



WORDS OF COURAGE

A paraphrase of Matthew 10:26–39

(Have the group begin the refrain slightly louder than a whisper and get louder each time it is said. End by saying the refrain as loudly as possible without disturbing other groups.)

Reader 1: Jesus knew that discipleship might not be easy.
Jesus experienced rejection and conflict, and he said that the disciples would, too.

Reader 2: Your life will be no worse than those who teach you.
You will live in the same way as those who went before you.
If Jesus was called names, you might be called names, too, because you have the name of Jesus Christ.

Chorus: **Be not afraid** *(very quietly).*

Reader 3: Do not let others keep you silent.
Now you can tell everyone about Jesus Christ.
Shout the good news from the highest places.

Chorus: **Be not afraid!**

Reader 4: Only be anxious about God,
yet even that is not necessary.
Look at how God cares for the birds of the air.
Surely you know you are worth much more than any two of these birds.

Chorus: **Be not afraid!!**

Reader 5: Say proudly that you are a Christian.

Chorus: **Be not afraid!!!**
(Pause.)
Be not afraid. *(Whisper.)*
Be not afraid. *(Whisper.)*



Shaped Poems

Think of the things in your life that cause you fear, worry, or pain.

Write down some words that come to you when you think of these things.

Now, write a prayer to describe what it means to trust in God during fearful or painful times. You could write this prayer as a *diamante* (diamond-shaped) poem.

A diamante moves from one word to its opposite, using the following format:

- Line one** - a noun
- Line two** - 3 adjectives
- Line three** - 5 verbs (ending in "ing")
- Line four** - 3 adverbs
- Line five** - a noun that is opposite to the first noun.

For example, a diamante poem that moves from fear to trust is:

Fear
Dark, fierce, huge
Bursting, burning, clenching, dissolving, finishing
Slowly, steadily, finally
Trust