

# A Pause for...Courage...

## *For Courage*

When the light around you lessens  
And your thoughts darken until  
Your body feels fear turn  
Cold as stone inside,

When you find yourself bereft  
Of any belief in yourself  
And all you unknowingly  
Leaned on has fallen,

When one voice commands  
Your whole heart,  
And it is raven dark,

Steady yourself and see  
That it is your own thinking  
That darkens your world,

Search and you will find  
A diamond-thought of light,  
Know that you are not alone  
And that this darkness has purpose;  
Gradually it will school your eyes  
To find the one gift your life requires  
Hidden within this night-corner.

Invoke the learning  
Of every suffering  
You have suffered.

Close your eyes.  
Gather all the kindling  
About your heart  
To create one spark.  
That is all you need  
To nourish the flame  
That will cleanse the dark  
Of its weight of festered fear.

A new confidence will come alive  
To urge you toward higher ground  
Where your imagination  
Will learn to engage difficulty  
As its most rewarding threshold!

John O'Donohue, *Bless the Spaces  
Between Us*, 2008.

**Courage** is a heart word. The root of the  
word courage is *cor*. Latin for *heart*.

## Process for Contemplating COURAGE:

1. Bring to mind your heart's desire....today....in this season. NOTICE how this DESIRE feels 'in sensation'. NOTICE what 'courage' it may take to stay true to that desire. To 'hold that post'.
2. Then take some time to notice your mind's fear (if any) of the consequences of that desire...notice THIS in sensation.
3. Then, close your eyes and gather all the kindling you need around your heart to create one spark. That is all you need.
4. What is the kindling that enables you /will enable you to act upon your heart's desire...despite your fear? Take some time to notice this with God... get in touch with DEEP courage...available to us...'Divine Kindling'...as we 'lean into Mystery'.

(created by Kim Denyes & Janet Bickford, Moravian Seminary)