

Courage is being brave enough to do what you should do, even when you're afraid.

Read: Psalm 27:1



DAY

1

Stick With It

Grab some books (the bigger the better) and stretch those arm muscles! Start with your hands out, palms up. Ask someone to place one book on your hands, count to ten, place another book, count to ten, and repeat until you almost can't hold any more! Go until you drop the books!

LOOK for ways you can keep going even when it gets hard.

DAY

3

Why Should I Be Afraid?

Grab your megaphone from yesterday and use it to say the memory verse. Start by saying the verse without using your megaphone and then use the megaphone using a whisper voice, getting louder each time.

KNOW that God is always with you and you don't have to be afraid.

DAY

2

Speak Up!

Create a megaphone using supplies around your house. A megaphone is a cone that you speak into to make your voice louder. After creating your megaphone, write the words "speak up" on it. Use this megaphone as a reminder to speak up when it's the right thing to do, even when others are afraid. Talk with an adult about when it would be a good time to speak up.

*Adults: talk to your kid about times they should speak up, like when others are hurt, when they need help, or when they see something wrong.

ASK God to give you the courage to speak up.

DAY

4

Not Afraid

Pray and ask God to give you courage this week. Pray something similar to this:

~~~~~  
 "Dear God, I pray that You can give me the courage I need this week. I pray that I can look out for my friends and family and do the right thing even when I'm afraid. Amen."  
 ~~~~~

THANK God for giving you courage when you need it.



You can do what you should even when others are afraid.



Courage is being brave enough to do what you should do, even when you're afraid.

DAY 1

Read Numbers 13:30

All month we're talking about courage—being brave enough to do what you should do, even when you're afraid. This week, we looked at the time when Moses sent twelve men to spy on the land God had promised them. When they returned, two of twelve were confident they could take the land because God was with them. But the other ten were afraid and unwilling to trust God. Who were the two men who weren't afraid to take the land?

_____ and _____
(Check out Numbers 14:7-9 if you need help.)

These two chose to trust God even when the other men around them were afraid. Because of their fear, they missed out on entering the land God had promised. What happened to Joshua and Caleb because of their courage? Write your answer below:

(Check out Numbers 14:30.)

This week, if you find yourself afraid to stand up for the right thing because you're the only one, think about these two brave men. Ask God to help you be brave and show courage even when others are afraid.

DAY 2

Read Joshua 1:9b

Can you imagine waiting for something for forty years? That's what Joshua and Caleb did. And now, it finally was time for Joshua to be strong and courageous.

You can be strong and brave too. When you remember God is with you, it is easier to choose courage even when people around you are afraid.

Here's a verse to learn and repeat when you're afraid.

First Word Memory

Write out the sentences of the verse as they're listed below.

"Be strong and brave.

Do not be afraid.

Do not lose hope.

I am the LORD your God.

I will be with you everywhere you go."

Repeat the verse aloud several times. Then write the first word of each sentence on separate scrap pieces of paper. Lay the words in a row like this:

BE
DO
DO
I
I

Can you repeat the verse with just those first words in front of you? Repeat it three or four times. Then see if you can say the whole verse from memory.



DAY 3

Read 2 Timothy 1:7

When you hear the word “contagious,” what do you think about? You’re probably thinking about stuff like germs and washing your hands. Usually, the word “contagious” is a word we think about negatively. But sometimes, catching something contagious can be a good thing.

Courage can be contagious. Think about it. If you’re afraid of the dark but you see that your older brother is not scared, it can help you have courage too. Or if your best friend walks confidently onto the field at recess to play a game you’ve never played before, it’s easier to join in.

Contagious Courage

When you put your faith in Jesus, the Holy Spirit lives in you to help you. The Holy Spirit can give us power when we feel weak and courage when we’re afraid. As followers of Jesus, we can do the right thing even when others around us are afraid. So this week, when you have a choice to make and courage is involved, ask the Holy Spirit to help you be brave. Then watch to see if others around you “catch” your courage too.

DAY 4

Read Psalm 27:1

Have you ever been afraid of the dark? In the dark, things look different. Your dresser could look like a big prowling lion. What do you need to help you see what’s really in your room? A light! When you turn on the light, that big bulky dresser doesn’t look scary at all!

God is our light. When we are afraid we can’t do something or we won’t be good enough, God is there with strength and power to help. But we have to turn on the light! We can pray and talk to God. We can read the Bible to remind us of what’s true. And we can surround ourselves with people who love and follow God, like our friends at church.

Light It Up

Do you have a nightlight at your house? Write out today’s verse on an index card and tape it above your nightlight or light switch as a reminder to show courage this week.

**You can do what
you should even when
others are afraid.**

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHAT ARE PEOPLE AFRAID OF?

[Large empty box for drawing]

[Dotted lines for writing]

[illegible]

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November
2022

Week One
4th-5th



Day 1

After watching, write one thing that:

Go to bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

**Even if you already saw it at church,
feel free to check it out again!**

1. You liked:

2. You learned:

3. You'd like to know:

A Devotional on Courage.

FOR AN
everyday faith.

Day 2

Read Numbers 13:17-21, 26-33; 14:1-9

1) As you read the passages from Numbers, draw lines from the questions Moses gave the 12 spies (in verses 17-21) with the answers they brought back to him (in verses 26-33).

2) Go back and underline the answers the spies gave that show what they were afraid of. Lastly, circle the responses Joshua and Caleb gave to the people's fears (in verses 14:1-9).

3) Out of all of the passages you read, who did what they should even when others were afraid?

4) Who was allowed into the Promised Land, along with their children?

You should have the same answers for 3 and 4—Joshua and Caleb did what they should even when others were afraid! And as a result, they were the only leaders who were allowed to see the Promised Land!



Day 3

When Moses, Caleb, and Joshua were trying to do the right thing even though others were afraid, who did they turn to?

God! Moses prayed to God for wisdom in how to lead the people to do what God wanted them to do, even though they were afraid.

You may not be facing a scary situation like the Israelites were, but we all will encounter situations that require courage. And it can be really hard to be brave when we feel like others around us aren't. Thankfully, you're not alone—you can ask God to help us have courage. And you don't have to wait until you're facing something scary to ask for courage. You can ask God to help you be brave every day!

"Dear God, thank You for being with me wherever I go, whatever I face. I know there are going to be times when I have to stand against the crowd because others are afraid to stand and do the right thing. I want to do what I should, even if others around me are afraid, just like Joshua and Caleb did. Please give me Your strength and Your peace so I can be brave. Help me to know what to do and then to step out in courage to do it. In Jesus' Name, I pray. Amen."

Day 4

What Are People Afraid Of?

We're all afraid of something. Sometimes it can help to know that other people are afraid of things too. It can make you not feel so alone in your fears, and you can work on overcoming them together. It's not wrong to be afraid, but when it comes to doing the right thing, you can be brave and do what you know God wants you to do!

Whether you're afraid of storms or of a bully at school, there's often a "next right thing" you can do. Take this list of common fears people have and talk with a trusted friend about how someone who is afraid of these things can show courage and do the right thing.

- the dark
- speaking in front of people
- getting made fun of
- thunderstorms
- loud sounds (like fire alarms)
- roller coasters
- flying on planes



Day 5

You can do what you should even when others are afraid.

Grab two different colors of markers and a sheet of paper. Write the sentence above without looking at the paper. Instead of watching what you're doing, look around the room. Maybe you see someone playing video games or cooking dinner or doing homework. Keep looking around at others until you've written the whole sentence.

Take a look at what you wrote. How did you do? It probably doesn't look so great, does it? When you are focused on what others are thinking or feeling, it becomes a lot harder to do what you should do.

At the bottom of the page, using the other marker, write the same sentence with your best handwriting.

Hang the sheet of paper somewhere you will see it this week to remind you that no matter what others are doing or feeling, you can do what you should.

