



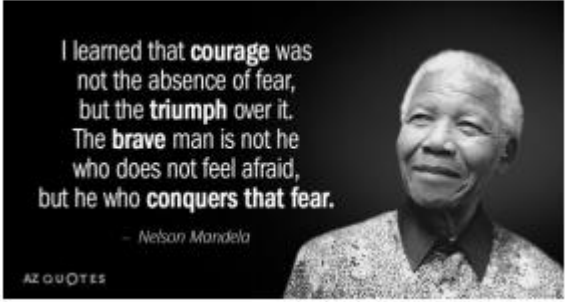





Theme	 <h1 style="margin-left: 200px;">COURAGE</h1>	
 Key concept	<p>Courage is often about continuing to do what you would normally do even when faced with extraordinary situations. Many Christians believe that God asks us to offer our skills, talents and abilities in the face of adversity, and that he will use that courageousness to achieve great things. The word 'courage' comes from the Latin word 'cor' = heart.</p>	
 Listen	<p>We all try to live courageous lives and Christians try to live as God wants them to. It is summed up for many Christians in the verse Micah 6 verse 8 'But what does the Lord require of you but to do justly, to love mercy and to walk humbly with your God' 'Something inside so strong' This version is by the Lewisham and Greenwich NHS Choir https://www.youtube.com/watch?v=4zefl15fEPE</p>	
 Think	 <p>I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.</p> <p>— Nelson Mandela</p> <p>AZ QUOTES</p>	<p>What does this picture make you think of?</p> <p>Do you agree with this man's definition of courage?</p> <p>How is it different from what other people say about courage?</p>
 Gather	<p>Find a place where you can be still, without interruptions. You might like to light a candle as you begin. I wonder what you think of when you hear the word courage? I wonder who you think of when you hear the word courage? I wonder if you can think of a time in your life when you had to be filled with courage? What did this feel like? Find a small stone and hold it in your hand Could something this small make any difference to anything?</p>	
 Engage	<p>In today's Bible story, David shows just this kind of courage when facing up to a giant that is scaring his country. He shows courage by using his talents and skills in the face of an extraordinary threat. David is also known as Da'wud in the Qur'an.</p> <p>Let's read the story together: It is in 1 Samuel Chapter 17 of the Bible https://www.biblegateway.com/passage/?search=1+samuel+17&version=NIVUK</p> <p>There are shorter versions in Children's Bibles (eg Lion Storyteller Bible, p44), if you have one, or you can use the 'David and the Big Bully Read Aloud' resource to act out the story together. Listen carefully to the things that David says in the story, as they show us what gave David courage. So, what was it David said? I wonder how David felt when he faced Goliath. In some ways, David felt no differently facing Goliath than he would have facing a lion or bear that was threatening his sheep...he believed that the same God who gave him courage to do this would be with him in facing Goliath. That was the secret of his courage.</p>	
 Reflect	<p>Our worries and anxieties can sometimes feel like GIANTS.</p> <p>Think about these things, you may like to draw them or write them down.</p> <p>It is ok to feel worried or anxious about these things. Many Christians believe that God promises to help, guide, strengthen and fill them with courage, just as he did David. I wonder if you need some courage to face your GIANTS like David did?</p> <p>Find someone you trust to talk to about your GIANTS. It is always better to share your worries with someone else. When David said he would fight Goliath, his eldest brother was angry and said that David was conceited (one version of the Bible calls him a "cheeky brat"). He then went to others in the army and each time he got the same answer. How might this story have ended if David had given up when his brother was angry with him?</p> <p>Let's look again at our small stone...it might be a reminder of the story of David and Goliath...it might be a reminder that small things can make a big difference...it might be a reminder that a little bit of courage- and encouragement - can go a long way...</p>	



Send out

I wonder, how might you be courageous like David this week? I wonder, how might you help someone else who is feeling worried and anxious this week? Could you help them to be courageous by encouraging or helping them? Take your stone with you. Blow out your candle as a sign that your time of worship has finished.



Spiritual development

Decorate your small stone using felt pens or paint: with hearts, a rainbow, or whatever is a reminder to 'take heart' and be courageous (a permanent pen like a Sharpie can work best, but be careful!). If you can, using a mixture of PVA (runny) glue and water over the top; when your stone has dried this will act as a varnish and give it a shine.

Use the EXAMEN prayer to reflect on courage. It has 5 steps, so you might like to count them on your fingers.

1. GIVE THANKS for something that were good today
2. ASK FOR HELP with something that scares you at the moment
3. REFLECT on your day and think about the things that have given you courage and the things that have discouraged you.
4. SAY SORRY for the times you have lacked courage, or discouraged someone else
5. DECIDE how you will keep hold of your courage tomorrow