



# COURAGE

What is Courage?  
Discuss

Sometimes people need to  
show courage just to get  
through their day- can you  
think of a time that you have  
had to be courageous?

Which picture do you think shows the most courage?



Do you think any of these people were feeling scared?  
Can you be a courageous person if you feel scared?

# Watch the video below to help you think about what courage is!

Discoverers and Adventurers: [https://www.youtube.com/watch?v=rkg-ffNGv\\_E](https://www.youtube.com/watch?v=rkg-ffNGv_E)

Explorers and Voyagers: <https://www.youtube.com/watch?v=o1CxKPrK5GY&t=87s>

**So, what do you think?**  
**Does being courageous mean never feeling afraid?**

**No! The good news is that being courageous means that you recognise your fear, whatever it might be and you face it!!**

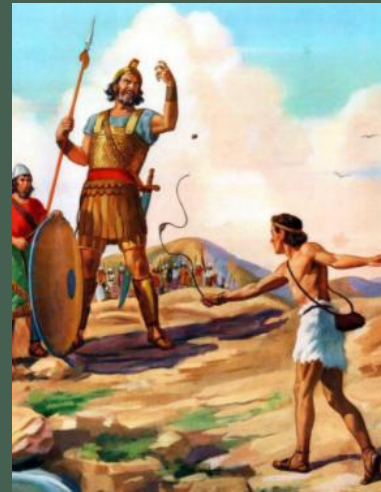
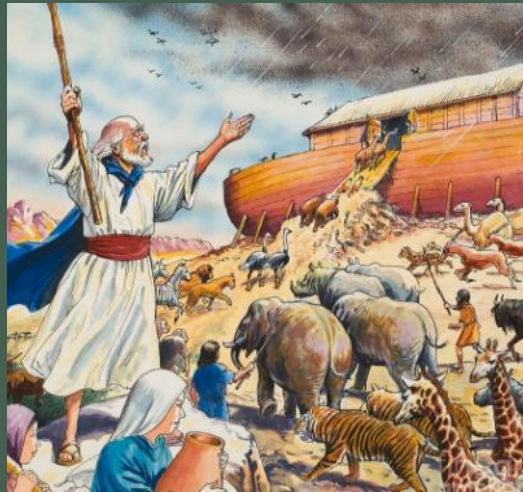


That might mean:  
speaking out in class,  
climbing a tree or even  
holding a spider!





Can you think of anyone from the bible who had to show courage? Remember, this does not mean they were not afraid but they did face their fear!



# A prayer for courage:

Dear Lord,

Thank you for all the people in our world who face their fears each day in order to keep us safe and healthy.

Please be with us each day as we come up against our fears.

Help us to find the courage to face our fears and tackle challenges that scare us.

In Jesus' name,

Amen

**Your challenge this week:**

**Do something that you find scary (not something dangerous!). Think about how it made you feel. Remember it so that we can share it next week.**