

# Stand: Don't Face Your Fears Alone



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

Joshua and Caleb  
Numbers 13-14

### Bottom Line

You can do what you  
should even when  
others are afraid.

Use this guide to help your family learn  
how God can give us courage.



## Activity

### Face Your Fears

#### What You Need:

opaque bags (gift bags, paper bags, reusable grocery bags); items of different textures (slime, plush friend, smooth rock)

#### What You Do:

Place one item in each bag and place the bags in a row. Invite your child to play a game with you.

Say, "There is a different item in each bag. Without looking, reach into each bag and try to guess what each item is."

Let your child reach into each bag and guess what each item is. If time allows, have your child look around the house for items to place inside the bags for YOU to guess!

When you're finished, say, "I know that might have been a little scary, not knowing what you were about to touch. But you faced your fears! I was a little nervous FOR you, and I knew what was in the bags! That reminds me of our story from today—of two guys who faced their fears when everyone else around them was afraid."

## Talk About the Bible Story

In today's story, who showed courage when everyone else was scared? (*Joshua and Caleb*)

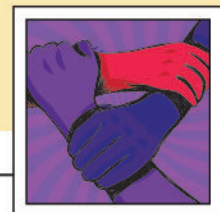
What did Joshua and Caleb do that was so brave? (*They encouraged the Israelites to enter the land because God was with them.*)

Why were Joshua and Caleb able to show so much courage? (*They believed that God would help them succeed.*)

When is it difficult for you to show courage?

What can you do in the future to have more courage?  
Who can help you have courage?

*Parent: Share a personal story of a time God helped you face a fear, and share what you gained because of that experience.*



## Prayer

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

"God, thank You for reminding us that we're not alone as we face our fears. When we're tempted to lose hope and give up, remind us that You've called us to be brave. You've given us Your Holy Spirit to help us. No matter what challenging or scary thing may happen this week, please help us stand in the face of our fears—even when others may be afraid. We love You, and we pray these things in Jesus' name. Amen."