

Finding Peace in an Anxious World
Session3: Courage to change the things I can

God, grant me the serenity
To accept the things I cannot change
Courage to change the things I can
And wisdom to know the difference

Today's Scriptures:

Proverbs 4:20-22

New Revised Standard Version (NRSV)

- ²⁰ My child, be attentive to my words;
incline your ear to my sayings.
- ²¹ Do not let them escape from your sight;
keep them within your heart.
- ²² For they are life to those who find them,
and healing to all their flesh.

Matthew 14:22-29

New Revised Standard Version (NRSV)

Jesus Walks on the Water

²² Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴ but by this time the boat, battered by the waves, was far from the land, ^[a] for the wind was against them. ²⁵ And early in the morning he came walking toward them on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. ²⁷ But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid." ²⁸ Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹ He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus.

Reflection Questions on Brene Brown's Ted talk:

- What did you think of this TED talk?
- In the study text, the chapter author quotes from one of Brown's books: "Heroics is important and we certainly need heroes, but I think we've lost touch with the idea that speaking honestly and openly about who we are, about what we're feeling, and about our experiences (good and bad) is the definition of courage. Heroics is often about putting our life on the line. Ordinary courage is about putting our *vulnerability* on the line. In today's world, that's pretty extraordinary." Do you agree with her definition of courage? Is there anything you would add?
- What connections do you see between Brown's research on vulnerability and the idea of Christian courage?
- Do you see any connections between this conversation and the Bible study from earlier in the passage?

Exploring Christian Courage:

- What issue do we need courage to address?
- What issue do you need courage to address?
- How do we, like Peter, find the courage to follow Jesus out into the water?