

THREE STEPS TO *cultivate courage*

1. Remember truth.

God is good, even if _____.

Write out your own truth about God:

2. Repeat truth.

Say the truth you know to be true from God's Word. Write out a verse here:

3. Rest in the truth.

The truth of God, the truth from His Word has to take root. And for it to happen, I have to choose to believe the truth. When we rest in something we trust it to be true. If I was just remembering and repeating truth, it wasn't enough. I had to trust in that truth.

Write out a prayer to God, asking Him to help you rest in truth:
