



First, watch
this week's
video!

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

Key Question

When have you done
something you were
afraid to do?

Use this guide to help your kids learn
how God can give us courage.

Activity

Face the Challenge!

What You Need:

Timer on your phone

What You Do:

Invite kids to pick a number between 1 and 6. You can invite the tallest to choose first or the smallest kid or the oldest or youngest. However you would like, allow for each kid to have a turn picking a number. After a kid picks a number, they must complete the corresponding challenge below associated with the number they chose. If time permits, create some new challenges and continue playing.

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

How did Esther demonstrate courage? (*She approached her husband, the king, even though the king hadn't summoned her. She did this in order to save her people.*)

Esther had courage to believe that God could do the impossible and save her people. Do you think it's possible to have that same kind of courage today? Why or why not? What might it look like if we did?

What is something you can do to have courage when you don't know what will happen?

When have you done something you were afraid to do? Did you feel God's presence with you?

Leader: 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

"Dear God, we've learned about so many amazing and courageous heroes this month. Thank You for the examples of Esther, Daniel, David, and Joshua and Caleb. Even though they lived thousands of years ago and faced many situations we will never face, we know that the same courage You gave them is something we can have too. Please help us to do what we should even when we don't know what will happen. In Jesus' name, amen."

Activity Time:

Complete the activity page.

Extra Time?

Refer to the "Extra Time and Conversation Starters" for more ideas.