

Heart of Courage

Heart of a King | Week 2

Hayden | May 14th & May 17th 2026 | Titus Leger



1. What is the most repeated command in scripture? _____

a. The normal Christian life includes experiencing the emotion of fear.

(Psalm 56:3a *ESV*) "When I am afraid, I put my trust in you."

b. What are you afraid of most? _____

(1 Cor. 16:13 *NIV*) "Be on your guard; stand firm in the faith; **be courageous**; be strong."

c. How can I be courageous despite my fear?

i. Answer: **Fear the LORD**

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear" (Ambrose Redmoon).

2. Goal: King David had courage and so can you!

a. **How?**

(Psalm 56: 3-5 *ESV*) "When I am afraid, I put my trust in you [**Arrange the boxes**]. In God, whose word I praise, in God I trust; I shall not be afraid [**Act in line with the character of God**]. What can flesh do to me?"

3. Test #1: Courage for God begins with the Spirit of God.

(1 Samuel 16:13-14 *ESV*) "Then Samuel took the horn of oil and anointed him in the midst of his brothers. And the Spirit of the Lord rushed upon David from that day forward. And Samuel rose up and went to Ramah. Now the Spirit of the Lord departed from Saul, and a harmful spirit from the Lord tormented him."

a. If the Spirit of the Lord is not with you, you cannot have the courage of the Lord.

b. Algebra & variables: $(1 + 1 + x = 6)$

i. Saul's equation: my abilities + my resources + Goliath = cowardice

ii. David's equation: The Spirit of the Lord + me = anything He wants to do

(Psalm 115:3 *ESV*) "Our God is in the heavens; he does all that he pleases".

4. Test #2: "What I do reveals what I believe about God, regardless of what I say."

a. Goliath was not just a metaphor. He was real and opposed God's work on earth.

(2 Timothy 3:16-17 *NIV*) "All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."

b. What challenges the goodness of God in your world? _____

i. Curse = cancer, Sin = bitterness, opposition = conflict.

c. Saul - the champion of the Israelites - gives in to fear. **Cowardice is a sin.**

(Revelation 21:8 *NIV*) "But the *cowardly*, the unbelieving, [...] will be consigned to the fiery lake of burning sulfur. This is the second death."

i. Why is cowardice a sin? I'm acting out of unbelief, or sinning through omission.

"What I do reveals what I believe about God, regardless of what I say." [*Experiencing God*]

5. Test #3: sometimes God has something big planned for "Tuesdays."

a. David was just on an errand.

i. David was being faithful with the little - protecting sheep - and God was about to call him to be faithful with much - protecting a nation.

b. Sometimes God has something big planned for "Tuesdays". Are you ready?

6. Test #4: God's glory is worth the risk.

(1 Samuel 17:26 *ESV*) "And David said to the men who stood by him, "[...] For who is this uncircumcised Philistine, **that he should defy the armies of the living God?**"

- a. How does David see the risk/problem? Goliath is defying the living God
 - i. **Not every risk is worth taking!** Be discerning.
 - ii. When God's glory is on the line, the risk is worth it.

7. Test #5: When you step out in courage, expect opposition.

(1 Samuel 17:33 *ESV*) "And Saul said to David, "You are not able to go against this Philistine to fight with him, for you are but a youth, and he has been a man of war from his youth."

- a. God has been developing courage in David for a long time.

(1 Samuel 17:37 *ESV*) "And David said, "The LORD who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine."

- b. What is God allowing you to go through to grow your faith and courage?
- c. Courage grows like a muscle...the more you exercise it the more you become courageous.

8. Test #6: The LORD fights battles that belong to Him: for His glory.

(1 Samuel 17:46-47 *ESV*) "This day the Lord will deliver you into my hand, and I will strike you down and cut off your head. And I will give the dead bodies of the host of the Philistines this day to the birds of the air and to the wild beasts of the earth, that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord saves not with sword and spear. For the battle is the Lord's, and he will give you into our hand."

- a. Courage = Assessing risk is worth it + arranging fears + action anyway

9. Test #7: Arrange your fears and act in line with the character of God.

- a. Act! Forgive! Say "Yes" to an opportunity from God! Be honest! Apologize!

(1 Samuel 17:50 *ESV*) "So David triumphed over the Philistine with a sling and a stone [...]"

- i. Courage is contagious
- b. With faith in God, we overcome but that doesn't always look the same.

(Hebrews 11:32-40 *ESV*) "And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, [...] who through faith conquered kingdoms, [...] stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword [...]. Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword. [...] And all these, though commended through their faith, did not receive what was promised, since God had provided something better for us, that apart from us they should not be made perfect.

10. What is your next step?

- a. Memorize Psalm 56:3-5
- b. Don't worry about steps 8-10. What is your first step towards courageous obedience?

Life Group Questions

Ice Breaker: Tell of a time when you acted with courage.

Main Passages: Psalm 56:3-5, 1 Samuel 17.

1. Have someone in the group retell (story) 1 Samuel 17 to the rest of the group. Now read it.
2. Why is "fear not" the most repeated command in scripture?
3. "What I do reveals what I believe about God, regardless of what I say" (*Blackaby*).
 - a. What can we see Saul and David believe about God from what they do?
4. What is something that God is calling you to that requires courage?
5. If you want, share a fear that sometimes holds you back from obeying the Lord. Now have the life group pray for courage in this area of that person's life.