



CHRONIC JOY® TOOLBOX

LIVING BRAVE!

*"Keep on being brave!
It will bring you great rewards."
Hebrews 10:35 CEV*

LIVING BRAVE begins with faith, with living authentically from the inside out. It's messy and gritty, and reveals how much we really trust God.

LIVING BRAVE is:

- Defined by character instead of culture
- Doing the right thing instead of the popular thing
- Turning fear of rejection *from others* into looking out *for others*
- Choosing to love others even when it's hard
- Choosing a conversation over taking immediate offense
- Living with questions when what we long for are answers
- Choosing to love others (and ourselves) even when it's hard
- Speaking truth when it would be easier to lie
- Stepping out of our comfort zones because that's how we grow
- Choosing compassion and empathy over shaming and criticizing ourselves or others
- Being intentionally, unconditionally, and patiently kind with who we are and with where we are on the journey
- Thanking God for everything we *do have* in midst of loss, pain, loneliness, anxiety, illness, and depression

LIVING BRAVE is saying "yes" to God without knowing the end of the story, taking one more step of faith toward the One who created us on purpose with a purpose.

Visit chronic-joy.org for more resources.



LIVING BRAVE means that no matter what we feel or what we're facing or how impossible things seem, *we are not alone. God is with us* wherever we go, whatever we do, and however we feel.

"Take courage. The clouds that cover you this year may be darker than any you have yet known. They may linger long. They may seem to blot out the sun. But God knows how to take even these clouds, and through them work wonders so marvelous, so unlooked for, that they leave us on our knees in worship." Scott Hubbard

"So many times we read about the heroes of faith, people like Moses, who did incredible things for God. But we often forget that every single one of them faced incredible fear. Every single one of them struggled with their faith." Corey Trevathan

It took courage for Noah to build the ark, for David to face Goliath, for Elijah to defeat the false prophets, for Josiah to reform the Kingdom.

QUESTIONS:

1. What does *Living Brave* look like in your life?
2. Think about something brave you've done. Were you anxious, afraid or overwhelmed? How did you feel later?
3. Who is the bravest person you know? Why? What makes them so brave?
4. Has illness stopped you from believing God will take care of you?
5. What do you fear? Do your fears lead to worry, anxiety, or attempting to control people or situations?
6. Where do you need the courage and bravery God gives today?

"No one is born brave. We choose to be courageous every day, and in every circumstance, one decision at a time."

Nick Diliberto

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