

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

Read: Philippians 4:13



DAY
1

Superhero Here!

Superheroes don't seem to be scared of much! Imagine you are a superhero tackling your worst (human) fear! Is it going down the big slide, sleeping in the dark, or something else? Act out what you are most afraid of, but do it as a superhero!

P.S. Do you know God can do anything? He can do much more than a superhero!

KNOW that God can do anything!

DAY
3

Work It Out

Get stronger in body and in spirit when you work both out together! Look up this week's verse, and decide on a physical movement you can do while practicing your verse. Some great moves include: jumping jacks, sit ups, using some weights, and doing curls.

LOOK for ways you can use the strength God gives you when you need it.

DAY
2

Impossible? No Way

Grab some paper and something to write with. Write or draw a picture of something you think is impossible. After you are done, crumple it up and throw it as far as you can!

ASK God to help you make the seemingly impossible, possible!

DAY
4

You Can Do It, He Can Help

Ask God to help give you strength when things seem impossible.

~~~~~  
"Dear God, sometimes things seem so impossible and it's hard. Please show me how I can do things that seem impossible, and give me strength when I need it. Amen."

~~~~~  
THANK God for always giving you the strength to make things possible.

You can do what
you should even when
things seem impossible.





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

DAY 1

Read 1 Samuel 16:7

Have you ever chosen a book to read based on its cover? Publishers, the people who make sure books get onto the shelves, work hard to make the covers of their books appealing so you'll pick them up! But some books don't live up to their cover hype. The phrase "you can't judge a book by its cover" is true because a super cool cover doesn't always mean it's a super good book.

Thankfully, God doesn't judge us based on our "covers" either. God cares about our hearts—what's on the inside. God knows our thoughts and motivations. God sees the things we're worried about and the good thoughts we think about others.

Heart Check

This week, every time you do something to "fix" your outside, like take a shower or comb your hair or get dressed, stop and ask God to help you look at what's in your heart. What are you thinking about? Are those thoughts true or false, helpful or hurtful? How's your courage? Are you trusting God? If not, ask God for help so you can do what you should even when things seem impossible.

DAY 2

Read Psalm 27:14

Doing the right thing when you're afraid is always better than doing the unwise thing because you're scared. It can be hard to stand up and do what you should when you don't know how things will turn out.

You could ask a hundred "what if" questions, but doing the right thing is always the right thing. Courageous kids are the ones who choose wisely even when they don't know what will happen. You can show courage knowing God is always with you.

Time for Courage

Write out today's verse in three phrases (see below). Tape each phrase to the face of a clock as a reminder to be strong and courageous this week.

Wait for the Lord. (Place this one at 12:00.)

Be strong. (Place this one at 4:00.)

Don't lose hope. (Place this one at 8:00.)

DAY 3

Read 1 Samuel 17:37

When David took food to his brothers on the battlefield, he was shocked to see the entire Israelite army standing there in fear, afraid to face the giant Goliath. What seemed impossible to the Israelite army (defeating this giant) seemed completely possible to David. Why? Because he remembered how God had rescued him in the past. David had confidence that God would protect him against Goliath.

Doing the right thing is easier when you do what David did. Think about how God has been with you in the past, and ask God to help you be brave right now. When you face a situation this week where you need real courage, stop and pray. Talk to God about why you're scared. Ask God to help you do what you should do, even when it feels impossible.

Courage "Rocks!"

Find a smooth rock. Write "1 Samuel 17:37" on one side and "COURAGE" on the other. Use this rock as a doorstep to remind you to have courage just like David.

DAY 4

Read 1 Corinthians 15:58

Still Like a Statue

How long can you stand perfectly still? Write down your guess, then ask a family member to time you. Compare the two times.

Estimated time: _____

Real time: _____

Paul, who wrote this letter to the church in Corinth, isn't talking about standing still like a statue. Paul wanted them to keep telling people about Jesus, to keep serving and helping and loving others. Why? Because they were doing it for God, and God would make sure their work made a difference.

Because they did, the good news about Jesus spread over miles and miles from one generation to the next. You're reading this today and worshipping at church with others because of the courage they showed thousands of years ago. But when the people in Corinth read this letter from Paul, they didn't know that. They had no idea if their work would ever matter. But they still kept doing the right thing, even when it seemed like an impossible task.

This week, when you're afraid to do the right thing, don't stand still like a statue! Stand up for God. Stand strong in what you know is true. Ask God to help you stand up for what is right even when things seem impossible!

**You can do what you
should even when things
seem impossible.**

Journal

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

[illegible]

©2022 Parent Cue. All Rights Reserved.

November
2022

Week Two
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 1 Samuel 17:1-24, 32-51

Get a sheet of paper and something to write with. Draw a line down the middle of the paper. At the top, write “Impossible” in one column and “Possible” in the other. As you read through the verses in 1 Samuel 17, write down the details in the appropriate column. For example, the fact that Goliath was nine feet tall would make fighting him seem impossible, so write that in the impossible column.

When you're done, take a look at the sheet. There's not a lot in the “possible” column, is there? But while the list of what seemed impossible was longer, there was one really important thing on the other side that truly made David's victory possible: God was going to give David the victory!



Day 4

You can do what you should even when things seem impossible.

Have you ever thought about the fact that the word “encourage” has the root word of “courage”? Sometimes when things seem overwhelming, it helps to talk to someone who has been through a similar situation, because they can encourage you to have courage!

What is something you're facing right now that seems impossible—something that is your “giant” to face? Find an older friend who trusts God and ask them about similar situations they have faced. How did they do what they should even when it seemed impossible? (For example, maybe you find fourth grade math impossible. Find a fifth grade friend and talk to them about how they did it!) Take courage from their encouragement: You can do what you should even when things seem impossible.



Day 5

What seems impossible to you?

Think back on the story of David and Goliath. David didn't just run out on the battlefield immediately after hearing about Goliath. He took his time, met with the king, tried on his armor (and decided it wasn't for him after all), and picked out five smooth stones. Most importantly, David remembered out loud all the ways God had helped him in seemingly impossible situations in the past.

Grab a sheet of paper and write “IMPOSSIBLE” at the top. Think back to situations in the past that seemed impossible to you. Maybe you thought you'd never be able to sleep without a nightlight or finish your school project on time. List as many “impossible” things as you can that you ended up doing after all with God's help.

At the bottom of the list, write what seems impossible to you now.

Look back over the full list. What seemed impossible was actually possible! Cross out the “IM” part of the word. Now you've got a list of things you accomplished with God's help, and you can do that last thing on the list too! **You can do what you should even when things seem impossible.**

Day 3

With a parent's permission, head outside and look for a smooth stone.

It doesn't have to be super big—after all, the one David had fit into a slingshot. (If you can't find a smooth one, don't worry. Just find whatever small rock you can.)

Use a permanent marker to write the first letter of something that seems impossible to you on the stone.

As you pray the prayer below, hold the stone and remember God used a small stone and a young man to do something that seemed impossible!

Dear God, thank You for showing me through the story of David and Goliath that You can do things that seem impossible. Just like David did, I know I need to trust You and do what I should—even when things seem impossible. Right now, (write something that seems impossible in your life)

_____ seems impossible, but I know with You, all things are possible! In Jesus' Name, I pray. Amen.

Keep the rock somewhere you will see it as a reminder that you can do what you should even when things seem impossible.

