

# COURAGE

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

**BOTTOM LINE:** You can do what you should even when you don't know what will happen next. Read Ephesians 6:10



## Superhero Bracelets

Grab some paper, markers, scissors, and glue. With those supplies you will make a bravery bracelet that you can wear when you need some extra courage. Here is what to do:

1. Take a piece of paper and cut it into a strip long ways, about an inch wide. Wrap it around your wrist to make sure it will fit and set it aside.
2. Grab another piece of paper and draw a shield shape. It could be a square, diamond, or the shape of an actual shield.
3. Draw the first letter of your first name on your shield. For example, if your name is Sarah, write the letter "S" on your shield.
4. Cut out your shield and glue it onto the middle of your bracelet. Decorate the rest of the band.
5. Glue the two ends of your bracelet together and wear it!

Put your bracelet on whenever you need to feel like a superhero and have some extra courage.

Know that God will give you the extra courage you need.



## Take Courage

This week, work up the courage to do something new that might make you a little nervous. It could be something like trying a new food, tackling the monkey bars, or finally going to introduce yourself to your new neighbor. Talk to your adult about something that you can do this week to show courage.

**Adults:** Have a conversation with your child about doing something that they may be intimidated by. Encourage them to pray before they decide what to do and before they actually do it. Of course, if they have a very large fear of something, we just start a conversation about trusting God when they are scared.

Ask God to give you the courage to do something that is scary.



## Courage Prayer

God can help you through the scary times and can give you the courage you need. Talk to God and ask Him to help you through the times when you feel scared. Pray something like this:

**"Dear God,  
Sometimes I get really scared. Please help me when I am scared to remember to talk and turn to you. I know you can help me when I need it. Amen."**

Thank God for being Someone that you can go to when you are scared.



## Strong

With the help of an adult, look up this week's Bible verse: **Ephesians 6:10**. Write out the verse somewhere on your paper. Then, draw a picture of you being strong with some big muscles! Use the picture to remind you, although God can make you physically strong, He can also strengthen your heart to have more courage!

Look for ways you can look to God to strengthen your body and mind.

**Make the superhero below look like you!  
Draw of some hair that looks just like yours.  
Write the first letter of your first name in the shield!  
Now you are a superhero with super courage!**

