

# Courage is being brave enough to do what you should do, even when you're afraid.

Read: Philippians 4:13



DAY

1

## Superhero Here!

Superheroes don't seem to be scared of much! Imagine you are a superhero tackling your worst (human) fear! Is it going down the big slide, sleeping in the dark, or something else? Act out what you are most afraid of, but do it as a superhero!

P.S. Do you know God can do anything? He can do much more than a superhero!

**KNOW that God can do anything!**

DAY

3

## Work It Out

Get stronger in body and in spirit when you work both out together! Look up this week's verse, and decide on a physical movement you can do while practicing your verse. Some great moves include: jumping jacks, sit ups, using some weights, and doing curls.

**LOOK for ways you can use the strength God gives you when you need it.**

DAY

2

## Impossible? No Way

Grab some paper and something to write with. Write or draw a picture of something you think is impossible. After you are done, crumple it up and throw it as far as you can!

**ASK God to help you make the seemingly impossible, possible!**

DAY

4

## You Can Do It, He Can Help

Ask God to help give you strength when things seem impossible.

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 "Dear God, sometimes things seem so impossible and it's hard. Please show me how I can do things that seem impossible, and give me strength when I need it. Amen."  
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**THANK God for always giving you the strength to make things possible.**

You can do what you should even when things seem impossible.



