

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

Read: Psalm 31:14



DAY

1

What Will Happen?

Let's experiment! Before you do the experiment, read the directions below and guess what might happen!

Fill a glass halfway with **water**, add **1 tbsp baking soda**, add **3 raisins** cut or ripped in half, and fill the rest of the cup with **vinegar**.

You might not have known what was going to happen based on the directions, but if you followed them, you should have seen something pretty silly happen with those raisins. Sometimes we are a lot like that. We know that we should follow God's direction but sometimes don't. But when we do, really cool things can happen!

LOOK to do what you should even when you don't know what will happen.

DAY

2

Hard as Rocks

Go outside and find a rock big enough to write on. Wash the rock off, and when it is dry, write the word "COURAGE" on it. Place this rock in your bedroom, bathroom, or next to the door you walk out of to go to school. Let this rock be a reminder that when things are hard and you don't know what else to do, you can talk to God and ask for courage.

ASK God to give you courage when things get hard.



DAY

3

You Are My God

Look up this week's verse and say it a few times. After you get the hang of it, shout the verse as loud as you can (but warn your household first). Yell it loud enough that the heavens can hear you shouting, "You are my God!"

KNOW that you can trust God!

DAY

4

I Trust in You

This month we learned that when we trust in God. God can give us the courage to do what is right when we are scared or unsure. Let's thank God for always being with us.

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 "Dear God, this month I have learned what it means to have courage. I know that when I am scared or unsure, I can ask You to help me. Please help me to always do what is right and to do what I should even when I don't know what is going to happen. I pray that I can be courageous in teaching others about You. I love You, God. Amen."

You can do what you should even when you don't know what will happen.



# COURAGE



**BEING BRAVE ENOUGH TO DO WHAT YOU SHOULD DO, EVEN WHEN YOU'RE AFRAID**

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

## DAY 1

### Read 1 Corinthians 16:13

We don't always have a clear sign telling us what to do next. That's where trust comes in. When it comes to courage, we need to do what we should, even when we don't know how things will turn out. Our job is to do the right thing and leave the rest up to God.

#### Verse Word Search

Circle the words from today's verse in the puzzle below.

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| B | A | R | O | Q | Z | E | R |
| R | H | V | V | T | V | E | O |
| E | H | E | S | A | O | B | G |
| M | S | T | R | O | N | G | N |
| A | I | B | I | A | F | U | E |
| I | T | B | H | A | B | A | H |
| N | E | I | N | G | F | R | T |
| N | Y | O | U | R | R | D | E |

## DAY 2

### Read Psalm 31:24

Do you remember learning to tie your shoes? Did you get frustrated when you had to try over and over and over again? You can probably tie your shoes today without thinking about it, but at one point, you really had to practice to get it right.

Courage is a lot like tying your shoes. It takes practice. You can't give up. You try. You mess up. You try again. And eventually, it gets easier. Standing up for what is right even when you don't know what will happen next definitely takes practice. Remember this verse and be strong. You might not always get it right, but every time you practice showing courage, with God's help you will become more and more courageous.

#### Walk With Courage

Find a permanent marker. With an adult's help, write the words "Never Give Up" on the inside of one of your shoes. Every time you put them on this week, ask God to help you practice courage as you choose to do the right thing!

### DAY 3

#### Read 2 Chronicles 15:7

Have you ever been afraid to do the right thing because you weren't sure how things would work out?

Sometimes when you do the right thing, things don't go the way you want. Even then, you can still trust God because God sees the wise choices you make.

#### Talk About It

Ask the following questions to a parent or an adult you trust who follows God:

1. Was there ever a time when you did the right thing as a kid and things didn't work out the way you hoped? Tell me about it.
2. When that happened, did you stop doing the right thing because things didn't go your way? Why or why not?
3. Why do you think a person should do the right thing even when they don't know how things will work out?

### DAY 4

#### Read Esther 4:14

When we read the story of Esther, it's hard to imagine what it must have been really like for her. We know the end of the story. We know the king did listen to her, the bad guy was defeated, and her people were saved. But in the moment when her cousin Mordecai was trying to convince her to go before the king, she had no idea what would happen.

Guess what? We don't either. But the same question Mordecai asked Esther is the same question we should ask ourselves. When we face a situation where we have a choice to stand up and do what's right with courage, we need to ask ourselves: "What if I don't say anything?" In other words, what if I don't do what is right?

Think of some situations that require courage. Complete the sentences below:

I can be brave even when \_\_\_\_\_

\_\_\_\_\_.

I can stand up for what is right when \_\_\_\_\_

\_\_\_\_\_.

I can trust God will help me have courage when \_\_\_\_\_

\_\_\_\_\_.

Pray and thank God for loving you and for giving you the courage you need even when you don't know how things will work out.

You can do what you should even when you don't know what will happen.

| November<br>2022 | Week Four<br>4th-5th |
|------------------|----------------------|
|                  |                      |

A worksheet with a purple background featuring a large white number '7' and the text 'WHEN HAVE YOU DONE SOMETHING YOU WERE AFRAID TO DO?'. Below the title are five horizontal dotted lines for writing answers.

**WHEN**  
**HAVE YOU DONE**  
**SOMETHING YOU**  
**WERE AFRAID**  
**TO DO**

7

.....

.....

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

November  
2022

Week Four  
4th-5th

## Day 1

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!

After watching, write one thing that:

- You liked:  
.....
- You learned:  
.....
- You'd like to know:  
.....



## Day 2

### Read Esther 4:4-17

Leading up to chapter 4 in Esther, Mordecai had just learned of the plan to kill all of the Jews. Upset, he tore his clothes and cried throughout the city, along with the rest of the Jews.

Read the rest of chapter 4, and as you do, circle all the uncertainties Esther was facing.

Then underline the steps Esther took—and asked Mordecai and the other Jews to take as well—to prepare for her act of courage.

Despite all the planning, fasting, and praying, Esther still didn't know if the king would spare her life, much less help her save her people. Thankfully, Esther did what she did even though she didn't know what would happen. And thus, the Jews were saved!



## Day 3

### Have you ever heard of fasting?

It's when people intentionally give up food for a specific time and purpose. In the case of Esther, she gave up food and drink for three days and nights—and asked others to do it with her—to prepare for her the risky task ahead of her. Esther and the Jewish people would have used this time to pray and ask God to keep her safe.

Is there a situation in your life where you don't know what will happen, and you need courage to do the right thing? Maybe you need to confess something you've done wrong to a parent or friend, and you're worried you'll get in trouble or lose the friendship. Maybe you have to stand up to a bully. Maybe you need to share God's love with someone, and you're worried they will not respond well. Whatever it is you're facing, the best way to prepare is to take time to talk to God!

If you'd like to try fasting, ask a parent about it. Maybe you can give up dessert or TV or your tablet for a week. Then every time you're craving brownies, or you're tempted to sneak a look at your messages, use that time to pray and ask God to give you courage to do the right thing even though you don't know what will happen.

## Day 4

**You can do what you should even when you don't know what will happen.**

Think back to your prayer from yesterday. Did you have something specific you need courage to do? Or think back to last week when you made a plan to do something that requires courage. Did you follow through with your plan?

Sometimes courage takes a little push, and that's where an accountability partner can come in handy! Ask a trusted friend to take on this role for you. Start by sharing with them what you know you need to do, as well as the steps needed to make it happen. Ask them to take some time to pray with you about it, and then pick a date when your friend will check in with you to see how things are going. Give your friend permission to check in as often as needed and to encourage you when you need the extra push. Then tomorrow is the day to put things into action!



## Day 5

**When have you done something you were afraid to do?**

- You've set yourself up well to make a courageous move.
- You've figured out what you need to do.
- You've read stories from the Bible of others who have shown courage.
- You've prayed and asked God for help. (You've maybe even fasted!)
- You've made a plan for how to do what you need to do.
- You've secured an accountability partner.

So, what's next?

It's time to make a move: Live out the courage God's been building in you! Even when others are afraid, you can be brave to do what you should because God is with you!

And after you've taken that bold step of courage, be sure and share with others—your family, your friends, your small group—the way you've seen God work in the situation. This is not to brag, but to inspire others that they too can choose courage!