



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

Daniel Is Thrown Into  
a Den of Lions  
Daniel 6

### Bottom Line

You can do what  
you should because  
God is with you.

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



## Activity

### Getting Puzzled

#### What You Need:

five sheets of paper; marker; scissors;  
timer

#### What You Do:

On each sheet of paper, write one  
of the following letters: B, R, A, V,  
E. Then, cut up each sheet of paper  
irregularly (like a puzzle), keeping the  
pieces in separate piles. Invite your  
child to a challenge.

Say, "There are five puzzles for you to  
put together. I'm going to time you to  
see how long it takes you. Ready? Go!"

Press start on the timer. Cheer on  
your child as they put together the  
letters. Once they've got all the letters  
put together, ask them what word the  
puzzle spells ("BRAVE").

"That's right. Brave. We can be strong  
and brave because God is with us.  
That's something that Daniel did. He  
believed that God was with him, and  
he faced those lions with courage."

## Talk About the Bible Story

How was Daniel strong and brave? (*He faced the lions  
in the lions' den.*)

What happened to Daniel in the lions' den? (*The lions'  
mouths were shut. Daniel was safe because God was  
with him.*)

Have you ever been in a tough situation and it felt like  
there was no way out? What happened?

What are some ways you can be strong and brave the  
next time you're in a similar situation? (*Pray, read the  
Bible, recite Scripture you've memorized.*)

*Parent: Share a personal story about a time when  
a Bible verse you memorized helped you face a  
challenge or scary time.*



## Prayer

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

"God, thank You for never leaving us. Even when times  
are tough or scary, You are always with us. Thank You  
for giving us Your Holy Spirit to help us get through  
each challenge. Please help us show others that they  
can be brave as they face their fears, too. Use us to  
be an encouragement to others and remind them  
that we can do what we should, because You are with  
us. We love You, and we pray these things in Jesus'  
name. Amen."



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### Key Question

What is the bravest  
thing you've ever  
done?

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## Activity

### Word-Off

#### What You Need:

paper; pencils; timer

#### What You Do:

Grab a sheet of paper and a pencil for both you and your child. Invite your child to play a friendly "word-off."

Say, "We're going to have a word-off. There are four rounds. For each round, I'll name a category. We'll both see how many words we can write down from that category in 30 seconds. Ready?"

#### Categories:

- Words that rhyme with *fear*
- Things that make us feel *brave*
- Things that *roar*
- Things we put *trust in*

At the end of each round, tally up the scores. At the end of the rounds, declare a word-off winner!

When you're finished, say, "Daniel dealt with all four of those categories in our story today. But in the end, he chose to put his fears aside, be brave, and trust in God."

## Talk About the Bible Story

How was Daniel strong and brave? (*He faced the lions in the lions' den.*)

What's the bravest thing you've ever done?

Does having courage mean never being afraid? Why or why not?

Who are some people who can help you build up your courage?

*Parent: Share a personal story about a time when a Bible verse you memorized helped you face a challenge or scary time.*



## Prayer

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

"Dear God, help us to remember that we are NEVER alone. You are with us at all times, and You will never leave us on our own. Give us the kind of courage that Daniel had when he chose to follow You. Help us to be strong and brave and to not lose hope when things get hard. You are a great and mighty God, and we know You can help us have courage. In Jesus' name, amen."