

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



A series of horizontal dotted lines for journaling, starting from the top of the page and extending down to the footer area.



Day 1

After watching, write one thing that:



Go to www.communitychristian.org/kids and watch this week's episode of The So & So Show.

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

1. You liked:

2. You learned:

3. You'd like to know:

A series of horizontal dotted lines for writing answers to the three questions, corresponding to the prompts on the left.

Day 2

Read Numbers 13:17-21, 26-33; 14:1-9

- 1) As you read the passages from Numbers, draw lines from the questions Moses gave the 12 spies (in verses 17-21) with the answers they brought back to him (in verses 26-33).

- 2) Go back and underline the answers the spies gave that show what they were afraid of. Lastly, circle the responses Joshua and Caleb gave to the people's fears (in verses 14:1-9).

- 3) Out of all of the passages you read, who did what they should even when others were afraid?

- 4) Who was allowed into the Promised Land, along with their children?

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You should have the same answers for 3 and 4—Joshua and Caleb did what they should even when others were afraid! And as a result, they were the only leaders who were allowed to see the Promised Land!



## Day 3

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**When Moses, Caleb, and Joshua were trying to do the right thing even though others were afraid, who did they turn to?**

God! Moses prayed to God for wisdom in how to lead the people to do what God wanted them to do, even though they were afraid.

You may not be facing a scary situation like the Israelites were, but we all will encounter situations that require courage. And it can be really hard to be brave when we feel like others around us aren't. Thankfully, you're not alone—you can ask God to help us have courage. And you don't have to wait until you're facing something scary to ask for courage. You can ask God to help you be brave every day!

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"Dear God, thank You for being with me wherever I go, whatever I face. I know there are going to be times when I have to stand against the crowd because others are afraid to stand and do the right thing. I want to do what I should, even if others around me are afraid, just like Joshua and Caleb did. Please give me Your strength and Your peace so I can be brave. Help me to know what to do and then to step out in courage to do it. In Jesus' Name, I pray. Amen."

Day 4

What Are People Afraid Of?

We're all afraid of something. Sometimes it can help to know that other people are afraid of things too. It can make you not feel so alone in your fears, and you can work on overcoming them together. It's not wrong to be afraid, but when it comes to doing the right thing, you can be brave and do what you know God wants you to do!

Whether you're afraid of storms or of a bully at school, there's often a "next right thing" you can do. Take this list of common fears people have and talk with a trusted friend about how someone who is afraid of these things can show courage and do the right thing.

- the dark
- speaking in front of people
- getting made fun of
- thunderstorms
- loud sounds (like fire alarms)
- roller coasters
- flying on planes



Day 5

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

Grab two different colors of markers and a sheet of paper. Write the sentence above without looking at the paper. Instead of watching what you're doing, look around the room. Maybe you see someone playing video games or cooking dinner or doing homework. Keep looking around at others until you've written the whole sentence.

Take a look at what you wrote. How did you do? It probably doesn't look so great, does it? When you are focused on what others are thinking or feeling, it becomes a lot harder to do what you should do.

At the bottom of the page, using the other marker, write the same sentence with your best handwriting.

Hang the sheet of paper somewhere you will see it this week to remind you that no matter what others are doing or feeling, you can do what you should.



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Day 2

Read 1 Samuel 17:1-24, 32-51

Get a sheet of paper and something to write with. Draw a line down the middle of the paper. At the top, write “Impossible” in one column and “Possible” in the other. As you read through the verses in 1 Samuel 17, write down the details in the appropriate column. For example, the fact that Goliath was nine feet tall would make fighting him seem impossible, so write that in the impossible column.

When you’re done, take a look at the sheet. There’s not a lot in the “possible” column, is there? But while the list of what seemed impossible was longer, there was one really important thing on the other side that truly made David’s victory possible: God was going to give David the victory!



Day 3

With a parent’s permission, head outside and look for a smooth stone.

It doesn’t have to be super big—after all, the one David had fit into a slingshot. (If you can’t find a smooth one, don’t worry. Just find whatever small rock you can.)

Use a permanent marker to write the first letter of something that seems impossible to you on the stone.

As you pray the prayer below, hold the stone and remember God used a small stone and a young man to do something that seemed impossible!

Dear God, thank You for showing me through the story of David and Goliath that You can do things that seem impossible. Just like David did, I know I need to trust You and do what I should—even when things seem impossible. Right now, (write something that seems impossible in your life) _____ seems impossible, but I know with You, all things are possible! In Jesus’ Name, I pray. Amen.

Keep the rock somewhere you will see it as a reminder that you can do what you should even when things seem impossible.

Day 4

You can do what you should even when things seem impossible.

Have you ever thought about the fact that the word “encourage” has the root word of “courage”? Sometimes when things seem overwhelming, it helps to talk to someone who has been through a similar situation, because they can encourage you to have courage!

What is something you’re facing right now that seems impossible—something that is your “giant” to face? Find an older friend who trusts God and ask them about similar situations they have faced. How did they do what they should even when it seemed impossible? (For example, maybe you find fourth grade math impossible. Find a fifth grade friend and talk to them about how they did it!) Take courage from their encouragement: You can do what you should even when things seem impossible.

Day 5

What seems impossible to you?

Think back on the story of David and Goliath. David didn’t just run out on the battlefield immediately after hearing about Goliath. He took his time, met with the king, tried on his armor (and decided it wasn’t for him after all), and picked out five smooth stones. Most importantly, David remembered out loud all the ways God had helped him in seemingly impossible situations in the past.

Grab a sheet of paper and write “IMPOSSIBLE” at the top. Think back to situations in the past that seemed impossible to you. Maybe you thought you’d never be able to sleep without a nightlight or finish your school project on time. List as many “impossible” things as you can that you ended up doing after all with God’s help.

At the bottom of the list, write what seems impossible to you now.

Look back over the full list. What seemed impossible was actually possible! Cross out the “IM” part of the word. Now you’ve got a list of things you accomplished with God’s help, and you can do that last thing on the list too!

You can do what you should even when things seem impossible.



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Journaling lines for the 'WHAT IS THE BRAVEST THING YOU'VE EVER DONE?' prompt.



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Day 2

Read Daniel 6

Number the following events in order according to the story told in Daniel 6.

- ___ The king signed the order saying anyone who prayed to anyone but him would be thrown in the lions' den.
- ___ When morning came, the king hurried to the lions' den.
- ___ The king ordered everyone to follow Daniel's God.
- ___ Daniel did a better job than the other leaders.
- ___ The king had no choice but to condemn Daniel to the lions' den.
- ___ The other leaders saw Daniel praying and went to tell the king.
- ___ The other leaders tricked the king into making a law that no one could pray to anyone but him for 30 days.
- ___ The king planned to put Daniel in charge of the whole kingdom.
- ___ The king couldn't sleep or eat.
- ___ Daniel continued to pray to God three times a day.
- ___ The king was thrilled to find Daniel was still alive.
- ___ The king put Daniel and two other leaders in charge of the 120 royal rulers of his kingdom.
- ___ The jealous leaders tried to get Daniel in trouble.

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Daniel trusted God to be with him—no matter what. And because of Daniel's courage, every person in the land heard about the one true God!"

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## Day 3

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### Many of us pray at mealtimes and bedtime, but have you ever tried going to your room to pray during the day like Daniel did?

Just for today, give it a try! Set a timer on your device or just write reminders down so you don't forget. Then, three times today, go to your room and get down on your knees to talk to God.

Try praying about something different each time, like:

- 1) Ask God to show you what you should do today, such as who you should encourage and how you can share His love with others.
- 2) Thank God for always being with you and any other things you want to thank God for.
- 3) Ask God to help you keep being brave enough to do what you should do, even when you're afraid.

There's nothing special about this way of praying, of course, but it can help you remember the story of Daniel and how he showed us that **you can do what you should because God is with you.**

## Day 4

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### You can do what you should because God is with you.

Who is the most courageous person you know? Which person has accomplished some things that seem impossible to you?

Reach out to that person today. If you'll see them, chat in person. Otherwise, give them a call, a text, an email. Tell them you're learning about courage this month, and you thought of them. Ask them what they consider their most courageous act: What helped them do what they should, even though it was scary? Ask them if they felt God was with them the whole time and how that impacted their courage.

Take notes on how they summoned their courage to do something that scared them. You'll need these tips tomorrow!



## Day 5

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### What is the bravest thing you've ever done?

What is something you've always wanted to do, but you let fear hold you back?

- Audition for the school play
- Pray out loud
- Try a new sport
- Order your own food at the restaurant
- Run a 5K
- Make a new friend
- Sleep alone or without a nightlight
- Try a new food
- Other: \_\_\_\_\_

Circle something above or write your own idea in the blank. Then make a plan to actually do that thing this week. Write down the details of your plan here:

What:

Where:

When:

Who:

How:

Anything else:

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Then take a few minutes to talk to God about your plan. Ask God to give you strength, initiative, and—most of all—courage to do the thing, knowing that He is with you!

Day 2

Read Esther 4:4-17

Leading up to chapter 4 in Esther, Mordecai had just learned of the plan to kill all of the Jews. Upset, he tore his clothes and cried throughout the city, along with the rest of the Jews.

Read the rest of chapter 4, and as you do, circle all the uncertainties Esther was facing.

Then underline the steps Esther took—and asked Mordecai and the other Jews to take as well—to prepare for her act of courage.

Despite all the planning, fasting, and praying, Esther still didn't know if the king would spare her life, much less help her save her people. Thankfully, Esther did what she did even though she didn't know what would happen. And thus, the Jews were saved!



Day 3

Have you ever heard of fasting?

It's when people intentionally give up food for a specific time and purpose. In the case of Esther, she gave up food and drink for three days and nights—and asked others to do it with her—to prepare for her the risky task ahead of her. Esther and the Jewish people would have used this time to pray and ask God to keep her safe.

Is there a situation in your life where you don't know what will happen, and you need courage to do the right thing? Maybe you need to confess something you've done wrong to a parent or friend, and you're worried you'll get in trouble or lose the friendship. Maybe you have to stand up to a bully. Maybe you need to share God's love with someone, and you're worried they will not respond well. Whatever it is you're facing, the best way to prepare is to take time to talk to God!

If you'd like to try fasting, ask a parent about it. Maybe you can give up dessert or TV or your tablet for a week. Then every time you're craving brownies, or you're tempted to sneak a look at your messages, use that time to pray and ask God to give you courage to do the right thing even though you don't know what will happen.

Day 4

You can do what you should even when you don't know what will happen.

Think back to your prayer from yesterday. Did you have something specific you need courage to do? Or think back to last week when you made a plan to do something that requires courage. Did you follow through with your plan?

Sometimes courage takes a little push, and that's where an accountability partner can come in handy! Ask a trusted friend to take on this role for you. Start by sharing with them what you know you need to do, as well as the steps needed to make it happen. Ask them to take some time to pray with you about it, and then pick a date when your friend will check in with you to see how things are going. Give your friend permission to check in as often as needed and to encourage you when you need the extra push. Then tomorrow is the day to put things into action!

Day 5

When have you done something you were afraid to do?

- You've set yourself up well to make a courageous move.
- You've figured out what you need to do.
- You've read stories from the Bible of others who have shown courage.
- You've prayed and asked God for help. (You've maybe even fasted!)
- You've made a plan for how to do what you need to do.
- You've secured an accountability partner.

So, what's next?

It's time to make a move: Live out the courage God's been building in you! Even when others are afraid, you can be brave to do what you should because God is with you!

And after you've taken that bold step of courage, be sure and share with others—your family, your friends, your small group—the way you've seen God work in the situation. This is not to brag, but to inspire others that they too can choose courage!

