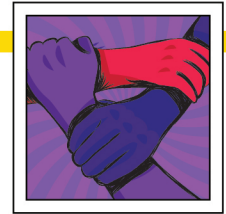


Stand: Don't Face Your Fears Alone



First, watch this
week's video at:

[hillsideonline.com
/kids](https://hillsideonline.com/kids)

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

David
1 Samuel 16:1-13; 17:1-51

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

Impossible Ice

What You Need:

coins; bin or deep pot; water;
ice; timer

What You Do:

Place the coins at the bottom of
the bin. Pour water into the bin
until it's about half full. Then, add
ice. Invite your child to compete in
a challenge.

Say, "I'm going to time you for 30
seconds. During that time,
your challenge is to brave the
ice water and pick up as many of
the coins as possible. Ready? Go!"

Press start on the timer. Cheer
your child on as they reach into
the ice water to grab the coins.

When time's up, count the coins
that your child picked up. Then
say, "I bet that water was so cold
that it felt impossible to get all the
coins at once, didn't it? That
reminds me of our Bible story
today—when someone else
faced an impossible situation."

Talk About the Bible Story

In today's story, who faced an impossible situation?

(David)

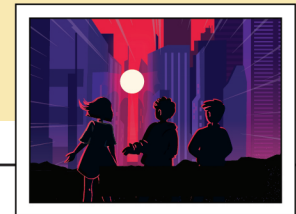
What was David's impossible situation? *(He had to
fight a giant armed with nothing but a slingshot.)*

Why was David able to face Goliath and win? *(He
knew that God was with him—and God was!)*

Have you ever tried to do something that felt
impossible? *(If your child has recently learned a new
skill that was difficult, or gone through a tough
situation, talk with them about it now. Ask them what it
felt like to face something that seemed impossible.)*

How can we face impossible situations with courage?

*Parent: Share a personal story of a time God helped
you face an impossible situation.*



Prayer

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

"God, thank You for this truth that we're not alone as
we face our fears. When we have to face situations
that might seem impossible, remind us that You're
always with us. Please give us the courage we need to
face difficult challenges in our lives. Remind us that
nothing is impossible for You. We love You, and we
pray these things in Jesus' name. Amen."