

Practicing Courage

Courage is one of the seven Gifts of the Holy Spirit. You can practice courage by choosing what is good and doing what is good.

1. Read about ways you can practice courage:

- ✓ Admit when I am wrong.
- ✓ Stand up for what I know is right.
- ✓ Say I am sorry.
- ✓ Help a friend whom others are teasing.
- ✓ Do something I need to do even though I'm afraid.
- ✓ Ask for help from others and from God.
- ✓ Try new things.

2. Draw one way you will practice courage.

