



# Courage

AND

# Fear



**O** Lord! Unto Thee I repair for refuge, and toward all Thy signs I set my heart.

O Lord! Whether traveling or at home, and in my occupation or in my work, I place my whole trust in Thee.

Grant me then Thy sufficing help so as to make me independent of all things, O Thou Who art unsurpassed in Thy mercy!

Bestow upon me my portion, O Lord, as Thou pleasest, and cause me to be satisfied with whatsoever Thou hast ordained for me.

Thine is the absolute authority to command.

## WHAT IS COURAGE?

**H**aving courage does not mean that we are unafraid. Having courage and showing courage mean we face our fears. We are able to say, 'I have fallen, but I will get up.' —*Maya Angelou*

**I** learned that courage was not the absence of fear, but the triumph over it. —*Nelson Mandela*

**S**uccess is not final, failure is not fatal: it is the courage to continue that counts. —*Winston Churchill*



**Y**ou may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats so you can know who you are, what you can rise from, how you can still come out of it.

—*Maya Angelou*





**C**ourage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.—*Winston Churchill*

**I** count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self.—*Aristotle*

**C**ourage does not always roar, sometimes it's the quiet voice at the end of the day saying, I will try again tomorrow.

—*Mary Anne Radmacher*

**I** have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.

—*Rosa Parks*

**I**f you want to see the brave, look at those who can forgive. If you want to see the heroic, look at those who can love in return for hatred.—*Bhagavad Gita*

**M**oral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.—*Aristotle*

**R**emember that when you leave this earth, you can take...only what you have given: a full heart, enriched by honest service, love, sacrifice and courage.—*Francis of Assisi*

**E**ven death is not to be feared by one who has lived wisely.—*Buddha*

## WHERE SHOULD WE TURN FOR COURAGE?

**D**o not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.—*Philippians 4:6-7*

**I** can do all things through him who strengthens me.—*Philippians 4:13*

**H**ave I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.—*Joshua 1:9*

**S**trive as much as ye can to turn wholly toward the Kingdom, that ye may acquire innate courage and ideal power.—*‘Abdu’l-Bahá,*

**G**od is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea; though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. —*Psalm 46:1-3*

**A**rmed with the power of Thy name nothing can ever hurt me, and with Thy love in my heart all the world's afflictions can in no wise alarm me. —*Bahá'u'lláh*

**T**urn thy sight unto thyself, that thou mayest find Me standing within thee, mighty, powerful and self-subsisting.

—*Bahá'u'lláh*



**F**or their agitation was turned into peace, their doubt into certitude, their timidity into courage. Such is the potency of the Divine Elixir, which, swift as the twinkling of an eye, transmuteth the souls of men!—*Bahá'u'lláh*

**I**t was the Love of God that led Abraham, Isaac, and Jacob, that strengthened Joseph in Egypt and gave to Moses courage and patience.—*'Abdu'l-Bahá*

**T**he source of courage and power is the promotion of the Word of God, and steadfastness in His Love.—*Bahá'u'lláh*



## CAN FEAR EVER BE A GOOD THING?

**A**nd unto man he said, Behold, the fear of the Lord, that is wisdom; and to depart from evil is understanding.—*Job 28:28*

**P**raise the Lord! Blessed is the man who fears the Lord, who greatly delights in his commandments!—*Psalms 112:1*

**V**erily I say: The fear of God hath ever been a sure defence and a safe stronghold for all the peoples of the world. It is the chief cause of the protection of mankind, and the supreme instrument for its preservation.—*Bahá'u'lláh*



**O** that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever!—*Deuteronomy 5:29*

**O** you who have believed, fear God and speak words of appropriate justice. (Then) He will make your deeds righteous for you, and He Will forgive you your sins; and whoever obeys God and His Messenger has certainly attained a great attainment.—*The Quran*

**T** heir hearts are illumined with the light of the fear of God, and adorned with the adornment of His love. Their concern hath ever been and now is for the betterment of the world. Their purpose is to obliterate differences, and quench the flame of hatred and enmity, so that the whole earth may come to be viewed as one country.—*Bahá'u'lláh*

**W** e have admonished Our loved ones to fear God, a fear which is the fountainhead of all goodly deeds and virtues.—*Bahá'u'lláh*

**B**e calm, be strong, be grateful, and become a lamp full of light, that the darkness of sorrows be annihilated, and that the sun of everlasting joy arise from the dawning-place of heart and soul, shining brightly.—*‘Abdu’l-Bahá*



**W**ere men to discover the motivating purpose of God's Revelation, they would assuredly cast away their fears, and, with hearts filled with gratitude, rejoice with exceeding gladness.—*Bahá'u'lláh*