

UNCOMMON COURAGE, PART 3

The Courage to Slow Down

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Courage is the ability to make the hard, right choice at a great personal cost.**God's _____ is the _____
for our faith.**

"The priests who carried the ark of the covenant of the Lord stopped in the middle of the Jordan and stood on dry ground, while all Israel passed by until the whole nation had completed the crossing on dry ground." Joshua 3:17 (NIV)

"Now the priests who carried the ark remained standing in the middle of the Jordan until everything the Lord had commanded Joshua was done by the people, just as Moses had directed Joshua. The people hurried over." Joshua 4:10 (NIV)

HOW THE PRACTICE OF SLOWING DOWN BUILDS COURAGE**1. Practice the _____****Spiritual Practice: Daily Time Alone with Jesus**

"When the whole nation had finished crossing the Jordan, the Lord said to Joshua, 'Choose twelve men from among the people, one from each tribe, and tell them to take up twelve stones from the middle of the Jordan, from right where the priests are standing, and carry them over with you and put them down at the place where you stay tonight.'" Joshua 4:1-3 (NIV)

2. Push back what's _____**Spiritual Practice: Sabbath**

"... Each of you is to take up a stone on his shoulder, according to the number of the tribes of the Israelites, to serve as a sign among you. In the future, when your children ask you, 'What do these stones mean?' tell them that the flow of the Jordan was cut off before the ark of the covenant of the Lord. When it crossed the Jordan, the waters of the Jordan were cut off. These stones are to be a memorial to the people of Israel forever." Joshua 4:5-7 (NIV)

3. Personalize God's _____**Spiritual Practice: Gratitude Journal**

"... The Lord your God did to the Jordan what he had done to the Red Sea when he dried it up before us until we had crossed over. He did this so that all the peoples of the earth might know that the hand of the Lord is powerful and so that you might always fear the Lord your God." Joshua 4:23-24 (NIV)

非凡的勇氣 (三)

放慢腳步的勇氣

胡黛思

2022年10月15-16日

「勇氣」是做出艱難而正確選擇的能力，不惜付出巨大的個人代價

上帝的_____是我們信心的_____

「在此期間，抬上主約櫃的祭司們站在河牀中央的乾地上，等民眾從他們身邊走過，直到以色列人全部從乾地上走過約旦河。」 約書亞記 3:17 (新普及譯本)

「抬約櫃的祭司站在河中央，直到約書亞從摩西領受的一切命令，也就是上主的命令，執行完畢。同時，民眾迅速走過河牀。」 約書亞記 4:10 (新普及譯本)

如何操練放慢腳步，建立勇氣

1. 操練_____

屬靈操練：每天與耶穌單獨相處

「民眾全都過河以後，上主對約書亞說：『現在你們要選出十二個人，每個支派選一人，吩咐他們說：從約旦河中央祭司所站的地方取十二塊石頭，帶到今晚你們要紮營的地方堆疊起來。』」 約書亞記 4:1-3 (新普及譯本)

2. 抵抗_____的東西

屬靈操練：守安息日

「吩咐他們說：你們到約旦河中央去，在上主你們上帝的約櫃前，每人撿一塊石頭，扛在肩上帶回來，共十二塊，以色列十二個支派各一塊。我們要用這些石頭建造一個紀念碑。將來你們的子孫會問你們：『這些石頭是甚麼意思呢？』你們就可以告訴他們：『這些石頭提醒我們，上主的約櫃過河的時候，約旦河曾經斷流。』這些石頭要在以色列民中間作永遠的紀念。」 約書亞記 4:5-7 (新普及譯本)

3. 將上帝的_____個人化

屬靈操練：寫下感恩日記

「因為耶和華你們的神在你們前面使約但河的水乾了，就如耶和華你們的神從前在我們前面使紅海乾了，直到我們全都過了河，要使地上萬民都知道，耶和華的手大有能力，也要使你們永遠敬畏耶和華你們的神。」

約書亞記 4:23-24 (和合本/意譯)