

# SCRIPTURE JOURNALING

## 30 Days of Courage

Focusing on biblical courage strengthens your faith, equips you to face challenges, and inspires others to trust in God's power and presence.

encouragement faith hope wisdom love trust

- 1. Courage is Rooted in Faith** – Biblical courage comes from trusting God, not in your own strength. When you focus on courage, you learn to rely on God's promises and His faithfulness in every situation.
- 2. Courage is Commanded by God** – Throughout Scripture, God calls His people to "be strong and courageous" (Joshua 1:9). Focusing on courage helps you obey His command and face challenges with confidence in Him.
- 3. Courage Reflects Trust in God's Sovereignty** – Embracing courage shows you trust God's control over every aspect of life, even when the future seems uncertain or overwhelming.
- 4. Courage Enables You to Overcome Fear** – Fear is a natural response, but biblical courage empowers you to face it, knowing that "God has not given us a spirit of fear, but of power" (2 Timothy 1:7).
- 5. Courage Inspires Others** – When you live courageously, you set an example for others to face their own challenges with faith and confidence in God's power and provision.
- 6. Courage Equips You for Spiritual Battles** – The Bible teaches that we are in a spiritual war (Ephesians 6:12). Courage, rooted in God's Word, helps you stand firm against spiritual opposition and trials.
- 7. Courage Brings Victory Through Obedience** – Many biblical heroes, like David, Esther, and Daniel, displayed courage by trusting God and obeying His commands. Their courage led to victories that glorified God.
- 8. Courage Fuels Perseverance** – Life's trials can be overwhelming, but courage helps you endure and remain steadfast, remembering that God works all things for good (Romans 8:28).
- 9. Courage Aligns You with God's Mission** – Following God's purpose often requires stepping out in faith and courage, trusting Him to equip and guide you for His calling.
- 10. Courage Glorifies God** – When you act with courage, you demonstrate the power of God working through you, bringing glory to Him as you face life's challenges with unwavering faith.

thanks courage humility grace joy contentment

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### **1** 2 Timothy 1:7

“For God gave us a spirit not of fear but of power and love and self-control.”

### **2** 1 Corinthians 16:13

“Be watchful, stand firm in the faith, act like men, be strong.”

### **3** Psalm 27:1

“The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?”

### **4** 2 Thessalonians 3:3

“But the Lord is faithful. He will establish you and guard you against the evil one.”

### **5** John 16:33

“I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

### **6** Nehemiah 6:9

“For they all wanted to frighten us, thinking, ‘Their hands will drop from the work, and it will not be done.’ But now, O God, strengthen my hands.”

### **7** Philippians 1:20

“As it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body.”

### **8** James 1:12

“Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life.”

### **9** Exodus 14:13

“And Moses said to the people, ‘Fear not, stand firm, and see the salvation of the Lord, which he will work for you today.’”

### **10** Romans 8:31

“What then shall we say to these things? If God is for us, who can be against us?”

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### **11** Isaiah 40:29

“He gives power to the faint, and to him who has no might he increases strength.”

### **12** Micah 7:8

“Rejoice not over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the Lord will be a light to me.”

### **13** 1 Chronicles 28:20

“Then David said to Solomon his son, ‘Be strong and courageous and do it. Do not be afraid and do not be dismayed, for the Lord God, even my God, is with you. He will not leave you or forsake you.’”

### **14** Romans 5:3-4

“Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope.”

### **15** 2 Samuel 22:31-33

“This God—his way is perfect; the word of the Lord proves true; he is a shield for all those who take refuge in him. For who is God, but the Lord? And who is a rock, except our God? This God is my strong refuge and has made my way blameless.”

### **16** Daniel 3:17-18

“If this be so, our God whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of your hand, O king. But if not, be it known to you, O king, that we will not serve your gods or worship the golden image that you have set up.”

### **17** Isaiah 54:17

“No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment.”

### **18** Revelation 12:11

“And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death.”

### **19** 2 Samuel 10:12

“Be of good courage, and let us be courageous for our people, and for the cities of our God, and may the Lord do what seems good to him.”

### **20** Mark 6:50

“For they all saw him and were terrified. But immediately he spoke to them and said, ‘Take heart; it is I. Do not be afraid.’”

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### 21 Hebrews 13:6

“So we can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”

### 22 1 Peter 3:14

“But even if you should suffer for righteousness’ sake, you will be blessed. Have no fear of them, nor be troubled.”

### 23 Acts 4:13

“Now when they saw the boldness of Peter and John, and perceived that they were uneducated, common men, they were astonished. And they recognized that they had been with Jesus.”

### 24 Psalm 23:4

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

### 25 Isaiah 43:2

“When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.”

### 26 2 Chronicles 32:7-8

“Be strong and courageous. Do not be afraid or dismayed before the king of Assyria and all the horde that is with him, for there are more with us than with him. With him is an arm of flesh, but with us is the Lord our God, to help us and to fight our battles.”

### 27 Matthew 10:28

“And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.”

### 28 Philippians 1:28

“And not frightened in anything by your opponents. This is a clear sign to them of their destruction, but of your salvation, and that from God.”

### 29 Deuteronomy 20:4

“For the Lord your God is he who goes with you to fight for you against your enemies, to give you the victory.”

### 30 Psalm 31:24

“Be strong, and let your heart take courage, all you who wait for the Lord!”