

FEAR

JOY

LOVE

SORROW

COURAGE

HATRED

ANGER

ANXIETY



COURAGE

Wait for the LORD; Be strong and let your heart take courage; Yes, wait for the LORD. (Ps. 27:14)

Be strong and let your heart take courage, all you who hope in the LORD. (Ps 31:24)

Say to those with anxious heart, "**Take courage**, fear not. Behold, your God will come with vengeance; The recompense of God will come, but He will save you." (Isa 35:4)

"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but **take courage**; I have overcome the world." (Jhn 16:33)

But on the night immediately following, the Lord stood at his side and said, "**Take courage**; for as you have solemnly witnessed to My cause at Jerusalem, so you must witness at Rome also." (Acts 23:11)

**YOUR HEART IS
THE SOURCE OF
EMOTIONS &
PASSION**

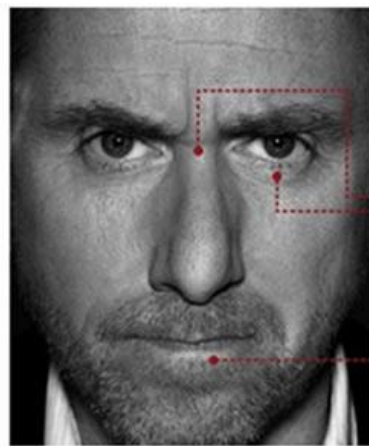
BUT

**IT IS ALSO ABLE
TO RECEIVE
EMOTIONS &
PASSION**



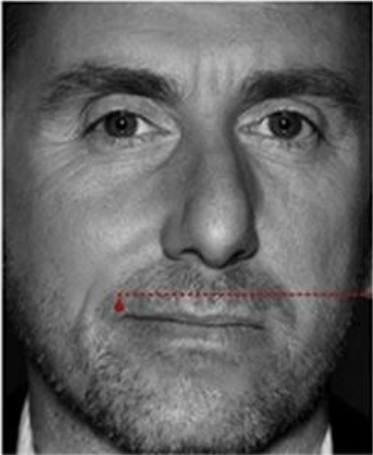
sadness

- ① drooping upper eyelids
- ② losing focus in eyes
- ③ slight pulling down of lip corners



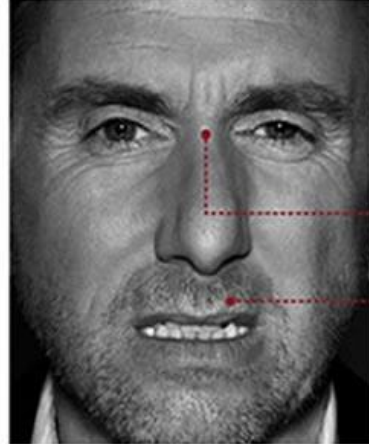
anger

- ① eyebrows down and together
- ② eyes glare
- ③ narrowing of the lips



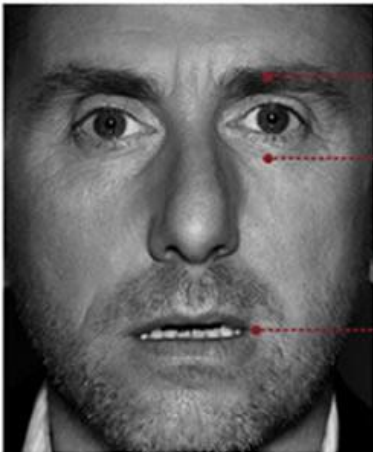
contempt

- ① lip corner tightened and raised on only one side of face



disgust

- ① nose wrinkling
- ② upper lip raised



surprise

- Lasts for only one second:
- ① eyebrows raised
 - ② eyes widened
 - ③ mouth open



fear

- ① eyebrows raised and pulled together
- ② raised upper eyelids
- ③ tensed lower eyelids
- ④ lips slightly stretched horizontally back to ears

**YOUR HEART IS
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BUT

**IT IS ALSO ABLE
TO RECEIVE
EMOTIONS &
PASSION**

Be on guard, so that your hearts will not be weighted down with dissipation and drunkenness and the worries of life, and that day will not come on you suddenly like a trap;
(Lk 2:34)

Keep your heart with all diligence, For out of it spring the issues of life. (Pr 4:23)

Only take heed to yourself, and diligently keep yourself, lest you forget the things your eyes have seen, and **lest they depart from your heart** all the days of your life. And teach them to your children and your grandchildren,
(Deut 4:9)

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HOW DO WE TAKE COURAGE?

**Be strong and let your heart take courage, all
you who hope in the LORD. (Ps 31:24)**



Let the word of Christ richly dwell within you, with all wisdom teaching and **admonishing one another** with psalms and hymns and spiritual songs, singing with thankfulness **in your hearts** to God. (Col 3:16)

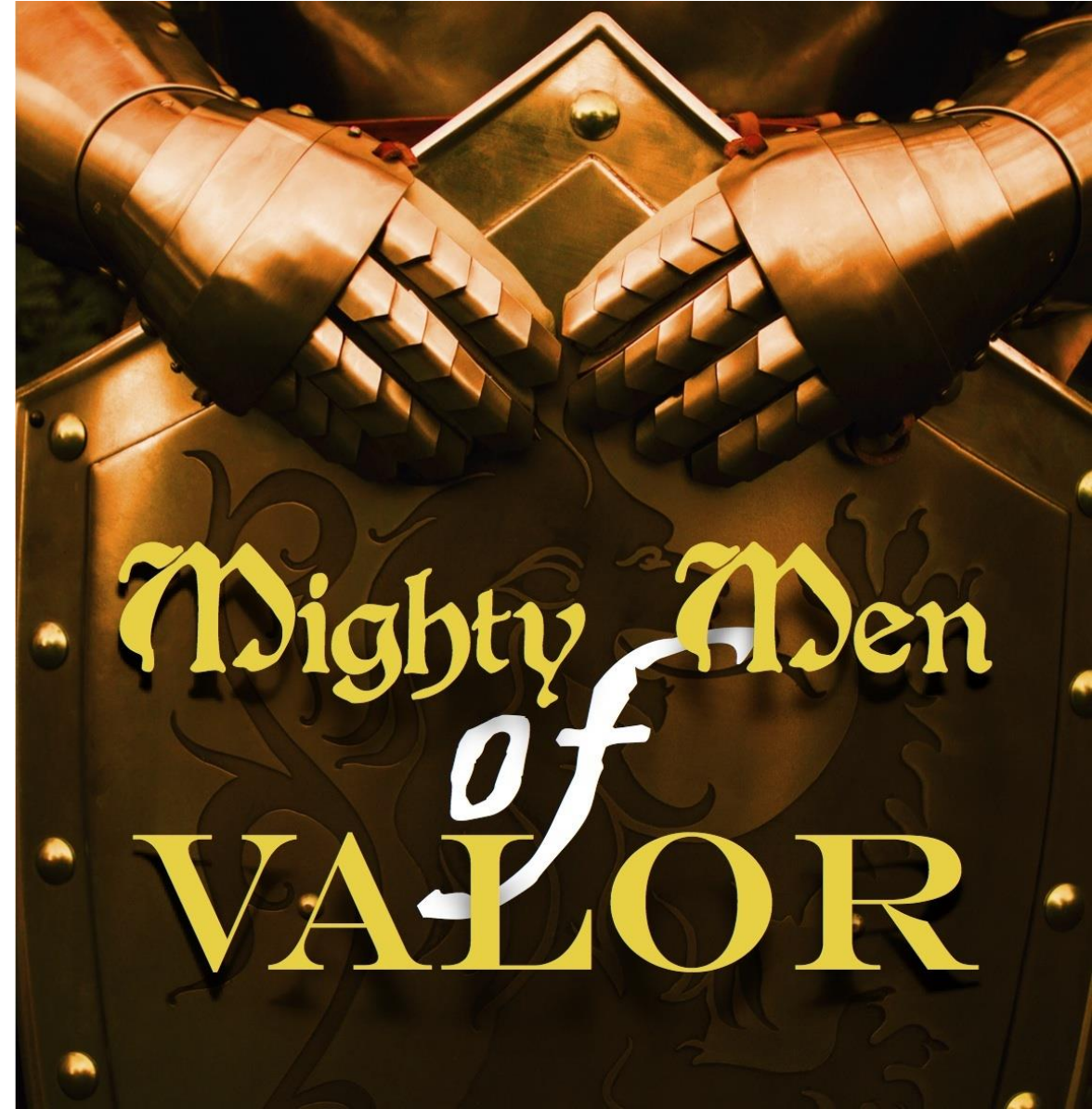


SING

FELLOWSHIP WITH THE FAITHFUL

Do not be deceived: "Bad company corrupts good morals." (1 Cor 15:33)

Let us hold fast the confession of our hope without wavering, for He who promised is faithful; ²⁴ and let us consider how to stimulate one another to love and good deeds, ²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near. (Heb 10:23-25)



BE INSPIRED BY THE WORD

Therefore, since we have so great **a cloud of witnesses** surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, **(Heb 12:1)**



OBSERVE GOD'S CREATION

Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life?

And why are you worried about clothing? **Observe how the lilies of the field grow**; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these.

But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith! Do not worry then, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear for clothing?' (Matt 6:26-31)

PRAY FOR COURAGE

And now, Lord,
take note of
their threats,
and grant
that Your
bond-servants
may speak Your
word **with all**
boldness (Acts 4:29)



On the day I
called, You
answered me;
You made me
bold with
strength in my
soul. (Ps 138:3)

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