

# Courage is being brave enough to do what you should do, even when you're afraid.

Read: Psalm 27:1

DAY

1

## Stick With It

Grab some books (the bigger the better) and stretch those arm muscles! Start with your hands out, palms up. Ask someone to place one book on your hands, count to ten, place another book, count to ten, and repeat until you almost can't hold any more! Go until you drop the books!

**LOOK for ways you can keep going even when it gets hard.**

DAY

3

## Why Should I Be Afraid?

Grab your megaphone from yesterday and use it to say the memory verse. Start by saying the verse without using your megaphone and then use the megaphone using a whisper voice, getting louder each time.

**KNOW that God is always with you and you don't have to be afraid.**



DAY

2

## Speak Up!

Create a megaphone using supplies around your house. A megaphone is a cone that you speak into to make your voice louder. After creating your megaphone, write the words "speak up" on it. Use this megaphone as a reminder to speak up when it's the right thing to do, even when others are afraid. Talk with an adult about when it would be a good time to speak up.

\*Adults: talk to your kid about times they should speak up, like when others are hurt, when they need help, or when they see something wrong.

**ASK God to give you the courage to speak up.**

DAY

4

## Not Afraid

Pray and ask God to give you courage this week. Pray something similar to this:

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 "Dear God, I pray that You can give me the courage I need this week. I pray that I can look out for my friends and family and do the right thing even when I'm afraid. Amen."  
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**THANK God for giving you courage when you need it.**



You can do what you should even when others are afraid.



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Name

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

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