

**FAST Lesson 5C:**  
**A Real Man Looks Beyond This Life –**  
**Courage and Joy**

John Kain, 2010

- I. Bravery (courage in the face of danger or pain), gallantry (courage in protection of the weak), and valor (courage in battle) are universally associated with manliness. They are the opposite of cowardice, fearfulness, and spinelessness, which are recognized as a weakness of character.
- II. Courage does not require physical strength. It is the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or being thrown off a chosen course of action.
- III. Courage is not the absence of fear. Courage is the strength of character to manage or control the unpleasant feelings of apprehension that are caused by the presence or anticipation of danger. In fact, fears which are handled in a healthy way show our respect or awe for somebody or something (such as a healthy fear of God, which can reflect our reverence instead of our cowardice).
- IV. The key is not to be overcome by fear, and not to be incapacitated or defeated by worry.
- V. Courage is sometimes mistaken for foolishly throwing ourselves in the path of danger. Courage should never be mistaken for lack of common sense, or behavior that is rash or thoughtless.
- VI. Instead, courage is a byproduct of spiritual strength (to overcome fear) and mature thinking (the appreciation of God's love for us).
- VII. Without courage we become controlled by our fears and anxieties, and lose our ability to delight in things and to appreciate the truly pleasurable aspects of life.
- VIII. With courage we enter into joy. As we overcome our fears, we are able to experience feelings of great happiness and an elevated kind of pleasure in life.

“Do not show partiality in judging; hear both small and great alike. **Do not be afraid of any man, for judgment belongs to God.** Bring me any case too hard for you, and I will hear it.” (Deuteronomy 1:17)

“**Be strong and courageous.** Do not be afraid or terrified because of the, **for the LORD your God goes with you; he will never leave you nor forsake you.**” (Deuteronomy 31:6)

“Fear of man will prove to be a snare, but **whoever trusts in the LORD is kept safe.**” (Proverbs 29:25)

“I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. But I will show you whom you should fear: Fear him who, after the killing of the body, has power to throw you into hell. Yes, I tell you, fear him. Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. **Don’t be afraid; you are worth more than many sparrows.**” (Luke 12:4–7)

“For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.” (Isaiah 41:13)

“**Do not be anxious about anything,** but in everything, 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.

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, **whatever is admirable—if anything is excellent or praiseworthy—think about such things.** Whatever you have learned or received or heard from me, or seen in me—put it into practice. **And the God of peace will be with you.**” (Philippians 4:6–9)

“Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us.” (Romans 8:35–37)