



# Courage and Fear

*... with Thy love in my heart all the world's afflictions can in no wise alarm me.*

*—Bahá'u'lláh*

## **What is courage?**

Having 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—

Courage 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 count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self.

—Aristotle—

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—

If 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—

## Where should we turn for courage?

I can do all things through him who strengthens me.

—Philippians 4:13—

Strive as much as ye can to turn wholly toward the Kingdom, that ye may acquire innate courage and ideal power.

—‘Abdu’l-Bahá—

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

—Bahá’u’lláh—

The source of courage and power is the promotion of the Word of God, and steadfastness in His Love.

—Bahá’u’lláh—

Be 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—

Were 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

