

Courage, Dear Heart

Letters to a weary world

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Notes

LETTER 1—HULLO, OUT THERE!: A NOTE TO THE READER

1. Janice Shaw Crouse, “The Loneliness of American Society,” *American Spectator*, May 18, 2014, https://spectator.org/59230_loneliness-american-society/.
2. 1 Thessalonians 5:16.
3. Philippians 1:22-23, BSB. Emphasis added.
4. Matthew 26:38, NIV.
5. Matthew 26:39.
6. Luke 22:42, KJV.
7. C. S. Lewis, *The Voyage of the Dawn Treader* (New York, NY: HarperTrophy, 2000), 186.
8. Lewis, *Voyage*, 187.

LETTER 2—I KNOW A STRANGER: A LETTER TO THE REJECTED

1. This retelling of the Leah/Rachel narrative is fictional, not intended to be exegetical. For the actual story, read the book of Genesis.
2. Paraphrase of Ephesians 2:8-9.
3. Song of Solomon 1:6.
4. Song of Solomon 2:13-14.
5. C. S. Lewis, *The Chronicles of Narnia* (New York, NY: HarperCollins, 2001), 185.
6. Gilbert K. Chesterton, *Orthodoxy* (New York: John Lane Company, 1908), 89.
7. Romans 5:8.
8. John 18:40, NIV.
9. Isaiah 53:2-4.
10. See 1 John 4:10.

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11. Ephesians 1:4.

LETTER 3—BIRD WITH A BROKEN WING: A LETTER TO THE LONG-SUFFERING

1. Tim Keller, “God Is Bigger Than Our Fears—Praying Our Fears, Psalm 3:1-8,” Sermon Notes, September 28, 2014, fpcwickenburg.org/app/download/7116612748/9-28-14+Sermon+Notes.docx.
2. Job 38:3-4, NIV.
3. John 11:21-22, NRSV.
4. John 11:32, NRSV.
5. John 11:33.
6. See 2 Corinthians 1:8.
7. Psalm 22:29, NIV.
8. See Matthew 11:30.
9. See Psalm 3:3.
10. See Psalm 51:17.
11. See James 4:6.
12. Isaiah 42:3.
13. Sara Lentati, “The Man Who Cut Out His Own Appendix,” *BBC News*, May 5, 2015, <http://www.bbc.com/news/magazine-32481442>.
14. Galatians 3:3.
15. John 15:5.

LETTER 4—PROTEIN SOUP: A LETTER TO THOSE LIVING IN CHAOS

1. Amy Carmichael, *Edges of His Ways: Daily Devotional Notes* (Fort Washington, PA: CLC Publications, 2011), 139. Emphasis added.
2. Rich Mullins, “We Are Not As Strong As We Think We Are,” *Songs*, copyright © 1996, Reunion Records, Inc.
3. Ruth Myers with Warren Myers, *31 Days of Praise: Enjoying God Anew* (Colorado Springs, CO: Multnomah Books, 1994), 72.
4. 2 Corinthians 12:8-9, NIV.
5. 2 Corinthians 12:9-10, NIV.
6. 2 Corinthians 12:10, NIV.
7. Galatians 2:20.
8. John 15:5-7.
9. Galatians 2:20.
10. 2 Corinthians 4:7, KJV.
11. 2 Corinthians 3:9-11.
12. 2 Corinthians 4:16-17, NASB.

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13. Sally Lloyd-Jones, *The Jesus Storybook Bible: Every Story Whispers His Name* (Grand Rapids, MI: Zonderkidz, 2012), 14–17.
14. 2 Corinthians 5:2-4, NIV.

LETTER 5—SCARED TO DEATH: A LETTER TO THE FEARFUL

1. Sean M. Smith and Wylie W. Vale, “The Role of the Hypothalamic-Pituitary-Adrenal Axis in Neuroendocrine Responses to Stress,” *Dialogues in Clinical Neuroscience* 8, no. 4 (December 2006): 383–95, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181830/>.
2. Smith and Vale, “Role of the Hypothalamic-Pituitary-Adrenal Axis.”
3. Smith and Vale, “Role of the Hypothalamic-Pituitary-Adrenal Axis.”
4. Thierry Steimer, “The Biology of Fear- and Anxiety-Related Behaviors,” *Dialogues in Clinical Neuroscience* 4, no. 3 (September 2002): 231–49, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181681/>.
5. Lewis references this concept in his essay “Miracles.” See C. S. Lewis, “Miracles,” in *God in the Dock: Essays on Theology and Ethics* (Grand Rapids, MI: Eerdmans, 2014), 13–15.
6. Andrew Peterson, “More,” *The Far Country*, copyright © 2005, Word Entertainment.
7. Daniela McVicker, “Recent Research Links Anxiety with Higher IQ,” *World of Psychology* (blog), *PsychCentral*, July 26, 2017, <https://psychcentral.com/blog/recent-research-links-anxiety-with-higher-iq/>.
8. David Wilson, “Scary Smart,” *Slate*, April 15, 2015, http://www.slate.com/articles/health_and_science/science/2015/04/do_smart_people_worry_more_iq_is_correlated_with_anxiety.html.
9. John 1:14, NIV.
10. C. S. Lewis, *The Screwtape Letters* (New York: HarperOne, 2001), 39–40. Emphasis added.
11. See Jeremiah 6:14-15.
12. Philippians 4:7, NIV.
13. Isaiah 41:10, HCSB. Emphasis added.
14. 1 John 4:18. Emphasis added.
15. Matthew 10:31, NIV. Emphasis added.
16. Corrie ten Boom, *Each New Day: 365 Reflections to Strengthen Your Faith* (Grand Rapids, MI: Revell, 2013), 78.

LETTER 6—THE KISS OF THE MOUNTAIN GOD: A LETTER TO THE SKEPTICAL

1. Rich Mullins, “Calling Out Your Name,” *The World As Best As I Remember It*, vol. 1, copyright © 1991, Reunion Records.

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2. Wendell Berry, *New Collected Poems* (Berkeley, CA: Counterpoint, 2012), 139.
3. See 2 Samuel 6:14.
4. Referenced in Steve Brown, *Approaching God: Accepting the Invitation to Stand in the Presence of God* (New York, NY: Howard Books, 2008), 110.
5. Chesterton, *Orthodoxy*, 22–23.
6. Robert Farrar Capon, *The Supper of the Lamb: A Culinary Reflection* (Garden City, NY: Doubleday & Company, Inc., 1969), 99.
7. C. S. Lewis, *The Weight of Glory: and Other Addresses* (New York: HarperOne, 2001), 140.
8. Brené Brown, “Listening to Shame,” filmed March 2, 2012, in Long Beach, California, TED video, 20:32, https://www.ted.com/talks/brene_brown_listening_to_shame.
9. T. S. Eliot, *Collected Poems: 1909–1962* (Orlando, FL: Harcourt, 1991), 82.
10. If you don’t understand this reference, I hope you will go read *The Horse and His Boy* by C. S. Lewis. Trust me. It’s worth your time.

LETTER 7—THE WHISPER AT OUR BACKS: A LETTER TO THE DISILLUSIONED

1. Matthew 18:6-7, BSB.
2. NAS Exhaustive Concordance, s.v. “skandalizó,” accessed January 19, 2018, <http://biblehub.com/greek/4624.htm>.
3. Chesterton, *Orthodoxy*, 52–53. Emphasis added.
4. Chesterton, *Orthodoxy*, 65.
5. NAS Exhaustive Concordance, s.v. “mikros,” accessed January 19, 2018, <http://biblehub.com/greek/3398.htm>.
6. Matthew 10:42.
7. Matthew 18:10.
8. Matthew 18:14.
9. Luke 12:32.
10. Revelation 2:3-5, BSB.
11. Victor Hugo, *Les Misérables*, trans. Julie Rose (New York, NY: Modern Library, 2008), 514. Emphasis added.
12. Corrie ten Boom, *The Hiding Place* (New York: Bantam Books, 1971), 201.
13. Lewis, *Screwtape Letters*, 64.
14. Lewis, *Screwtape Letters*, 64.
15. *Frederick* by Leo Lionni.
16. Because I used these memories to help combat disillusionment, I’m only including positive stories here. Negative stories offer lessons of their own, of course, but sometimes those treasures are more difficult to unpack.

NOTES

17. See Nehemiah 4:16-18.
18. Variations of this theme appear throughout Scripture. For example, see Exodus 34:6, Numbers 14:18, Psalm 86:5, and Psalm 103:8.
19. Paraphrase of Luke 2:11.
20. Jeremiah 29:13, NIV.
21. James K. A. Smith, *Desiring the Kingdom: Worship, Worldview, and Cultural Formation* (Grand Rapids, MI: BakerAcademic, 2009).
22. Smith, *Desiring the Kingdom*, 54.
23. See Luke 5, “Jesus Calls the First Disciples.”
24. John 6:35.
25. John 8:12.
26. 1 Kings 19:7-8, CEV.
27. J. R. R. Tolkien, *The Lord of the Rings* (Boston, MA: Houghton Mifflin, 2004), 51.
28. Martin Luther, “A Mighty Fortress Is Our God,” 1529, public domain.

LETTER 8—NOT ALL WHO WANDER ARE LOST: A LETTER TO THE EXPAT

1. Joseph Brackett, “Simple Gifts,” 1848, public domain.
2. Tolkien, *Lord of the Rings*, 32.
3. Romans 16:19.
4. John 17:15.
5. Dietrich Bonhoeffer, *Dietrich Bonhoeffer: Witness to Jesus Christ*, ed. John W. de Gruchy (Minneapolis, MN: Fortress Press, 1991), 182.
6. Smith, *Desiring the Kingdom*, 33.
7. C. S. Lewis, *The Horse and His Boy* (New York, NY: HarperCollins, 1994), 163–65.
8. “The Traditional (Tridentine) Missal compared to the Mass of Paul VI (Novus Ordo) Missal,” St. Joseph’s Catholic Church, accessed January 24, 2018, <http://www.stjosephschurch.net/compare.htm>. See New Order of Mass, the Preface and the Sanctus.
9. “The Order of the Holy Mass (Prior to 2011),” Catholic Doors Ministry, accessed January 24, 2018, <http://www.catholicdoors.com/misc/holy-mass.htm>. See “Eucharistic Prayer III: In Praise to the Father.”

LETTER 9—ALL THINGS NEW: A LETTER TO THE HOMESICK

1. David Oliver, “Survey: Stress in America Increases for the First Time in 10 Years,” *U.S. News & World Report*, February 15, 2017, <http://health.usnews.com/wellness/health-buzz/articles/2017-02-15/survey-stress-in-america-increases-for-the-first-time-in-10-years>.

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2. Sara G. Miller, "1 in 6 Americans Takes a Psychiatric Drug," *Scientific American*, December 13, 2016, <https://www.scientificamerican.com/article/1-in-6-americans-takes-a-psychiatric-drug/>.
3. Josh Katz, "Drug Deaths in America Are Rising Faster Than Ever," *New York Times*, June 5, 2017, <https://www.nytimes.com/interactive/2017/06/05/upshot/opioid-epidemic-drug-overdose-deaths-are-rising-faster-than-ever.html?mcubz=0>.
4. Stephen Crane, *The Open Boat: And Other Tales of Adventure* (New York: Doubleday & McClure Co., 1898), 44.
5. C. S. Lewis, *Surprised by Joy: The Shape of My Early Life* (Orlando, FL: Harcourt Brace, 1955), 68.
6. Quoted in Lewis, *Surprised by Joy*, 67.
7. C. S. Lewis, *The Pilgrim's Regress* (Grand Rapids, MI: Eerdmans, 2014), 237.
8. Lewis, *Surprised by Joy*, 221.
9. Lewis, *The Weight of Glory*, 26.
10. Lewis, *Screwtape Letters*, 167. Emphasis added.
11. Frederick Buechner, *Telling the Truth: The Gospel as Tragedy, Comedy, and Fairy Tale* (San Francisco, CA: HarperSanFrancisco, 1977), 106.
12. Smith, *Desiring the Kingdom*, 53–54.
13. Mark 10:15.
14. Chesterton, *Orthodoxy*, 81–82.
15. Lewis, *The Chronicles of Narnia*, 110.
16. C. S. Lewis, "On Three Ways of Writing for Children," accessed February 12, 2018, <http://myweb.scu.edu.tw/~jmklassen/scu99b/chlitgrad/3ways.pdf>.
17. Thomas Ken, "Praise God, from Whom All Blessings Flow," 1674, public domain.
18. Luke 19:40.
19. Romans 8:22-24.
20. Romans 8:24, NIV.
21. 2 Kings 6:17.
22. Lewis, *Voyage*, 213.
23. Revelation 21:1-5.