

# Courage

## **Courage means opening your life to others**

Take your wallet, backpack or bag & put it in the middle, & allow anyone in the group to look through it

## **Courage means being open about your feelings**

Share honestly your strengths & weaknesses & things you change about you

## **Courage means openly, honestly confronting others & seeking resolution**

If you have an issue with someone in the group, use this time to work it out

## **It takes courage to admit your failings**

think about a time your courage faltered & failed

## **Courage sometimes requires us to risk failure**

Mime a scene from a movie & see if the group can guess which scene you are doing

## **Courage pushes us out of our comfort zones**

Sing a song that gives you courage or makes you think of courage

## **It takes courage to support others**

say a prayer for each person in the group aloud asking that they will be courageous this coming week

## **Courage is defined by action & described through stories**

Confess a lie you've told about yourself that has never been corrected in public- something you've allowed other people to believe about you that isn't true

## **It takes courage to be vulnerable with others**

Stand with your back to the group, invite anyone who wants to come up to you & tickle you & don't turn around to see who or what is coming & don't cover yourself either

## **It takes courage to lead by example**

Start a people train & make 2 laps around the room or building singing "when the saints go marching in"

## **It takes courage to follow Jesus**

Tell the group that for the next 30 seconds you will do whatever they direct you to do- then do it

## **Courage is the mastery, not absence of fear**

Tell a childhood fear that you've never been able to conquer. What happens when you experience this fear?

## **Read Numbers 13:30**

What is something you're likely to have to face or do this week that will take courageous trust in God?

## **Read John 18:17,25-27 Fear can get to even the most courageous hearts**

Act out what happened in this passage

## **Read Ephesians 4:20-5:2 It takes courage to leave a comfort zone.**

One thing from this list I'll find hard to remove from my life is \_\_\_ because \_\_\_

## **Read Ephesians 3:13-21 Hard times help us appreciate our freedom in Jesus**

Share how has taking courageous stands for your faith helped you focus on & appreciate Jesus?

## **Read Acts 7:59-60 In some places today Christians are still martyred for their faith**

Pray for those who are persecuted for their belief in Jesus

**Read Ephesians 2:8–9** Courage alone won't get you into heaven.

Discuss what you think will

**Read Acts 4:18–20**

What would you have done in Peter & John's situation? Why?

**Read Mark 15:43**

Who do you know that no one wants to hang out with? Pray for how you can reach out to them & for the courage to do it

**Read Joshua 10:25** Being courageous is a choice

Share a time you chose to be courageous. How did it turn out?

### ADDITIONAL ACTIVITIES

- Pair up**– one is boss & one employee– act out: employee forgot to show up for work
  - have the courage to explain it to the boss
- Draw** a person who is very courageous– show & tell or have group guess who it is
- Write a poem** for BRAVE Each line begins with a letter of brave
- Fill in & share:** “for me the hardest part of being courageous is\_\_”
- Discuss:** where would be the place that would require the most courage for you to go?
- Share:** when is the time each day it is hardest for you to be courageous?
- Write & share** 5 goals that require courage to complete in the next few weeks & how can you conquer these goals courageously?
- Tell the group** if you consider yourself courageous or not & why
- Act out** a scene in the bible where courage was shown
- Create:** If a new NBA team was being formed called “the Courage” what would their mascot be? why
- Share:** what takes courage in your daily life?
- Brainstorm as a group** 6 ways you can show courage on a daily basis
- Draw** something that scares you. Change the picture so it doesn't scare you anymore
- Discuss:** How can God take away your fears?
- Share** a time you saw someone being courageous
- Act out** a confrontation scene– show how both people handle the situation with courage
- Draw:** what you think courage looks like & share
- List:** 5 outcomes of having a courageous heart
- Reflect:** It takes great courage to think about your own death– everyone share 2 things you want them to say about you at your funeral
- Pair up:** take turns closing your eyes & falling backward into each others arms– discuss
- Pair up:**– each sketch the other doing something brave & daring & exchange
- Make up** a nonsense poem about courage
- Pair up** – tell each other something that no one else knows about you
- Everyone grab:** an object in the room & together act out a scene involving courage using every object
- Discuss:** how can friends help us to be courageous?
- Write:** “courage” with your non– dominant hand (the hand you don't write with) backwards
- Act out:** “David vs. Goliath”: as a sportscaster, commentators, fans & all
- Sketch, show & tell:** something that you do that requires no courage, but might require courage for someone else

- Discuss:** how does courage help us be an open book with others
- Write & Share:** 5 words that mean the same thing as courage
- Share:** My name is \_\_\_\_ & I'm scared of
- Pray:** Lord you know our fears, please help us to\_\_
- Discuss:** how can we be courageous in building deep friendships
- Reflect & share:** "this week I will show courage by\_\_\_\_"
- Act out:** your most courageous face
- Sketch, show & tell:** a clothing outfit it would take massive courage for you to wear in public
- Sculpt:** the thing you are most scared of throwing away
- Share:** the person you would least like to see come through the door
- Act out:** in pairs- your most spectacular courageous pose
- Share:** what would it take the most courage for you to write someone?
- Brainstorm:** every word that comes to mind relating to the word courage
- Discuss:** when is courage misplaced or foolish?
- Act out** in your most courageous baby voice: "i believe I have soiled my diaper"
- Sketch, show & tell:** your most courageous ancestor
- Sculpt:** the animal it would take you the most courage to saddle up & ride
- Write & Share:** a time you were not courageous & wimped out- pray for forgiveness, tear it up & then throw away
- Discuss:** what strengthens your courage?

#### **5 ways to be courageous this week:**

- 1- risk rejection- intentionally meet & start a conversation with someone new
- 2-Read Matthew 6:24-34 Ask: how would I live if i took Jesus at his word- live it this week
- 3-confront a fear- name & own it & ask Jesus to give you courage to face it
- 4- say "I love you" to a family member you wouldn't usually say it to (make eye contact)
- 5-reconcile with someone- have the courage to reach out