

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 others are afraid. Read Psalm 34:4

DAY **1**

God Is Bigger

With an adult, go for a walk around your neighborhood and look for some really big trees! Some might be really tall, some might be really wide! Look for the biggest tree you can find and, if it's in a safe place, go sit under the tree. Look all the way up to the top of the tree and see how far it can go and remember that God's power to help you is even bigger than that! Take some time and imagine what fears God can help you with if He is bigger than that tree! Talk to your parent about what you fear and how God can help you!

Adults: This activity is using a physical/tangible object as an example to show how big God's power is rather than His actual size. Talk to your child about what God can do if He can do anything! Talk to your child about any fears they might be having. Whether they seem big or small to you, don't dismiss them. Talk them through what they can do and remind them that they can always take their fears to God by praying to Him.

Know that God has the power to help when you are afraid.

DAY **2**

Big Prayer

Yesterday you went for a walk to find the biggest tree in your neighborhood and you talked with your parent about how God's power is even bigger than that! Today take some time and talk to God about times when you are afraid. Ask Him to help you through it. Pray something like this:

"Dear God, I know that You have the power to do the impossible. God, I need Your help when I am scared. I know You are always there for me no matter what. Remind me to go to You when I am scared because You can do anything. Amen"

Thank God that He is always there to listen and help you when you need it.

DAY **3**

Be a Friend

Sometimes it isn't us that is afraid of something, it can be someone like a sibling or a friend. Think of a friend or sibling that might need a little encouragement today. It could be someone who you know is having a hard time or just someone you want to make happy!

Grab your craft supplies and make them a super awesome picture to let them know you are thinking about them! Deliver their special craft and tell them how much they mean to you and that you love them.

Look for ways that you can show others how big God is.

DAY **4**

Look Up

Look up this week's verse: **Psalm 34:4**. Read it out loud and create some of your own motions to help you remember this verse! To help you out, we separated the verse into phrases to make it easier to create motions.

"I looked to the Lord,

and He answered me.

He saved me from everything

I was afraid of."

Ask God to help you when you are afraid and He will answer your prayers.

Nothing is too big for God! God is way bigger
and way stronger than anything that we face.

