



# FAITH & FAMILY CONNECTION



V I R T U E   O F   T H E   W E E K

## FORTITUDE

Fortitude, also known as courage, enables one to endure difficulties for the sake of what is good. In 1 Samuel we see David running for his life as King Saul tries to track him down and kill him. After David defeated Goliath and was getting more attention than Saul liked, Saul became jealous of David. While David was on the run, he wrote many songs, including Psalm 8:1-2 which says, "I love you, O Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold."

When we face difficult times, what is our first response? Do we complain and blame others or do we wait on the Lord and praise His name? Think about what it must have been like for David while he was hiding for his life. Would you be able to praise God and and trust in His plan for you?

### Ideas for Families:

- **Read & Discuss together:**

**Psalm 8:1-6**

- **Pray:** Dear Lord, help me to have the fortitude of David when going through trials in life. Help me to praise your name, no matter what may come my way. Amen

**"WE ARE HARD PRESSED ON EVERY  
SIDE, BUT NOT CRUSHED;  
PERPLEXED, BUT NOT IN DESPAIR,  
PERSECUTED BUT NOT ABANDONED;  
STRUCK DOWN, BUT NOT DESTROYED."**

**2 CORINTHIANS 4:8-9**