case directed to disciples & followers!
- Notice specific context in each reference



- **Faulty beliefs diminish courage**
  - **Everybody must like me (nobody does)**
  - **Everyone must agree with me (no one understands me)**
  - **Things must go my way (I never get my way)**
  - **There is only one right solution (nothing works)**
  - **Life must be fair at all times ( I always get a raw deal)**

# Expectations

A silhouette of a person standing on a path, looking towards a bright sunset or sunrise. The person is positioned in the center-left of the frame, with their back to the camera. The background is a warm, golden-brown color with a soft glow from the sun, creating a hazy, atmospheric effect. The path leads towards the horizon, suggesting a journey or a path forward.

- Anticipation necessary ingredient for courageous, faithful living
- “Encouragers believe that the very struggle to persevere is the most satisfying and rewarding approach to life.”
- The size of the obstacle faced is in direct correlation to the goal about to be accomplished! Expect it! We give up a moment too soon!

# Partners

A silhouette of a person standing on a path, looking towards a bright light on the horizon, likely a sunset or sunrise. The background is a warm, golden-brown color with a soft glow around the person's head.

- **Courage alone is insufficient for successful, faithful living.**
- **Although, in historic moments, some did not have the choice of partners!**
- **Partners—conscience, biblical values, virtuous actions, heeding God's call for your life, empowerment, confidence,**
- **Jesus ultimate example; Paul, etc.**



# The Heart and Soul of Encouragement

- Like Peter, the courage to be imperfect...walking on the water!
- Christ-acceptance & self-acceptance promotes good physical, mental, & spiritual health
- Being an “overcomer,” we can live courageously!

# **Break into groups & discuss**

- 1. Something/someone that encouraged me was...**
- 2. Traits of encourager vs. discourager**
- 3. When do we need the courage to be imperfect?**
- 4. How has your faith helped you to be resilient in tough times?**