

Your Mental Game - Back to the Basics

What if Courage is a Cardinal Virtue?

September 18, 2022

Last week...

What if courage is a cardinal virtue?

2 Corinthians 4v16 - 5v10
16 So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. 17 For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, 18 because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

1 For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. 2 For in this tent we groan, longing to be clothed with our heavenly dwelling— 3 if indeed, when we have taken it off[a] we will not be found naked. 4 For while we are still in this tent, we groan under our burden, because we wish not to be unclothed but to be further clothed, so that what is mortal may be swallowed up by life. 5 He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee.

6 So we are always confident; even though we know that while we are at home in the body we are away from the Lord— 7 for we walk by faith, not by sight. 8 Yes, we do have confidence, and we would rather be away from the body and at home with the Lord. 9 So whether we are at home or away, we make it our aim to please him. 10 For all of us must appear before the judgement seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil.

Initiation Rituals of Primal People:

1. Life is hard.
2. You will die.
3. Life is not about you.

What if courage is a cardinal virtue?

Joshua 1v9

I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.

Cardinal is from the Latin word "cardo" or "cardin" and means "hinge".

John 16v33

I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!

Courage from where?

"One - if not *the* - primal sinful desires is the urge for instant reduction of distressing emotions."
_ Dr. Curt Thompson

Plato's Four Cardinal Virtues:
Prudence, Justice, Fortitude, and Temperance

Aristotle, Ambrose of Milan, Augustine, Thomas Aquinas

1 Corinthians 16v13
Keep alert, stand firm in your faith, be courageous, be strong.

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Book: Anatomy of the Soul by Dr. Curt Thompson; Switch on Your Brain by Dr. Caroline Leaf

Podcast: Word on Fire Show 338: Evolution and the Modern World with Bret Weinstein and Heather Heying, June 13, 2022

Songs: Brave (Preview), Holy Water, Bright Star, No Longer Slaves, O Come to the Altar, Take Courage

Looking to Connect?: One of the staff would love to meet for a walk, on the phone, or for a beverage. To schedule a time please visit our website and click on the "Meet with Staff" button on the home page.