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Practicing Courage with All Your Mind

by Scott Stoner

Speak the truth even if your voice is shaking.

—Unknown

The *Mind* quadrant of the Living Compass model for well-being addresses *Vocation* and *Organization*.

The word *vocation* comes from the same root as the words for *voice* and *vocal*, and so we can think of our vocation as how and when we express our unique voice in the world. Scripture tells us that, “Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone” (1 Corinthians 12:4-6).

Each of us possesses unique gifts and a unique voice. We can express our gifts and our voice in all aspects of our lives: work, family, friends, community, and social-political actions. To express our voice fully, though, can make us feel vulnerable. The quote above acknowledges this vulnerability when it calls us to “speak the truth even if your voice is shaking.”

Speaking truth to a family member, friend, or colleague who has hurt or mistreated us can make us feel quite vulnerable. Speaking truth in the face of racism, injustice, and violence can cause our voices to shake. Courage is needed so that we can speak up.

Hearing the voice of the one who calls us to follow him can give us the courage we need to grow in our Christian walk. “But speaking the truth in love, we must grow up in every way into him who is the head, into Christ” (Ephesians 4:15).

Making It Personal: Is there a time in your life when your voice shook when you spoke the truth? Have you ever been hesitant, or are you hesitant now, to speak the truth because doing so would make you vulnerable? What do you think it means to speak the truth “in love” as described in Ephesians 4:15?