

## **CHAPTER 1** COURAGE CALL-TO-ACTION STEPS

1. Purchase a spiral notebook or some type of blank journal. Put your name and the date on the first page. Keep this notebook nearby as you read to jot down thoughts, tips, and Scripture notes.
2. Take a few minutes to write down your thoughts after reading this chapter. List the areas in your life where you might need to make more courageous choices.

## **CHAPTER 2** COURAGE CALL-TO-ACTION STEPS

1. Draw a vertical line down the center of one page in your notebook and use these column headers: Courage and Fear. Now, take a self-inventory. In the appropriate column, list the ways you exhibit courage and/or fear. There are no right or wrong answers. This is a stream-of-consciousness exercise designed to identify strengths and weaknesses to prepare for courageous changes.
2. Spend quiet time with the Lord confessing relationships in your life where you struggle to forgive, including your relationship with yourself. Then ask God to help you as you begin to courageously embrace forgiveness in these relationships.

## **CHAPTER 3** COURAGE CALL-TO-ACTION STEPS

1. Take a few minutes and consider the negative inner voices that cause you to doubt yourself and list the thoughts you struggle with the most.
2. Take out your notebook or journal and write a page about what healthy boundaries mean to you and how they impact your life. Then list at least one boundary area you are aware of that you need to change.

## **CHAPTER 4** COURAGE CALL-TO-ACTION STEPS

1. In your notebook/journal, make four columns and title each column with one of the Four Foundations of Health: Spiritual, Emotional, Relational, and Physical. Refer to the charts that demonstrate each of these areas and take an honest assessment of each category of your health.
2. Write down the health areas you are weakest in. Pray for wisdom and discernment, and ask God to tell you how you can strengthen these areas of health. Then describe ways you can improve your overall health.

## **CHAPTER 5** COURAGE CALL-TO-ACTION STEPS

1. Review the chart, Development of a Stronghold. Then, take out your notebook or journal and list any strongholds you are aware of in your life.
2. Now list any specific attitudes or behaviors you feel led to commit to change. Include additional areas of change God has brought to your attention as you've read this chapter.

## **CHAPTER 6** COURAGE CALL-TO-ACTION STEPS

1. List any specific circumstances, coping skills, or desires you feel led to commit to change. Include additional areas of change God has brought to your attention as you've read this chapter.
2. Ask God to help you sincerely commit to change (see Joshua 1:9; Romans 12:2) and consider sharing your insights with a trusted friend who will encourage, support, and hold you accountable as you prepare to make necessary changes.

## **CHAPTER 7** COURAGE CALL-TO-ACTION STEPS

1. Spend quiet time with God. Pray for wisdom and discernment to recognize the obstacles that hinder your foundational health. Take out your notebook or journal and list the obstacles you need to overcome. Listen attentively to God and ask Him for guidance as you strive to overcome your obstacles.
2. Beside each obstacle, list one, or more, of the Four Pests of Pressure (fear, hurt, sin, or shame) you believe are likely contributing to your obstacles.

## **CHAPTER 8** COURAGE CALL-TO-ACTION STEPS

1. After reading this chapter, have you identified any additional obstacles that negatively impact your foundational health? Take out your notebook or journal and list the additional obstacles you need to overcome. Listen attentively to God and ask Him for guidance as you strive to overcome these obstacles. Then reach out to a safe person, admit your obstacles, and ask for support as you work through the process of overcoming them. Don't wait. Get help.
2. Beside each obstacle, list one, or more, of the Four Pests of Pressure (fear, hurt, sin, or shame) you believe are likely contributing to your obstacles.

## **CHAPTER** COURAGE CALL-TO-ACTION STEPS

1. Purchase note cards to use for scripture memorization. Take out four cards and write the following verses on each: Psalm 139:14 and Ephesians 2:10. Place these cards in common areas where you will see them frequently throughout your day and read them repeatedly until you have memorized each scripture.
2. Take an honest assessment of your view of yourself. Is it mostly positive or negative? Are you willing to adopt God's view of you over yours? Write at least a paragraph in your notebook or journal explaining your answers to these questions.

## **CHAPTER 10** COURAGE CALL-TO-ACTION STEPS

1. Take out your notebook or journal and describe any masks you may be wearing that keep you from walking in healthy identity.
2. Go to a quiet place where you can be alone with God and confess to Him the areas of your life you are covering up. Ask Him for wisdom and discernment regarding ways you might uncover them. Then take at least five to ten minutes, be still, and listen for God to speak to you. Write down what you sense He is encouraging you to do and then make that your prayer for the next seven days.

## CHAPTER 11 COURAGE CALL-TO-ACTION STEPS

1. Pray for God to convict you of any worldly lies you believe, then open your Bible, and look up the following passages. Write these verses on note cards and read them daily until you have committed them to memory:
  - a. Colossians 2:8
  - b. 2 Corinthians 10:5
  - c. Proverbs 3:5–6
2. Describe your commitment to discover truth from God’s Word in order to replace any worldly lies you’ve adopted.

## CHAPTER 12 COURAGE CALL-TO-ACTION STEPS

1. Take out your notebook or journal and draw a line down the middle of a page to make two columns. In the first column, make a list of lies you believe. In the second column, write out any Scriptures you’ve discovered that replace the lies. Caution: Don’t attempt to make Scripture fit your belief. Instead, conform your belief to fit the truth found in Scripture. Read your lies and truths at least once a day and meditate on denouncing the lies, in the name of Jesus, and accepting the truths. Do this exercise for at least thirty days—but preferably for sixty days.
2. Seek out a spiritually mature Christian and ask to meet with them weekly, over the course of this exercise, for discipleship, to strengthen your understanding of biblical truth. If possible, maintain this relationship after the allotted time.

## CHAPTER 13 COURAGE CALL-TO-ACTION STEPS

1. Take out two note cards and write the Serenity Prayer on each one. Place these cards in the same areas you placed your Scripture memorization note cards. Pray this prayer daily for at least seven days and strive to memorize it.
2. Take out your notebook or journal and make two columns. Write “Cannot Change” at the top of the first column and “Can Change” at the top of the second column. List the specific things you can and cannot change in your life. Then spend time in prayer and communication with God, asking Him to give you the wisdom and ability to accept the things you cannot change and change the things you can.

## **CHAPTER 14** COURAGE CALL-TO-ACTION STEPS

1. Take out your notebook or journal and write down how you see God and how you believe God sees you. Reference Scripture to support your view.
2. Now write down the stage you believe you are in on your spiritual growth journey: seeing, believing, accepting, or surrendering. Write out what stage you would like to see yourself grow into. Pray about the importance of studying God's Word and write down a challenge you are willing to take to improve your knowledge and understanding of Scripture.

## **CHAPTER 15** COURAGE CALL-TO-ACTION STEPS

1. Take out your notebook or journal and write at least a paragraph about what it means to you to embrace God's grace.
2. Ask God to reveal trigger situations in your life where your ability to extend grace is often tested. Write about these circumstances, ask God to help you understand and manage your triggers, and ask Him to reveal people in your life who need to receive grace from you. Write down their names and at least one way you could extend grace to them. Then pray for each one.

## **CHAPTER 16** COURAGE CALL-TO-ACTION STEPS

1. Take a moment to pray about circumstances where you are in need of God's empowerment to help you resist Satan, extend forgiveness, grow friendships, improve communication, or persevere. Ask God to use your life circumstances to develop these areas in your life and ultimately bring Him glory.
2. Take out your notebook or journal and write down at least one goal for each of the five steps for moving forward in freedom, listed at the start of this chapter. Develop a plan to implement these goals in the coming week.

## **CHAPTER 17** COURAGE CALL-TO-ACTION STEPS

1. Take out your notebook or journal each day for the next ten days and write down at least five things you are thankful for. Thank God for them and let them be the foundation of your joy throughout each day. (Consider doing this every day from now on. You will be amazed at the difference it will make in your perspective.)
2. In your notebook or journal, write out your goals on how you intend to implement the seven steps to COURAGE into your daily life and how you intend to pursue your God-given dreams.