



First, watch this week's  
video at KC website:  
[www.community  
christian.org/kids](http://www.communitychristian.org/kids)

**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."