

Courage

Week 1- I am brave because...

Week 2- Tell a story of a time when you have had passion, purpose, awareness of danger, and resolve.

*Week 3- Where does Matthew Perryman Jones' song *Waiting on the Light to Change* take you in your own story?*

Week 4- Tell a story of the greatest moment in your life.

Week 5- Where does Maya Angelou's poem "Touched by an Angel" take you in your story?

Week 6- What has been the single greatest moment of your life?

Week 7- Brene Brown says that Courage is "to tell your story with your whole heart." Based on that definition, what scene of your story will you courageously share this week?

Touched by an Angel

*We, unaccustomed to courage
exiles from delight
live coiled in shells of loneliness
until love leaves its high holy temple
and comes into our sight
to liberate us into life.*

*Love arrives
and in its train come ecstasies
old memories of pleasure
ancient histories of pain.
Yet if we are bold,
love strikes away the chains of fear
from our souls.*

*We are weaned from our timidity
In the flush of love's light
we dare be brave
And suddenly we see
that love costs all we are
and will ever be.
Yet it is only love
which sets us free.*

-Maya Angelou

Lyrics to Waiting On The Light To Change
By Matthew Perryman Jones

*Put your defense down
open up your heart and lay
all of it out*

*I know how hard it sounds
but loneliness will have it's way
in feeding your doubts*

*I'm waiting on the light
waiting on the light to chance
I'm chasing out the lies
chasing out the lies
that keep you caged
I'm waiting, waiting on the light to change*

*No matter what's inside
There is nothing you can say
to cause me to hide
You know I'm broken too
I've fallen far, I lost my faith
been found and made new*

*I'm waiting on the light
waiting on the light to chance
I'm chasing out the lies
chasing out the lies
that keep you caged
I'm waiting, waiting on the light to change*

*Oh, love won't let you go
It bends and reaches low
Just let go*

*I'm waiting on the light
waiting on the light to chance
I'm chasing out the lies
chasing out the lies
that keep you caged
I'm waiting, waiting on the light to change*