



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

### Bottom Line

You can do what you  
should even when  
you don't know what  
will happen.

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



## Activity

### Do or Roll the Die

#### What You Need:

Game die; timer

Note: If you don't own a game die, you can find instructions on how to make one here: <https://www.firstpalette.com/craft/paper-dice.html>

#### What You Do:

Set out the game die. Invite your child to roll the die to see what challenge below they land on.

As they roll a number, read off the corresponding courage challenge below. Take turns rolling the die and completing the challenges. If time allows, play until you've tried each challenge.

#### Courage challenges:

1. Stand on one foot for 30 seconds without falling over.
2. Do your best dance move.
3. Sing a line from your favorite song in an opera voice.
4. Jump as high as you can.
5. Pat your head and rub your belly at the same time.
6. Talk about your favorite food in a robot voice.

When you've completed each challenge at least once, say: "Wow! I was nervous wondering what courage challenge was coming next. Thankfully, those were all pretty easy and fun! In our story today, Esther faced a challenge—a big one. She didn't know how things were going to turn out, but she was strong and brave and trusted God for what happened next."

## Talk About the Bible Story

What big step did Esther have to take in order to save her people? (*She approached her husband, the king, even though the king hadn't summoned her.*)

Why was Esther willing to approach the king? (*She wanted to save her people, and she knew that God was with her.*)

Have you ever felt like you needed to stand up for yourself or someone else? What happened?

The next time you need to stand up, how can you be brave and strong? (*Remember stories like Esther's; ask for God to give you courage.*)

*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:

"God, we are so thankful that You gave us Your Holy Spirit to be our helper. Because You are with us, we don't have to stand against our fears alone. God, I'm so thankful that You have a big plan for each of us. You have called us all to be like Esther—in our schools, neighborhoods, and even in our homes. Because of this, we will speak truth to ourselves in the midst of fear, and remember that we can do what we should even when we don't know what will happen. In Jesus' name, amen."