

# Be Courageous

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## **Hold On! Courage Lesson**

### **Meshivat Nefesh #21**

In French, the word for heart is *Coeur*, and that's the root of the English word *courage*—"heart feeling."

Rebbe Nachman taught that courage is rooted in the heart; when my heart is strong, I'm not afraid of anyone and I have the strength to conquer every battle. This is true when it comes to acts of physical courage, and it's exactly the case when it comes to Divine service. When my heart is in it, nothing will deter me, nothing will daunt me, and I will move forward with courage against every obstacle.

*Mighty G-d!*

*Please fill my heart with strength and courage*

*so that I can go boldly forward to reach my full spiritual potential.*

*When my heart is strong, nothing frightens me.*

*When my confidence in You is strong, I know that I have nothing and no one to fear.*

*(Based on Likutey Moharan I:249)*