

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 other's 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