

Scribbled Truths about Courage



Hi everyone, welcome to this edition of Scribbled Truths looking at Courage.

What is Courage?

Courage is being able to make the right choices in difficult situations and facing our fears - this is being brave. To be courageous is making a decision to face your fear or problem and to do something about it. We may be worried about starting at a new school or afraid about learning to swim. It may mean talking to a parent or teacher about our worries or getting help in how to sort out a problem or how to discuss unresolved arguments with friends. We could also pray about a situation, and for God's help, to give us courage to face the fear or problem we are going through. We will make mistakes and want to give up at times. However, it takes making a decision to carry on, not giving up and to be courageous.



A story from the Bible

Goliath, was a huge giant nearly 3 metres tall, fighting on behalf of the Philistines and was challenging the Israelites over 40 days to find someone in their army, who would be willing to fight him. The Israelites were all afraid too. David was sent by his father to take food to his brothers, who were in this battle against the Philistines.

When he got there he heard Goliath mocking the Israelite army and challenging them to a fight. David knew that with God's help, he could beat this giant. So he went to speak to King Saul. At first King Saul didn't take David seriously as he was just a young shepherd boy. However, David had fought off wild beasts like lions and bears to save his sheep on different occasions. So he persuaded the king to let him fight Goliath.

All he took with him was a sling with 5 stones – no armour, no backup just a sling. Goliath felt insulted and mocked by the Israelites for sending out such a young man to fight him, who wasn't even a warrior. David didn't give in to fear or to the mocking but prayed to God and took one stone and put it in his sling and shot it towards Goliath. It hit him on the forehead and he fell down and was defeated. The Israelites cheered and the Philistines were so shocked and tried to run away.

(From the Bible in 1 Samuel 17, paraphrased)

Questions



Who was Goliath and what made him unique?
Who was David and what did he think to what Goliath was saying?
With what did David defeat Goliath?
David may have felt fear facing Goliath but he was courageous and faced him with God's help. Is there anything you are afraid of facing or struggling with? Talk to someone who may be able to help you.



Courage games

1. Make some homemade skittles out of plastic bottles or cardboard rolls and decorate them. Then set up the skittles and use a soft ball or a tennis ball to knock them down. See if you can hit the target like David did.
2. Set up an obstacle course outside with your parent's permission. Then either blindfold your mum/dad or sister/brother and give them clear and safe instructions to get round the obstacle course. Let's see how brave they are!



Courage craft

Make some Goliath-sized feet.

You will need: strong cardboard (use an old box), string, colouring pens or paint and scissors.

1. Draw the outline of a large pair of 'giant' feet on the cardboard.
2. Then colour in or paint the feet.
3. Punch four holes into each foot (see photo)
4. Thread string through holes in a way that you can hold the string when walking (see photo).
5. When ready carefully walk in your 'giant' feet holding the string in both your hands.

Do not try to run or hop with them on. Have fun!



A wise saying by God

"Do not be afraid or discouraged, for I, the Lord your God, am with you wherever you go."

