

A close-up photograph of several small green seedlings with two leaves each, growing out of dark, rich soil. The background is blurred, showing more soil and some green foliage. The overall tone is natural and hopeful.

Resilience in Courage and Hope

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Courage

- Courage is feeling fear yet choosing to act
- Courage is standing up for what you believe in/value
- Courage is taking a risk

"I learned that courage was not absence of fear, but the triumph over it. The brave man is not who does not feel afraid, but he who conquers that fear." --Nelson Mandela

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat. - Theodore Roosevelt



Hope from a psychology perspective

- Hope is defined as the perceived capability to derive pathways to desired goals and motivate oneself via agency thinking to use those pathways. (Snyder, 2002)
- Will and determination to obtain a goal
- Having different strategies at your disposal to meet that goal
- Adjusts our approach and view on learning and mastery



Hope from a Biblical Perspective

- Hope is a desire for something good in the future
- Hope is the thing in the future that we desire
- Hope is the basis or reason for thinking that our desire may indeed be fulfilled.
- Hope is confident
- Hope is faith in the future tense.
- Hope is grounded in the fulfillment of God's promises.



Courage and Hope in the Bible

1 Samuel: 26 - 45

26 David asked the soldiers standing nearby, “What will a man get for killing this Philistine and ending his defiance of Israel? Who is this pagan Philistine anyway, that he is allowed to defy the armies of the living God?”

27 And these men gave David the same reply. They said, “Yes, that is the reward for killing him.”

28 But when David’s oldest brother, Eliab, heard David talking to the men, he was angry. “What are you doing around here anyway?” he demanded. “What about those few sheep you’re supposed to be taking care of? I know about your pride and deceit. You just want to see the battle!”

29 “What have I done now?” David replied. “I was only asking a question!” 30 He walked over to some others and asked them the same thing and received the same answer. 31 Then David’s question was reported to King Saul, and the king sent for him.

32 “Don’t worry about this Philistine,” David told Saul. “I’ll go fight him!”

33 “Don’t be ridiculous!” Saul replied. “There’s no way you can fight this Philistine and possibly win! You’re only a boy, and he’s been a man of war since his youth.”

34 But David persisted. “I have been taking care of my father’s sheep and goats,” he said. “When a lion or a bear comes to steal a lamb from the flock, 35 I go after it with a club and rescue the lamb from its mouth. If the animal turns on me, I catch it by the jaw and club it to death. 36 I have done this to both lions and bears, and I’ll do it to this pagan Philistine, too, for he has defied the armies of the living God! 37 The Lord who rescued me from the claws of the lion and the bear will rescue me from this Philistine!” Saul finally consented. “All right, go ahead,” he said. “And may the Lord be with you!”

38 Then Saul gave David his own armor—a bronze helmet and a coat of mail. 39 David put it on, strapped the sword over it, and took a step or two to see what it was like, for he had never worn such things before.

“I can’t go in these,” he protested to Saul. “I’m not used to them.” So David took them off again.

40 He picked up five smooth stones from a stream and put them into his shepherd’s bag. Then, armed only with his shepherd’s staff and sling, he started across the valley to fight the Philistine.

41 Goliath walked out toward David with his shield bearer ahead of him, 42 sneering in contempt at this ruddy-faced boy. 43 “Am I a dog,” he roared at David, “that you come at me with a stick?” And he cursed David by the names of his gods. 44 “Come over here, and I’ll give your flesh to the birds and wild animals!” Goliath yelled.

45 David replied to the Philistine, “You come to me with sword, spear, and javelin, but I come to you in the name of the Lord of Heaven’s Armies—the God of the armies of Israel, whom you have defied.

46 Today the Lord will conquer you, and I will kill you and cut off your head. And then I will give the dead bodies of your men to the birds and wild animals, and the whole world will know that there is a God in Israel!

47 And everyone assembled here will know that the Lord rescues his people, but not with sword and spear. This is the Lord’s battle, and he will give you to us!”



Journal questions

Think about a time you fought a Goliath in your life personally

- What helped you defeat that giant?
- What God given qualities helped you defeat your giant?
- What did that teach you about God's character and promises?

Think about a time when Goliath was defeated at a system/institution level

- What does that teach you about God's promises?
- How does that impact your courage and hope?



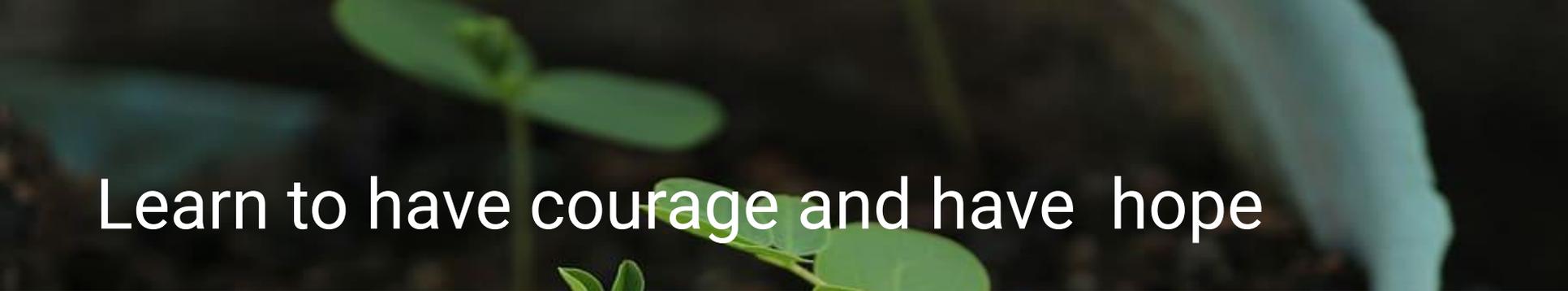
Resilience through Courage and Hope

- Courage and hope change you
- Courage and Hope center you on God's character and God's promises
- Courage and hope lead us to trust God

Learn to have courage and hope

- Describe your goal in as much detail as possible.
- How much do you desire this goal?
- Describe why you want to achieve the goal. List what is motivating you.
- Imagine you have just achieved your goal. Describe how you think you will feel in this future memory.
- List the pathways (actions/strategies) you can use to achieve your goal.
- Describe potential barriers for each pathway you listed.
- Describe a time when you achieved a goal by overcoming barriers. What were the barriers and how did you overcome them?
- Choose the best pathway and describe how you will overcome the barrier.
- What are two or three things that must be accomplished for you to attain your goal?
- Identify people and/or resources in your community with whom you can rely on as a source of support in pursuing your goal.
- Describe something that motivates you (e.g., music, movie, a person). Think of how you can use this inspiration to help you to pursue your goal.

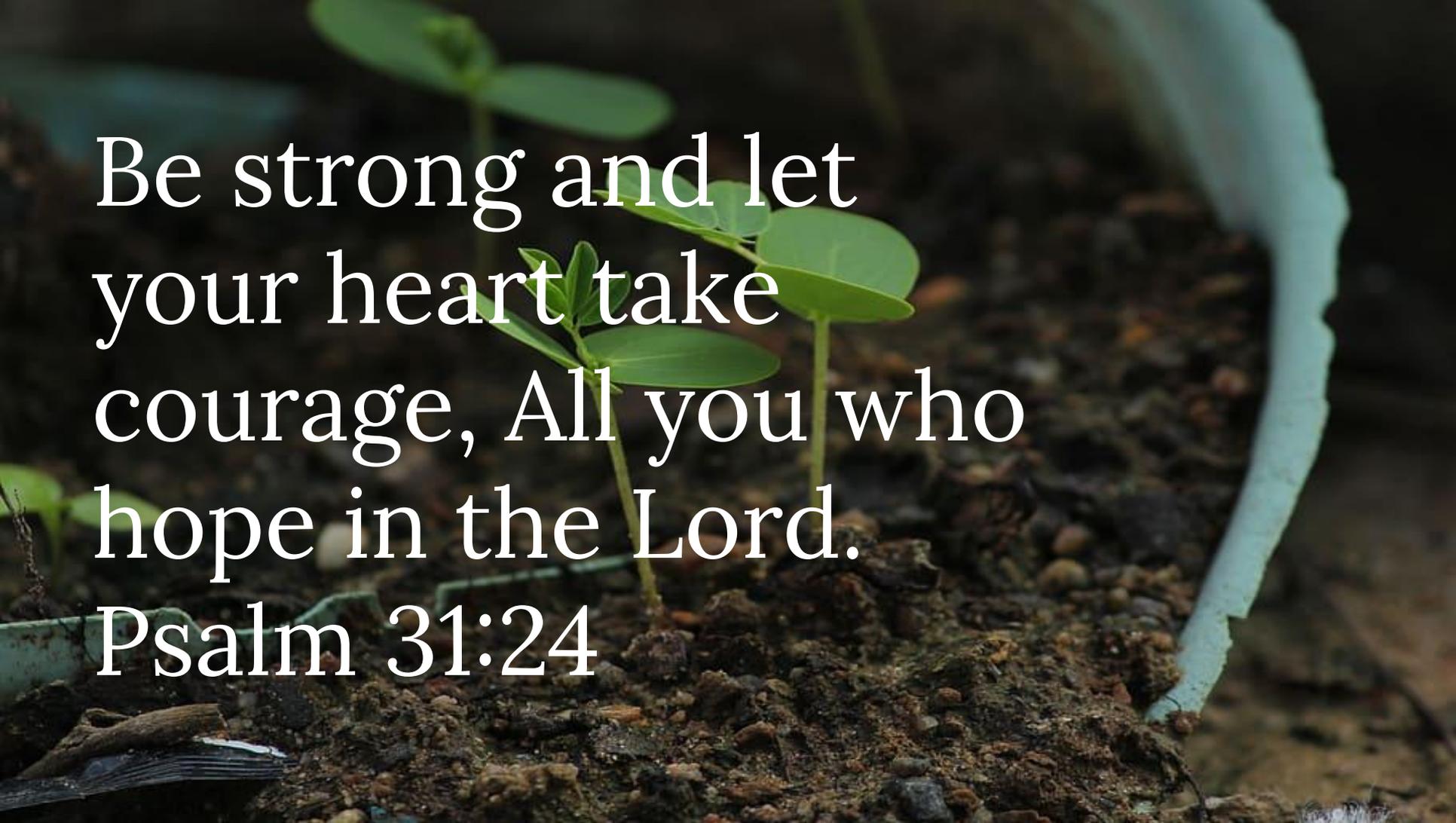
This worksheet comes from *Hope Rising: How the Science of HOPE Can Change Your Life* (Gwinn & Hellman, 2019).



Learn to have courage and have hope

- Contemplate on the journal questions and apply what you learned to your current giants.
- Look at the Hope worksheet and answer the questions for one specific goal.

Next week we will focus on a call to action and can plan out actions steps for our goals.

A young green plant with several leaves is growing out of dark, rich soil. The plant is the central focus, with its stem and leaves clearly visible. The background is dark and slightly blurred, emphasizing the plant. The text is overlaid on the left side of the image in a white, serif font.

Be strong and let
your heart take
courage, All you who
hope in the Lord.
Psalm 31:24