The good news is that God is with us. It’s more than a cliché. It’s a reality, it’s true, and it’s going to remain true whether we acknowledge it or not. If we want to appropriate His power, we must be willing to exercise faith. And that takes courage. To be honest with you, I’ve come to a conclusion about courage that I expect the world to reject: The most courageous position we can assume is on our knees. Those who understand this understand the sheer and infinite force behind God’s promises. It enables them to trust Him for the things they can’t see and to face the enemies that glare at them each day. – Dr. Tim Kimmel, Home Grown Heroes, How to Raise Courageous Kids

John 14:27 (AMP) Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

John 14:27 (Message) I’m telling you these things while I’m still living with you. The Friend, the Holy Spirit whom the Father will send at my request, will make everything plain to you. He will remind you of all the things I have told you. I’m leaving you well and whole. That’s my parting gift to you. Peace. I don’t leave you the way you’re used to being left—feeling abandoned, bereft. So don’t be upset. Don’t be distraught.

Hebrew word for peace is shalom: completeness, soundness, welfare, to be at peace.

Fear is a controlling emotion and a great weapon of the evil one.

- Why did Eve eat the forbidden fruit? Genesis 3
- Why did Abraham ask Sarah to lie and say she was his sister? Genesis 12:10 – 13
- What caused Peter to do the unthinkable and deny Jesus, his Rabbi? Luke 22:54-62
- Why couldn’t the Rich Young Ruler give up his wealth? Matthew19:16-30

How to move your heart and mind away from fear to faith and courage:

1. Watch the confessions of your mouth.  
   WHAT ARE YOU TALKING ABOUT?
Proverbs 18:21 (AMP) Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it [for death or life].

1 Timothy 1:7 (NKJV) For God has not given us a spirit of fear, but of power and of love and of sound minds.

2. Program the meditations of your heart and mind.
WHAT ARE YOU THINKING ABOUT?

Psalm 1:1-3 (AMP) Blessed (happy) is the woman whose delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the teachings of God) she habitually meditates (ponders and studies) by day and by night. And she shall be like a tree firmly planted [and tended] by the streams of water, ready to bring forth its fruit in its season; its leaf also shall not fade or wither; and everything she does shall prosper [and come to maturity].

James 1:22 - 25 Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

3. Choose prayer over worry more often than not.
WHAT ARE YOU WORRYING ABOUT?

Isaiah 26:3 You will keep her in perfect peace, whose mind is stayed on You, because she trusts in You.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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Luke 1:28-38 26 In the sixth month of Elizabeth’s pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, 27 to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin’s name was Mary. 28 The angel went to her and said, “Greetings, you who are highly favored! The Lord is with you.” 29 Mary was greatly troubled at his words and wondered what kind of greeting this might be. 30 But the
angel said to her, “Do not be afraid, Mary; you have found favor with God. 31 You will conceive and give birth to a son, and you are to call him Jesus. 32 He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, 33 and he will reign over Jacob’s descendants forever; his kingdom will never end.” 34 “How will this be,” Mary asked the angel, “since I am a virgin?” 35 The angel answered, “The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. 36 Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. 37 For no word from God will ever fail.” 38 “I am the Lord’s servant,” Mary answered. “May your word to me be fulfilled.” Then the angel left her.

• Mary’s example is one of surrendering her mother’s heart to the Lord, even when she was afraid.

• Mary’s example is one of taking to heart the words that the Lord spoke to her.

Greek words for “word” are: ____________________________________________

Logos: expression of thought

1 John 5:7

Rhema: utterance

John 1:1
John 15:7

1. Rhema is a personal word spoken to our spirit, not necessarily our mind.

2. Rhema will never contradict the logos word of God.

Hebrews 4:12
“The significance of rhema as distinct from logos is that it is not in reference to the whole Bible as such, but to the individual scripture which the Holy Spirit brings to our remembrance for use in a time of need, a prerequisite being the regular storing of the mind with Scripture.” – Vine’s Bible Dictionary

A parent instills and develops courage in your children by:

- Modeling it!
- Talking about it!
- Doing it!

“The dictionary defines courage as the ability to face difficulty, danger, or pain without fear. I think courage is the ability to look difficulty, danger, or Pain Square in the face and do what needs to be done, even though you are afraid. And your children learn how to be courageous watching you. They learn courage when they see you step out of your comfort zone. They practice courage when you challenge them to try new and scary things.”

– Mark Merrill, The Family Minute

For Further Study

1. Write and meditate on John 14:27 (AMP) Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

2. READ John 14, putting verse 27 and the implication of Jesus’ words in context.

3. Ponder the meanings below, and how they apply to your heart in regard to your family:

Agitated = perturbed
Literally to move to and fro.

Disturbed = unsettled
Literally to interrupt the quiet, rest and order.

Fearful = full of impending danger, evil or pain
Intimidated = timid, full of fear
Cowardly = lacking in courage
Unsettled = not fixed or stable, disorganized
Literally to be in continuous motion.

4. Read and meditate on the following verses about God’s Words:
Psalm 119
Proverbs 30:5
Isaiah 55
Matthew 24:35
Colossians 3:16
2 Timothy 2:15