

## **Be Strong and Courageous**

### **Ready:**

*“Be strong and courageous... Be strong and courageous... Be strong and courageous...” – Joshua 1:6-9*

### **Set**

In the movie “McFarland,” the coach watched his team compete in their first cross-country meet. Although the team started well, the hills of the terrain wore them down and they finished the meet in last place. The following week in practice, the coach took his team to a farm where there were small but steep crop hills. He blew his whistle and sent his team to run up and down these man-made mounds for the entire practice. He desired for his team to grow in both strength and courage.

This coach knew that if his team were to become strong runners, then they needed to train in their area of weakness – running on hills. Although his runners did not see the purpose during those hot, grueling practices, by the end of the season they became state champions.

We do not have the ability to decide to be strong in a moment’s notice. Strength is attained as a result of PRIOR discipline and perseverance. On the flip side, courage requires people to press forward even though the result is not within their own control. Courage needs to be grounded in one’s faith in God.

As God commissioned Joshua to lead the Israelites, both strength and courage were required. Physical battles and spiritual attacks will come as we, too, live out the plans God has prepared for our lives. Strength and courage combined will enable us to be victorious physically, mentally, and spiritually.

### **Go**

1. How are you training to be strong each day?
2. What are your weaknesses today? What is your plan to become strong in these areas?
3. What are you doing each day to ensure that your faith in God grows stronger?

### **Workout**

Hebrews 12:11

Romans 8:18

Titus 3:1-2

## Overtime

*Father, please help me to be strong and courageous and lead a life pleasing to You. Amen*

### **Bible Reference:**

Hebrews 12:11

Romans 8:18

Titus 3:1-2



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