

First, watch
this week's
video!

Courage: Being
brave enough
to do what you
should do,
even when
you're afraid

Memory Verse

"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."
Joshua 1:9b, NIV

Bible Story

Esther
Book of Esther

Bottom Line

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

Use this guide to help your family learn
how God can give us courage.

Activity

Impossible Ice

What You Need:

coins; bin or deep pot; water; ice;
timer

What You Do:

Place the coins at the bottom of the bin. Pour water into the bin until it's about half full. Then, add ice. Invite your child to compete in a challenge.

Say, "I'm going to time you for 30 seconds. During that time, your challenge is to brave the ice water and pick up as many of the coins as possible. Ready? Go!"

Press start on the timer. Cheer your child on as they reach into the ice water to grab the coins.

When time's up, count the coins that your child picked up. Then say, "I bet that water was so cold that it felt impossible to get all the coins at once, didn't it? That reminds me of our Bible story today—when someone else faced an impossible situation."

Talk About the Bible Story

In today's story, who faced an impossible situation?
(David)

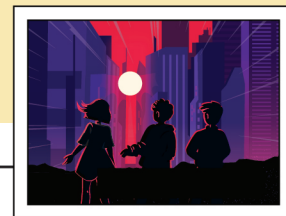
What was David's impossible situation? (He had to fight a giant armed with nothing but a slingshot.)

Why was David able to face Goliath and win? (He knew that God was with him—and God was!)

Have you ever tried to do something that felt impossible? (If your child has recently learned a new skill that was difficult, or gone through a tough situation, talk with them about it now. Ask them what it felt like to face something that seemed impossible.)

How can we face impossible situations with courage?

Parent: Share a personal story of a time God helped you face an impossible situation.



Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"God, thank You for this truth that we're not alone as we face our fears. When we have to face situations that might seem impossible, remind us that You're always with us. Please give us the courage we need to face difficult challenges in our lives. Remind us that nothing is impossible for You. We love You, and we pray these things in Jesus' name. Amen."



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Bible Story

David Anointed/
Goliath
1 Samuel 16:1-13;
17:1-51

Key Question

What seems
impossible to you?

Use this guide to help your family learn
how God can give us courage.



Activity

Rock On

What You Need:

Small stones or rocks*

*Note: If you can't find any rocks, choose another dense object like marbles, softballs, or containers of Play-Doh®.

What You Do:

Set out the rocks (or other objects).

Tell your child, "I'm going to make a statement. If the statement is true for you, pick up a rock and explain your answer. If the statement is true for me, I'll do the same."

Then, read the following statements. Take turns picking up rocks and giving specific examples, explaining your responses.

Statements:

You have been afraid . . .

- about getting a bad grade on a test.
- to stand up for what's right when others aren't.
- to invite someone to our church.
- that you might be the one who makes your team lose a game.
- of being in a new group where you don't know anyone yet.
- to stand up for someone when others won't.
- to try something new.
- to pray out loud when no one else will.

When you're finished, say, "It's OK to feel afraid. And sometimes it feels like we're holding a lot of heavy fears. But we don't have to stay afraid. We can always ask God to help us be courageous."

Talk About the Bible Story

How had the Israelite army been reacting to Goliath's threats? (*They were terrified.*)

What did David offer to do when he heard Goliath taunting the Israelites? (*He offered to fight Goliath.*)

How do you know that God can do the impossible?

How does it help you face your fears to remember that God can do the impossible? How does that give you courage?

Have you ever tried to do something that felt impossible? (*If your child has recently learned a new skill that was difficult, or gone through a tough situation, talk with them about it now. Ask them what it felt like to face something that seemed impossible.*)

Parent: Share a personal story of a time God helped you face an impossible situation.

Prayer

Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

"Dear God, we know that You can help us to be strong and courageous. Please help us to do what we should do, even when things seem impossible. We know that YOU are more powerful than our greatest fear, and You can help us stand strong. YOU are our rock, and we love You. Give us the help we need this week to be brave and strong for You in the things we say and do. In Jesus' name, amen."