



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 family learn
how God can give us courage.

Activity

Face It

What You Need:

three sheets of aluminum foil—the
size of your child's face

What You Do:

Invite your child to play "Face It"
with you. Place the aluminum foil
sheets in front of you. Before you
get started, say, "What are a few
examples of situations where you
might be afraid or worried?" Discuss
some personal examples from your
own life too.

Then, pick up the first sheet of
aluminum foil. For each piece of
foil, ask your child to make the
following faces. While your child
is making each expression, gently
press the aluminum foil against
their face, creating something
similar to a mold.

Expressions to "mold":

- surprised
- scared
- brave

When you're finished making the
molds, say, "Which one of these
faces do you think is the most
accurate?" (*Allow response.*) "In our
story today, I bet Esther felt all three
of those emotions."

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?

*Parent: 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

Use this prayer as a guide, either after talking about
the Bible story or sometime before bed tonight:

"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."