



WEEK 5 DEVOTION

"Get Up and GO #morelife"

Materials needed

- Computer or tablet with internet connection and good sound
- Pen or pencil
- Journal or print-out of this devotion
- Bible
- Candle and matches
- Feather to place near candle (optional)

Candle Lighting - *light the candle, place a feather next to it (optional), then read aloud the scripture and prayer*

Matthew 2:1-23

Pray:

Gracious and loving God, as the angel told Joseph to "get up and go," we, too, hear the call. Teach us to get up and go into life wholeheartedly with faith. Amen.

Introduction – *In this last video of this series of devotions, Dr. Brene Brown speaks of what is needed when we go into the arena of life, and what choosing courage means.*

Adapted from Small Group Materials: Angels Among Us. Worship Design Studio

Video - ["Two Things You Need to Start Living Bravely"](https://www.oprah.com/oprahs-lifeclass/brene-brown-on-the-two-things-you-need-to-start-living-bravely-video)¹ (1 min, 23 secs)

Personal Reflection - 3 to 5 minutes of quiet

Take a few minutes of quiet to reflect. You can journal your thoughts if you like. There is space on the next page. What makes you afraid of showing up to life in your fullest way?

Journal

Here are some questions to help you start journalling. You can also just write about whatever is coming up for you.

1. What does it mean to say that "you get from this life what you have the courage to ask for"?
2. When have you chosen courage over comfort in your life?
3. When has another person's courage changed your life?
4. How can one person living courageously make a difference in the world?

Notes:

Closing Prayer

Holy Living God, Blessed Jesus, Guiding Spirit,
alight within us your flame of life this day.
Grant us openness to hear your message.
Grant us courage to be your messengers in the world,
creating more life in the midst of fear. Amen

¹ <https://www.oprah.com/oprahs-lifeclass/brene-brown-on-the-two-things-you-need-to-start-living-bravely-video>