



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

Do or Roll the Die

What You Need:

Game die; timer

Note: If you don't own a game die, you can find instructions on how to make one here: <https://www.firstpalette.com/craft/paper-dice.html>

What You Do:

Set out the game die. Invite your child to roll the die to see what challenge below they land on.

As they roll a number, read off the corresponding courage challenge below. Take turns rolling the die and completing the challenges. If time allows, play until you've tried each challenge.

Courage challenges:

1. Stand on one foot for 30 seconds without falling over.
2. Do your best dance move.
3. Sing a line from your favorite song in an opera voice.
4. Jump as high as you can.
5. Pat your head and rub your belly at the same time.
6. Talk about your favorite food in a robot voice.

When you've completed each challenge at least once, say: "Wow! I was nervous wondering what courage challenge was coming next. Thankfully, those were all pretty easy and fun! In our story today, Esther faced a challenge—a big one. She didn't know how things were going to turn out, but she was strong and brave and trusted God for what happened next."

Talk About the Bible Story

What big step did Esther have to take in order to save her people? (*She approached her husband, the king, even though the king hadn't summoned her.*)

Why was Esther willing to approach the king? (*She wanted to save her people, and she knew that God was with her.*)

Have you ever felt like you needed to stand up for yourself or someone else? What happened?

The next time you need to stand up, how can you be brave and strong? (*Remember stories like Esther's; ask for God to give you courage.*)

Parent: Share about a time you took a risk and were brave to do what you knew God wanted you to do. Discuss whether it did or didn't work out, but either way, how your courage paid off.

Prayer

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

"God, we are so thankful that You gave us Your Holy Spirit to be our helper. Because You are with us, we don't have to stand against our fears alone. God, I'm so thankful that You have a big plan for each of us. You have called us all to be like Esther—in our schools, neighborhoods, and even in our homes. Because of this, we will speak truth to ourselves in the midst of fear, and remember that we can do what we should even when we don't know what will happen. In Jesus' name, amen."



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Key Question

When have you done
something you were
afraid to do?

Use this guide to help your family learn
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Activity

Face It

What You Need:

three sheets of aluminum foil—the
size of your child's face

What You Do:

Invite your child to play "Face It"
with you. Place the aluminum foil
sheets in front of you. Before you
get started, say, "What are a few
examples of situations where you
might be afraid or worried?" Discuss
some personal examples from your
own life too.

Then, pick up the first sheet of
aluminum foil. For each piece of
foil, ask your child to make the
following faces. While your child
is making each expression, gently
press the aluminum foil against
their face, creating something
similar to a mold.

Expressions to "mold":

- surprised
- scared
- brave

When you're finished making the
molds, say, "Which one of these
faces do you think is the most
accurate?" (*Allow response.*) "In our
story today, I bet Esther felt all three
of those emotions."

Talk About the Bible Story

How did Esther demonstrate courage? (*She
approached her husband, the king, even though the
king hadn't summoned her. She did this in order to save
her people.*)

Esther had courage to believe that God could do
the impossible and save her people. Do you think it's
possible to have that same kind of courage today? Why
or why not? What might it look like if we did?

What is something you can do to have courage when
you don't know what will happen?

When have you done something you were afraid to do?
Did you feel God's presence with you?

*Parent: Share about a time you took a risk and were
brave to do what you knew God wanted you to do.
Discuss whether it did or didn't work out, but either
way, how your courage paid off.*



Prayer

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

"Dear God, we've learned about so many amazing
and courageous heroes this month. Thank You for
the examples of Esther, Daniel, David, and Joshua and
Caleb. Even though they lived thousands of years ago
and faced many situations we will never face, we know
that the same courage You gave them is something
we can have too. Please help us to do what we should
even when we don't know what will happen. In Jesus'
name, amen."