



# COURAGE

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

**BOTTOM LINE:** You can do what you should even when you don't know what will happen next. Read Ephesians 6:10

DAY  
**1**

## Superhero Bracelets

Grab some paper, markers, scissors, and glue. With those supplies you will make a bravery bracelet that you can wear when you need some extra courage. Here is what to do:

1. Take a piece of paper and cut it into a strip long ways, about an inch wide. Wrap it around your wrist to make sure it will fit and set it aside.
2. Grab another piece of paper and draw a shield shape. It could be a square, diamond, or the shape of an actual shield.
3. Draw the first letter of your first name on your shield. For example, if your name is Sarah, write the letter "S" on your shield.
4. Cut out your shield and glue it onto the middle of your bracelet. Decorate the rest of the band.
5. Glue the two ends of your bracelet together and wear it!

Put your bracelet on whenever you need to feel like a superhero and have some extra courage.

Know that God will give you the extra courage you need.

DAY  
**2**

## Take Courage

This week, work up the courage to do something new that might make you a little nervous. It could be something like trying a new food, tackling the monkey bars, or finally going to introduce yourself to your new neighbor. Talk to your adult about something that you can do this week to show courage.

**Adults:** Have a conversation with your child about doing something that they may be intimidated by. Encourage them to pray before they decide what to do and before they actually do it. Of course, if they have a very large fear of something, we just start a conversation about trusting God when they are scared.

Ask God to give you the courage to do something that is scary.

DAY  
**3**

## Courage Prayer

God can help you through the scary times and can give you the courage you need. Talk to God and ask Him to help you through the times when you feel scared. Pray something like this:

**"Dear God,  
Sometimes I get really scared. Please help me when I am scared to remember to talk and turn to you. I know you can help me when I need it. Amen."**

Thank God for being Someone that you can go to when you are scared.

DAY  
**4**

## Strong

With the help of an adult, look up this week's Bible verse: **Ephesians 6:10**. Write out the verse somewhere on your paper. Then, draw a picture of you being strong with some big muscles! Use the picture to remind you, although God can make you physically strong, He can also strengthen your heart to have more courage!

Look for ways you can look to God to strengthen your body and mind.

Make the superhero below look like you!  
Draw of some hair that looks just like yours.  
Write the first letter of your first name in the shield!  
Now you are a superhero with super courage!



\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent Signature



# COURAGE

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

**BOTTOM LINE:** You can do what you should even when you don't feel ready.

Read I Corinthians 16:13



## The Right One

Just like He did with Moses, God also knows when you are the right person for the job. God might give you a job that you think you aren't cut out for; like running a race, trying out for the school play, or joining a new group of friends. What do you think God wants you to do for Him that will actually be pretty great? Draw a picture of something that you think God is asking you to do! Post this picture in your room to remind you that although it might be hard, God can help you do it.

Ask God to use you whenever He can.



## Ready, Set, Pray

The best thing that we can do when we feel nervous, or not ready to do something, is to talk to God and ask Him to help. Saying a simple prayer will help ease your nerves when you need it. Say this prayer out loud and try remembering it for the times when you need it:

**"Dear God, I am scared right now. I do not feel ready to do this. Please help me feel strong and brave. I know you are always there when I need you. Amen."**

Know that God will help you when you are feeling scared, you just need to ask.



## Do Something Crazy

We're about to get crazy!

Ask an adult to help you play some upbeat music.

(Search: Orange Kids Music on Youtube for some great music!)

**Now, dance like crazy!**

If you really want to see crazy, ask your friends and family to join you at the dance party!

Look for ways that God can use you in the crazy times!



## Memory Motions

**I Corinthians 16:13** says: "Be on your guard. Stand firm in the faith. Be brave. Be strong." (NIV). Use some motions to help you remember this verse! Try these out:

**Be on your guard:**

Stand up straight, hands on your hips.

**Stand firm in the faith:**

Stand super still, put your hands together like a book.

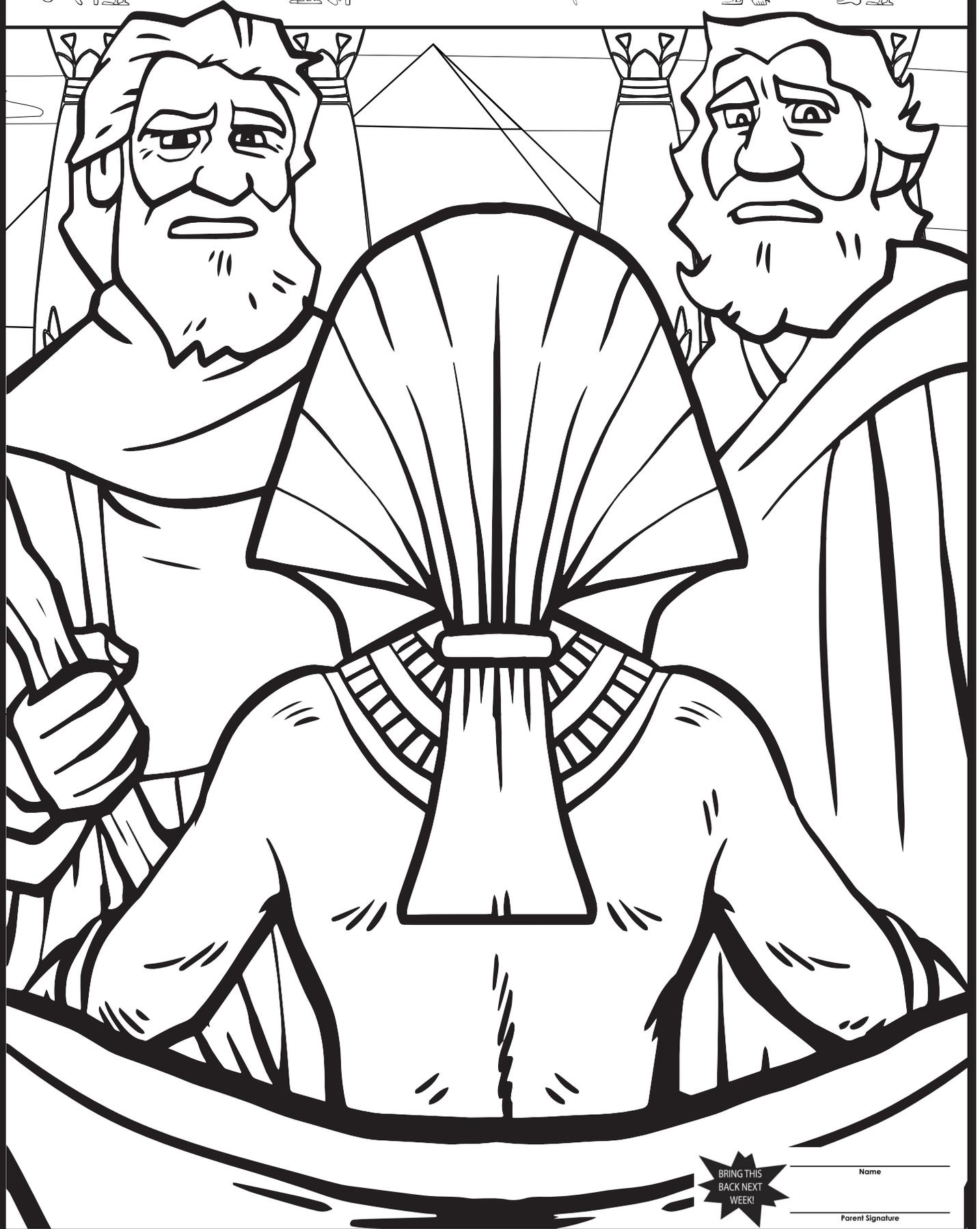
**Be brave:**

Thumbs up

**Be strong:**

Flex your muscles.

Thank God that we can learn how to have courage with the help of His word.



Name \_\_\_\_\_

Parent Signature \_\_\_\_\_



# COURAGE

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

**BOTTOM LINE:** You can do what you should even when things seem impossible.

Read Luke 18:27



## God Parts Waters

This weekend we learned how God parted the Red Sea so that Moses and the Israelites could walk through. Let's experiment and see how easy it is to part water. Ask an adult to grab you a large zip-top bag. Fill the bag almost halfway with water and let any extra air out so the bag can lie flat and make sure the bag is completely zipped shut so it doesn't leak! Lie the bag flat on your table, move your fingers down the middle of the bag to try and get the water to separate. Will the water part? Will the stay apart? Try other ways that you think would help keep the water parted. What worked? Anything?

As humans, it is impossible to part water and keep it parted without using something to hold it in place. For God, it was easy! He told the waters to part and they did!

Know that God can do the impossible!



## I'm Possible

Look up this week's verse: **Luke 18:27** and read it out loud a few times. Grab some paper and colored markers or crayons. Write out the verse using a different color for each word. When you get to the word "impossible" separate it between the "m" and the "p" like this: IM POSSIBLE. By separating the word impossible it now reads "I'm possible." Separating that word allows us to remember that we are possibly the best ones for the job God gives us.

Thank God that He gives us what we need to do impossible things.



## Possible Prayer

Sometimes we think of all the things that we can't do. Now, take some time and think of all the things God does make possible for you to do! Maybe God can help you do better in school, finally nail that dance routine, or be a great friend to someone who is hard to be friends with. Read the prayer below, filling in the blank with something you are working on that seems impossible.

"Dear God, I am having a hard time with \_\_\_\_\_ Help me to keep going and trying even though it is really hard for me. Give me the strength to do the impossible. I know You can help me through this. Amen"

Ask God for help when you need it.



## Nah, God's Got it!

Read the sentences below. If what you read seems impossible shout "No Way!" BUT, if you think that it's possible for God after what we have learned, shout "Nah, God's Got It!" (answers below)

1. A baby traveling safely down a river in a basket to be picked up by a princess.
2. A giraffe coming to live in your backyard to help you with your homework.
3. Your parent says you never have to eat vegetables again and it's candy forever!
4. Moses can raise his arms and part a whole sea full of water for his people to walk through and not get wet.

Answers: 1 & 4 Nah, God's Got It. 2 & 3 No Way!

Listen to God to tell you how you can do the impossible with His help.



BRING THIS  
BACK NEXT  
WEEK!

Name \_\_\_\_\_

Parent Signature \_\_\_\_\_



# COURAGE

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

**BOTTOM LINE:** You can do what you should even when others are afraid. Read Psalm 34:4



## God Is Bigger

With an adult, go for a walk around your neighborhood and look for some really big trees! Some might be really tall, some might be really wide! Look for the biggest tree you can find and, if it's in a safe place, go sit under the tree. Look all the way up to the top of the tree and see how far it can go and remember that God's power to help you is even bigger than that! Take some time and imagine what fears God can help you with if He is bigger than that tree! Talk to your parent about what you fear and how God can help you!

**Adults:** This activity is using a physical/tangible object as an example to show how big God's power is rather than His actual size. Talk to your child about what God can do if He can do anything! Talk to your child about any fears they might be having. Whether they seem big or small to you, don't dismiss them. Talk them through what they can do and remind them that they can always take their fears to God by praying to Him.

Know that God has the power to help when you are afraid.



## Big Prayer

Yesterday you went for a walk to find the biggest tree in your neighborhood and you talked with your parent about how God's power is even bigger than that! Today take some time and talk to God about times when you are afraid. Ask Him to help you through it. Pray something like this:

**"Dear God, I know that You have the power to do the impossible. God, I need Your help when I am scared. I know You are always there for me no matter what. Remind me to go to You when I am scared because You can do anything. Amen"**

Thank God that He is always there to listen and help you when you need it.



## Be a Friend

Sometimes it isn't us that is afraid of something, it can be someone like a sibling or a friend. Think of a friend or sibling that might need a little encouragement today. It could be someone who you know is having a hard time or just someone you want to make happy!

Grab your craft supplies and make them a super awesome picture to let them know you are thinking about them! Deliver their special craft and tell them how much they mean to you and that you love them.

Look for ways that you can show others how big God is.



## Look Up

Look up this week's verse: **Psalm 34:4**. Read it out loud and create some of your own motions to help you remember this verse! To help you out, we separated the verse into phrases to make it easier to create motions.

**"I looked to the Lord,**

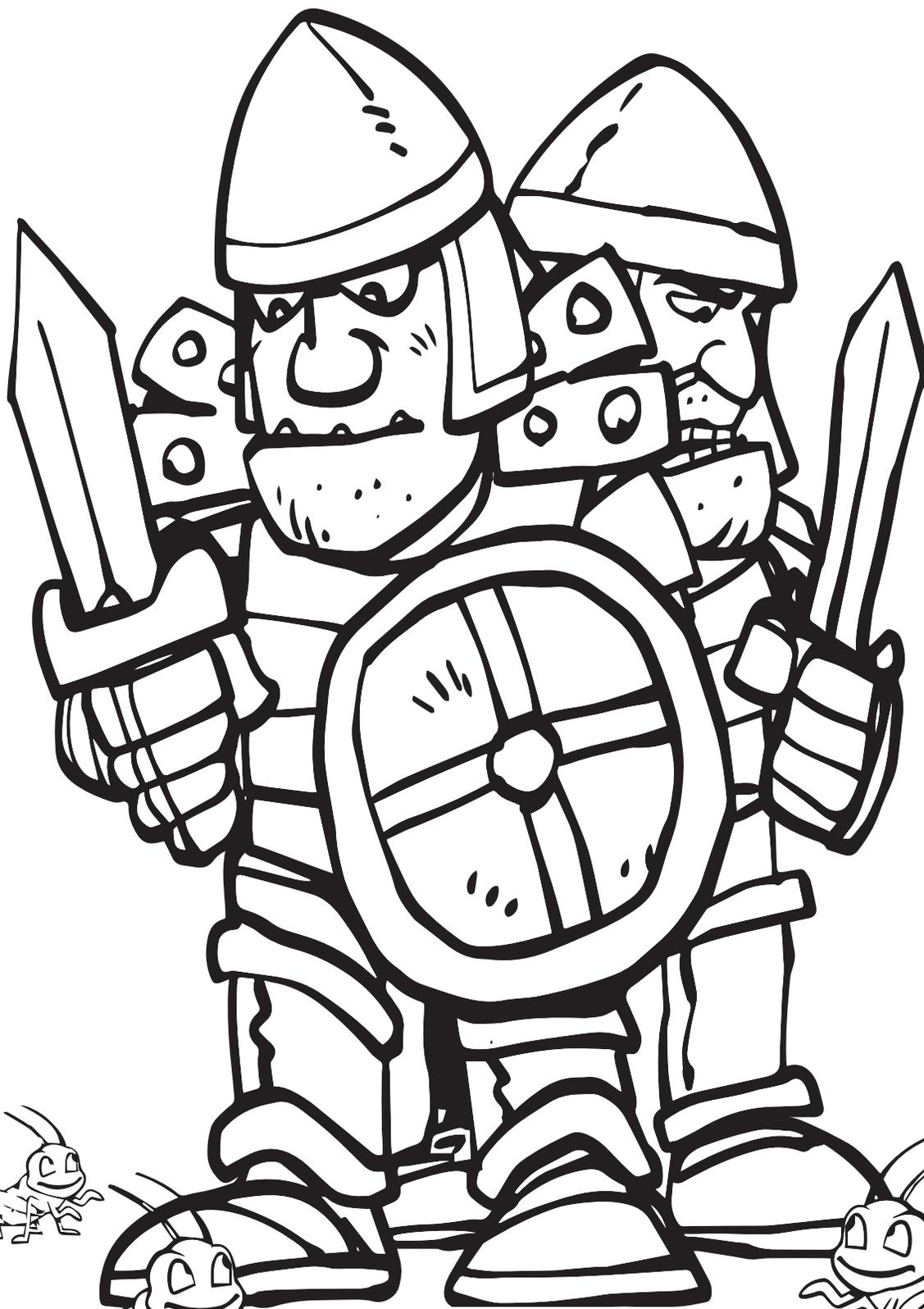
**and He answered me.**

**He saved me from everything**

**I was afraid of."**

Ask God to help you when you are afraid and He will answer your prayers.

Nothing is too big for God! God is way bigger  
and way stronger than anything that we face.



BRING THIS  
BACK NEXT  
WEEK!

\_\_\_\_\_  
Name

\_\_\_\_\_  
Parent Signature