



Live with Courage and Boldness **by Catherine Steiner**

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”
—2 Timothy 1:7 NLT

Why live courageously?

If you’ve found 4word, you’re likely a woman committed to growing both professionally and spiritually. You want to bring your best to work, your relationships, and your calling—and you long to keep growing to achieve new levels of impact. Yet, knowing how to take that next step toward growth and impact isn’t always easy.

Research from Cambridge University shows that employees who demonstrate “behavioral courage”—taking risks, speaking up, and standing firm in their values—consistently perform at higher levels than those who hold back out of fear or lack of confidence. In other words, courage in action unlocks greater potential.

That truth echoes what Jesus taught in the parable of the talents (Matthew 25:14–30). Just as the servants were entrusted with gold, each of us has been entrusted with unique talents—our skills, our time, our resources, and our influence. The question is, how are we investing them? Are we multiplying them for God’s Kingdom, or burying them out of fear or busyness?

Fear and uncertainty can tempt us to shrink back, just as the servant with one talent buried his gift instead of using it. But if we invest and steward those gifts with boldness, our positive impact grows.

At 4word, our mission is to help women reach their God-given potential with confidence. This month, we invite you to step outside your comfort zone, embrace courage, and trust God to multiply the return on what He has placed in your hands. When we walk with Him, He supplies the courage and strength we need for all He has created us to do.

DISCUSS

1. List the different “talents” God has entrusted to you (time, money, influence, experience, spiritual gifts, professional expertise).



- Circle one that you feel God may be nudging you to invest in more boldly this season.
- Pray over it, asking: “Lord, how do you want me to multiply this gift for Your glory and for the good of others?”

2. What fears or doubts are holding you back?

For Such a Time as This

*“And who knows but that you have come to your royal position for such a time as this?”
—Esther 4:14b*

Esther’s story gives us a powerful example of faith-led courage. She began as an exiled orphan—a woman with no power by worldly standards. Yet God raised her up as queen of Persia. When her people faced extermination, Esther had a choice: remain silent and protect her comfort, or risk everything to intercede.

Approaching the king without invitation was punishable by death, even for the queen. Esther was fearful at first, but chose to take action. She prepared by fasting for three days and asking her community to join her. She sought God first, then stepped out in faith. Not only was she received favorably, but her boldness saved the Jewish people.

Esther shows us that courage isn’t the absence of fear—it’s trusting God and obeying Him despite the risk. In the same way, God places us in our workplaces and communities “for such a time as this.” We’re called to steward our influence, speak up, and partner with Him to bring light and impact where He has planted us.

DISCUSS

3. What is one step you feel called to take that would stretch you and help you grow?
4. How can you lean on God for courage and boldness in that area?



You Can Do This!

“For I can do everything through Christ, who gives me strength.” –Philippians 4:13 NLT

Paul experienced the full range of life: from favor and provision to torture and imprisonment. Neither comfort nor rejection distracted him from his mission. What made him unstoppable was not his own strength, but Christ’s strength in him.

You and I are no different. We, too, will face rejection, challenges, and unknowns. Courage is not about never feeling afraid—it’s about staying rooted in God’s presence and taking steps of faith in spite of our fears. The best way to do that is *through* Christ.

Ways to Grow Your Courage

- **Start with prayer** (Philippians 4:6–7). It’s important to carve out intentional time with God to listen for His guidance. When you need more clarity, add fasting. It helps us tune out distractions, align our hearts with God in a deeper way, and strengthen the impact of our prayers.
- **Ask for wisdom** (James 1:5). Boldness without wisdom can backfire. God promises to give wisdom generously when we ask.
- **Remember God’s faithfulness** (Psalm 77:11–12). Reflect on ways He has guided and provided before. Recalling His past faithfulness strengthens courage to invest our talents where He leads us to today.
- **Seek wise counsel** (Proverbs 11:14). Invite mentors, trusted colleagues, or friends in faith to listen, pray, and support you as you discern God’s will.
- **Take a step of faith** (James 2:17). Prayer prepares us, but action grows us. Even small steps can open big doors when we’re led by the Spirit.

Taking bold steps can feel scary. But when you do it *with* God, not only do you grow, you also deepen your relationship with Him and strengthen your faith for the challenges ahead.

DISCUSS

5. How might God be inviting you to invest one of these talents to bless the poor, feed the hungry, and love your neighbor in practical ways?
6. What bold step of faith will you take this week to grow toward your God-given potential?



7. How can your community support you as you step forward?

Rooted in His Love

“I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong. And may you have the power to understand, as all God’s people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully.

Then you will be made complete with all the fullness of life and power that comes from God.”

—Ephesians 3:16–19 NLT

God’s love for us is greater than we can comprehend. But we can connect with it more each day as we spend time in His presence and His Word. Jesus is the source of our confidence, courage, and boldness.

DISCUSS

8. How will you draw on God’s love this week for courage to invest your talents in what He is calling you to do so you can have a positive impact on others?

Live with Courage and Boldness this October!

One way we can live with courage and boldness together is by investing in the life of a child through [Food for the Hungry](#). Sponsoring a child is not simply giving money—it’s multiplying hope, breaking cycles of poverty, and embodying Jesus’ command to love our neighbor. It’s a bold investment of our ‘talents’ into the Kingdom.

Imagine the impact we could have if every woman here invested one of her talents—whether by sponsoring a child, advocating for those in poverty, or using her voice to invite others.

Each 4word Community Group is joining in a little **friendly competition** to see who can sponsor the most children. Let’s pray over the talents entrusted to us and take a courageous next step **together**.



Catherine Steiner is 4word Vice President of Programs. She is a speaker, writer, and leader in the faith and work movement. Catherine is passionate about helping women achieve more of their God-given potential with confidence by integrating faith into every area of life. Her diverse and circuitous career journey ranges from software consulting to project management, from marketing and sales and leadership training, to nonprofit leadership. She has been helping people integrate their faith and work since 2013.

Catherine is the author of *The Confidence Cornerstone: A Woman's Guide to Fearless Leadership*. She has contributed to several faith-and-work Bible studies, numerous YouVersion reading plans, and books from other authors including the iWork4Him and sheWorks4Him publications. Catherine is on the steering committee for the National Faith & Work Association (NFWA.org) and holds a bachelor's degree in Christian Leadership.

4word is a global community of Christian women in the workplace. Our mission is to help women in the workplace reach their God-given potential with confidence.

Why 4word?

At 4word, we know you want to reach your God-given potential so you can have a Kingdom impact on your workplace and the world. To do that, you need resources for professional and spiritual growth—and a community of like-minded women to cheer you on! The problem is your time is limited, and meaningful connections are hard to find. This can leave you feeling overwhelmed, frustrated, and isolated on your life's journey.

We believe you shouldn't have to navigate work, life and faith on your own because God designed you for community. You are worthy to be surrounded by loving and supportive women who "get you."

We understand you face unique challenges as a Christian woman in the workplace, which is why we create easy-access opportunities for leadership development, spiritual growth, and connections to influential women around the globe.



Our Simple Empowerment Plan:

- **Connect to a community:** We offer virtual and in-person Community Groups specifically designed for working women—and we also have special groups for executive women.
- **Access relevant content:** 4word's podcasts, weekly blogs, and our Community Group Discussion Guides are specifically geared to women in the workplace to help thrive on your journey.
- **Get matched with a mentor:** Through the 4word Mentor Program, we connect you with the right fit from our pool of over 200 highly experienced mentors for a transformational mentoring experience.
- **Join a 4word Collaboratory:** Accelerate your leadership growth through a **safe, guided program** where women like you—ambitious, faith-driven, and called—come together to grow as leaders and tackle real-world workplace challenges through the lens of Scripture and collaboration.
- **Executive cohorts and EW4C:** Women at the executive level have their own unique needs. 4word's executive cohorts and EW4C forums provide a curated space for these leaders to grow spiritually and professionally alongside like-minded peers.