



DAY 5

WHAT ARE SOME THINGS YOU WORRY ABOUT . . .

- at school?
- at home?
- at sports?
- with your friends?

Grab a sheet of paper, and write down some of your fears with a pencil.

Then grab a thick marker and write the words of Joshua 1:9 over the fears you wrote in pencil: *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)

Being courageous doesn't mean that you won't be afraid anymore. But when you remember that God is with you wherever you go, it makes your fears fade to the background a bit and allows you to take that next step whatever it is!



Name

Parent Signature

WEEK 1



DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

PRETEEN

DAY 2

EXODUS 1:22-2:4

Go back and read Exodus 1:22-2:2a (the first half of verse 2 in chapter 2) again. It's really awful, isn't it? What do you think you would do if you were the parent of a baby boy born during this time?

Now, read the second half of Exodus 2:2. What "next thing" did Moses's mom do after he was born?

Next, read Exodus 2:3-4. What "next thing" did Moses's mom do when hiding her baby wasn't working?

Moses's mom and sister didn't know what was going to happen when they hid him at their house, and then again when they hid him down by the river. But they knew they had to do something, so they showed courage in trying something . . . each "next thing" they did took courage, but they trusted God as they did something!

DAY 3

Just like Moses's family didn't know what would happen to him, but they had to bravely take the next step in keeping him safe, you too may have situations where you don't know what will happen. It can be tough to be brave when you don't know what your next step should even be! Thankfully, God is right there with you, helping guide you to the next step and giving you the wisdom and courage you need—all you have to do is ask!

What is a situation you are currently facing that you don't know how it will end? Read the following prayer out loud, and fill in the blank with the situation that you are facing.

Dear God, thank You for being with me and being someone I can trust no matter what. You know that I'm worried about _____

and don't know what will happen. I don't know what I should do next. Please give me wisdom to uncover what is one thing I can do to move forward with courage. Thank You for being with me as I do what I should, even though I'm afraid. In Jesus' name, amen.

DAY 4

Asking God for wisdom on the next thing you should do is a great first step! But it's not the only thing you can do. God has given us people in our lives who have more experience and wisdom, and He loves it when we lean on them for help too!

Sometime today, find a friend who also trusts Jesus. It could be your mom or dad, your small group leader, an older sibling, or just a friend at school.

Share with them the situation you wrote about on Day 3. Together, brainstorm two or three things you could do to move forward in the situation. Talk about what might happen if you take each step, and what might happen if you don't do anything at all. Then take a minute to pray together too, and ask God for courage in deciding which step you should take. Before you say goodbye to your friend, ask for accountability—ask them to check back with you at a later date to see if you've done the next step you talked about.



DAY 5

What is something that you're good at? Maybe it's . . .

- Soccer
- Math
- Singing
- Cooking
- Encouraging others
- Writing
- Drama
- Basketball

If you don't see something in the list above, write your own!

Now, how could you take that skill to the next level? What's something that intimidates you or that you've never been able to accomplish? Maybe it's singing in front of people, or trying out for the math team at school. Maybe it's entering the essay contest or telling your coach you want to try a new position on the team.

Whatever it is, if it scares you a little, you know you've probably picked the right challenge for yourself to try on some of the courage you've learned about this month. Now write out a plan for how you can take the next step to make that goal happen. Don't forget to include asking God for help!

Now, go and do it this week, even if you don't feel ready!



_____ Name _____

_____ Parent Signature _____

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DAY 2

READ EXODUS 3:1-4:17

As you read Exodus 3:1-4:17, circle all of Moses's questions and doubts in his own abilities that he expresses to God. Underline how God responds to Moses each time.

Notice that sometimes Moses showed his doubts with a question to God, and sometimes with a complaint. Sometimes God responded with an answer, and sometimes with a sign.

The way we talk to God and the way that He responds to us may be different for each of us and even situation to situation, but the point is, God has our back. He wants to guide us, equip us, and give us courage for whatever He has prepared for us to do. Even though Moses didn't feel ready or prepared for the big task God had given him, God showed up big time, and He will do the same for you!

DAY 3

When you know what you should do, but don't feel ready, how do you push yourself to be brave? Asking God to show you how He's prepared you will help you have courage.



THINK OF IT LIKE A STOPLIGHT.

RED: What is something you know you should do, but you don't feel ready or equipped to do it? Write it out, and then take a minute to tell God about it.

YELLOW: What are some of the reasons you don't feel ready? Write them down, and then tell God about them.

GREEN: Ask God to show you how He has prepared you for the task or situation. Write some of the things He brings to your mind here:

Close this prayer by reading Joshua 1:9 out loud and thank God for being with you wherever you go.

DAY 4

Read Exodus 4:10-12. One of Moses's biggest excuses for why he wasn't ready to obey God was that he didn't feel like he was a good speaker. But God promised him that He would give Moses the words he needed.

Practice talking about God today with someone else who also trusts and follows God. Maybe you could talk to them about what you learned about Moses, Pharaoh and the plagues. Or maybe you could share with them

about something you feel like God wants you to do that you don't feel ready for. You could ask them to help you think about all the ways that God has prepared you for the task.

The more you talk about God and what He's doing in your life, the more you will remember this truth: You can do what you should even when you don't feel ready.



DAY 5

There are two words that can change how you respond when things seem impossible. It's all a matter of whether you choose:

"I can't."

OR

"God can."

When you remember that God can do anything, it can change how you look at the things that seem impossible in your life. And then when you remember what Joshua 1:9 says, *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,* (NIV) you will realize that the same God who can do anything is WITH YOU, so you can do anything He wants you to do!

What is something that reminds you of God? Maybe it's your Bible, or a cross necklace, or even a flower. Whatever it is, find it and carry it with you everywhere today, either in your pocket or book bag. Whenever you see it, repeat to yourself, "God can!" and then do what you should even when things seem impossible.



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DAY 2

READ EXODUS 14:13-29

As you read through Exodus 14:13-29, highlight all the miraculous, seemingly impossible things God does.

Which one seems the most impossible to you? Get a sheet of paper and draw a picture of what you imagine that must have looked like. Then write the words of Exodus 14:14 on the drawing: *“The Lord will fight for you. Just be still.”* (NirV)

Hang the drawing and verse up somewhere you will see it this week to remind **you that you can do what you should even when things seem impossible**, because you follow a God who can do impossible things!

DAY 3

Can you imagine how scary it must have been for the Israelites to take that **first step . . .** and then **another . . .** and then **another . . .** and walk through two massive walls of water on either side of them?! It’s honestly hard to picture, isn’t it?

Go on a short walk outside. (You can also do this inside if you need to.) Close your eyes and imagine the tallest mountain of water you can. Now, instead of a mountain of water, think about something in your life that seems that big and scary—something that seems impossible to accomplish right now.

Tell God about that impossible thing, and ask Him for courage to do what you should do. As you pray, take a step forward, and then another, imagining yourself using the courage God is giving you to **do what you should even when things seem impossible**. Continue walking as you take a minute to ask Him for courage and thank Him for accomplishing the impossible—for the Israelites, and for you!

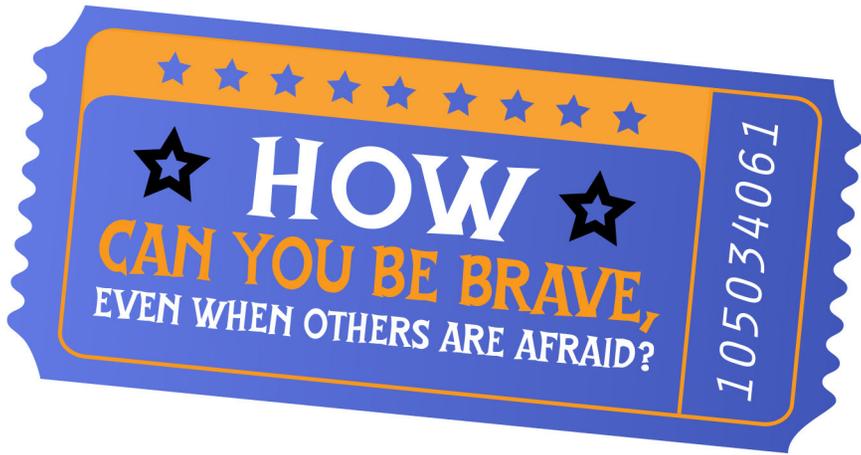
DAY 4

Find a friend or sibling and quiz them on this: Which of the things below seem impossible?

- o Stopping the sun in the sky
- o Walking on water
- o Bringing someone back to life
- o Parting a massive body of water to create dry land

If your friend answered, “all of them,” they got it right. Yet, God made all of these impossible things happen!

Take a minute to share with each other something that seems impossible in your life right now. Why does it seem impossible? Do you think that God could actually make it happen? What do you think you should do next to walk forward with courage? As you share these answers with each other, commit to praying for and encouraging each other to be brave as you **do what you should even when things seem impossible**.



DAY 5

Being brave can feel lonely at times. One thing that might help is having a song, poem, or phrase that you say to yourself when you're feeling a little less than brave.

THE PSALMIST WROTE THIS IN PSALM 56:3:
When I'm afraid, I put my trust in you. (NIRV)

Take the Psalmist's words and use them as inspiration for your own courage creation. You can write your own short poem or song about being brave, or draw a picture of what you think it looks like to be brave when others are afraid. If you like to rap or do spoken word, maybe you could add some beats to Psalm 56:3. Or you could write out the words to the verse in a fun way, like with bubble letters or flowery script. You could also get some help from a parent to write the words on your hands (**"When I am afraid" on your left, and "I put my trust in you" on your right**).

However you choose to get this truth in your heart and mind is up to you, but the important thing is that when you aren't sure how you can be brave because others are afraid, you'll have this simple truth to help you have courage: you can trust God no matter what, even when you're afraid, and even when everyone else is too!



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DAY 2

READ NUMBERS 13:17-14:9

Grab two different colored pens or highlighters. Pick one color to represent courage, and the other one to represent fear. As you read through Numbers 13:17-14:9, use the different colors to underline or highlight the statements of courage you see versus the statements of fear.

When you see the fear and worry that all the other spies had, it makes Joshua and Caleb's courage seem even more courageous, doesn't it?! Not only were they suggesting the Israelites could defeat their enemies to take the land God had promised them, but in doing so, they had to stand up against all of the other spies who thought it was too scary.

But Joshua and Caleb knew something really important. Unscramble these words to reveal their secret weapon to being brave even when others were afraid. (*Hint: It's in the middle of Numbers 14:9.*)

EHT RDOL SI HWIT SU.

And here's the good news for you, just change the last word to "me," and you'll also have the secret weapon to being brave even when others are afraid!

DAY 3

It's one thing to do the right thing when everyone else is but it's a whole other story when it seems like no one else is making the wise choice. It takes courage to do the right thing when it seems like you're the only one.

Is there a situation where you need to have courage because it seems like everyone else is afraid to do the right thing? Pray the words in Prayer A below. Or, maybe you're not the one who needs courage—maybe it's someone else who needs your prayers, like a leader, teacher or someone else in charge who often has to make courageous decisions when others are afraid. If that's the case, chose Prayer B. Or, choose both!

PRAYER A:

Dear God, when it comes to _____, I feel like I'm the only one who _____. Help me to have courage to _____. Amen.

PRAYER B:

Dear God, please help _____ to be courageous and _____, even though they might feel like they're the only one. Give them courage and strength to make the wise choice. Amen.

DAY 4

Often we may feel we are all alone in doing what we should do, but the truth is, there are people all around us who have also shown courage even when no one else has. Chances are good that you know one of those brave people. It might be your parent, a friend who stood up to a bully or even your little brother who bravely prays in front of his friends at school before lunch.

Find some time to interview that person today. Ask them questions like the ones below, or come up with your own list to help you understand how they were able to have courage even when it seemed like no one else was doing the right thing.

- 1) Tell me about a time you had courage to be brave even when others were afraid.
- 2) Did anything about that situation scare you? How did you overcome it?
- 4) Do you think it was harder to make the wise choice because you were the only one?
- 5) How would you encourage someone else to do that same thing?

If you have a specific situation right now where you're trying to be brave even when others are afraid, share it with your brave interviewee and ask them for encouragement and accountability to be brave.