



DAY 5

Being brave can feel lonely at times. One thing that might help is having a song, poem, or phrase that you say to yourself when you're feeling a little less than brave.

THE PSALMIST WROTE THIS IN PSALM 56:3:
When I'm afraid, I put my trust in you. (NIRV)

Take the Psalmist's words and use them as inspiration for your own courage creation. You can write your own short poem or song about being brave, or draw a picture of what you think it looks like to be brave when others are afraid. If you like to rap or do spoken word, maybe you could add some beats to Psalm 56:3. Or you could write out the words to the verse in a fun way, like with bubble letters or flowery script. You could also get some help from a parent to write the words on your hands (**"When I am afraid" on your left, and "I put my trust in you" on your right**).

However you choose to get this truth in your heart and mind is up to you, but the important thing is that when you aren't sure how you can be brave because others are afraid, you'll have this simple truth to help you have courage: you can trust God no matter what, even when you're afraid, and even when everyone else is too!

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on *Fun2Watch!* then *The So & So Show*.)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

DAY 2

READ NUMBERS 13:17-14:9

Grab two different colored pens or highlighters. Pick one color to represent courage, and the other one to represent fear. As you read through Numbers 13:17-14:9, use the different colors to underline or highlight the statements of courage you see versus the statements of fear.

When you see the fear and worry that all the other spies had, it makes Joshua and Caleb's courage seem even more courageous, doesn't it?! Not only were they suggesting the Israelites could defeat their enemies to take the land God had promised them, but in doing so, they had to stand up against all of the other spies who thought it was too scary.

But Joshua and Caleb knew something really important. Unscramble these words to reveal their secret weapon to being brave even when others were afraid. (*Hint: It's in the middle of Numbers 14:9.*)

EHT RDOL SI HWIT SU.

And here's the good news for you, just change the last word to "me," and you'll also have the secret weapon to being brave even when others are afraid!

DAY 3

It's one thing to do the right thing when everyone else is but it's a whole other story when it seems like no one else is making the wise choice. It takes courage to do the right thing when it seems like you're the only one.

Is there a situation where you need to have courage because it seems like everyone else is afraid to do the right thing? Pray the words in Prayer A below. Or, maybe you're not the one who needs courage—maybe it's someone else who needs your prayers, like a leader, teacher or someone else in charge who often has to make courageous decisions when others are afraid. If that's the case, chose Prayer B. Or, choose both!

PRAYER A:

Dear God, when it comes to _____, I feel like I'm the only one who _____. Help me to have courage to _____. Amen.

PRAYER B:

Dear God, please help _____ to be courageous and _____, even though they might feel like they're the only one. Give them courage and strength to make the wise choice. Amen.

DAY 4

Often we may feel we are all alone in doing what we should do, but the truth is, there are people all around us who have also shown courage even when no one else has. Chances are good that you know one of those brave people. It might be your parent, a friend who stood up to a bully or even your little brother who bravely prays in front of his friends at school before lunch.

Find some time to interview that person today. Ask them questions like the ones below, or come up with your own list to help you understand how they were able to have courage even when it seemed like no one else was doing the right thing.

- 1) Tell me about a time you had courage to be brave even when others were afraid.
- 2) Did anything about that situation scare you? How did you overcome it?
- 4) Do you think it was harder to make the wise choice because you were the only one?
- 5) How would you encourage someone else to do that same thing?

If you have a specific situation right now where you're trying to be brave even when others are afraid, share it with your brave interviewee and ask them for encouragement and accountability to be brave.