

# COURAGE

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

WEEK

02

K-5<sup>th</sup> Grade

## **Read Ephesians 6:10**

## **DAY 1**

Grab two large cans or two really big books. Have a friend or family member set a timer for three minutes. Hold those cans or books with your arms out to the side until the timer buzzes without dropping or setting them down.

Did you make it the whole three minutes? Could you hold them for 300 minutes? Eventually, you'd have to put them down. Why? Because your power is limited.

When it comes to courage, sometimes we think it's all up to us. We worry we won't have what it takes to face whatever lies ahead. But this verse gives us some really good news. It isn't up to us and our limited power. We can depend on the Lord to make us strong. His power is unlimited. Nothing is too big or scary or hard for him to handle. You can have the courage to do what you should even when you don't feel ready.

**Spend some time thanking God for His mighty power and ask Him to help you depend on Him when your courage is running out.**

## **Read Isaiah 41:13**

## **DAY 2**

What's easier—facing something big and scary alone or with someone else? Of course, the answer is to face it with someone else. Courage is easier when someone else is with you.

**Imagine this.** The God of all creation, the same God who placed every star in the sky, the same God who made the oceans, is WITH you. You don't have to be afraid to do the right thing because God is with you.

Grab a piece of paper and a crayon. Trace around your hand in the center of the page. Somewhere around the handprint, write today's verse. Decorate the inside of your handprint anyway you choose. Then, hang your picture on the fridge or another place where everyone in the family can see it.

As you pray, ask God to help you imagine that He is holding your hand the next time you face a situation that requires courage!

## Read Romans 8:15

DAY 3

What does it mean that you can call God your heavenly Father? Think about it. The God who made you, who placed every hair on your head, has invited you to call Him Father. Because of Jesus, because of what He's done by dying on the cross for you and being raised to life three days later, we can be a part of God's family, forever. You can put ALL your trust in God because He loves you and wants what's best for you. You don't have to be afraid of anything because God is your perfect heavenly Father.

Grab a piece of paper. In the center of the page, write "GOD" in large block letters. Then write all the names for father (like dad, daddy, etc.) and things that are true about God (powerful, loving, kind, etc.) all over the page.

Choose one of these names for God and call Him by that name as you pray. Thank God for His love for you, for the opportunity you have to be in His family by believing in Jesus and for His protection always.

## Read Proverbs 29:25

DAY 4

### Complete the maze to the right.

Did you find your way through the maze the first time? Did you get trapped or hit a dead end? Sometimes that happens in life too. When it comes to doing the right thing, we can get trapped when we focus too much on what we're afraid of. Let's think of some reasons why we don't do what we should do.

1. We don't feel like it.
2. We are afraid other people might make fun of us.
3. We don't think anyone will care or notice.
4. Add your own answer here: \_\_\_\_\_

When it comes to doing the right thing, excuses, like the ones above, can trap us. But we don't need to worry about what other people think or what other people might do. Our responsibility is simply to do the right thing. And when we do, God promises to be with us and keep us safe. We can trust Him and do what we should do even when we don't feel ready.

Tell God about a time this week when you didn't do what you should do. Ask Him to forgive you and to help you make a different choice next time.

