



The Focus word for May is COURAGE
 Week 19 May 2 - May 9

courage *noun* - the ability to do something that frightens one.
 Strength in the face of pain or grief.

This week's verse:

'Have I not commanded you? Be strong and courageous.
 Do not be afraid; do not be discouraged, for
 the LORD your God will be with you wherever you go.'
 Joshua 1:9 (NIV)

Oh man you guys, the word this month is HUGE for me. How about you? I am wrestle (which means struggle) with courage a daily basis. Throughout the month I will share my stories with you (lucky you!)

I feel like I have to practice being strong and courageous on a daily basis, (sometimes hourly) because we just don't know what is around the corner and need to be prepared.

Do you need to start practicing courage?



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If you are a Bible journaler, I encourage you to highlight the weekly verses and either create/journal in the margins of your bible, a page that you can add into your bible or in your art journal. Here is a look at this week's verse that I actually doodled/created during my recent trip to Italy when I was practicing courage but NOT feeling brave AT ALL. I have to honestly say that just reading this verse and taking time to create in the margin of my Bible help me immensely...try it and see how it works.

