

How do you become courageous?

“I don’t let fear stop me. I take action. I remember I am not alone.”

What does God say?

“Be strong and courageous, and do it. Do not be afraid or discouraged, for the LORD God, my God, is with you.”

1 Chronicles 28:20 BSB

Teaching Objectives

for use in evaluations

1. Teach students to use a tool to communicate how afraid they feel by using the **fear calculator**.
2. Teach students to use a tool to communicate how brave they feel and how much help they need or want from a coach by using the **bravery calculator**.
3. Teach students to express specifically what's causing their fear if possible.
 - a. Ex. Child rates the rock wall as orange.
Ask questions: “What is it about the rock wall that makes you afraid?”
 - i. “It’s too high.” “I’m going to fall.” “It hurts my fingers.”
 - b. **Empathize and encourage:** “Being afraid is no fun! I used to be afraid of _____. But (person) helped me get over my fear by _____ until I could do it myself. Now I love doing _____! So I’m going to help you by _____ until you can climb this wall all by yourself.”

Remember, your goal in teaching your student bravery is to provide the *right amount of help*.

- Every activity/skill that you can encourage your students to do *without* assistance creates a feeling of strength and reduces fear. Keep filling their minds with how strong they’re getting, how **brave** they’re becoming, and how cool it will be to do the skill as you offer less and less help.
- Unnecessary help may keep your students dependent on you, slowing their growth in confidence.

Winter 2023 CT Sr Version: I Am Courageous

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2023 Winter

COURAGE

December 5 - March 4

Closed:

Dec 24-31: (Christmas - New Year's Break)

Feb 28: (Spring Staff Training)

December 2022						
Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2023						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February 2023						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Story: A Brave Victory

Main Points Each Week:

Lesson 1: I develop courage by focusing on the outcome, believing what is true, and taking steps that prepare me for action.

Lesson 2: My first step to building courage is to ask someone I trust to help me beat my fear.

Lesson 3: I develop courage by believing the truth that I am able to grow strong and confident.

Lesson 4: I develop courage by believing the truth that I am able to grow strong and confident.

Lesson 5: I call out to God when I feel alone and afraid, knowing He is always ready to help.

Lesson 6: God gives me good people to help me get past my fears.

Lesson 7: I carefully choose activities and only think thoughts that inspire courage.

Lesson 8: I attack fear as soon as it enters my mind and believe I can overcome it because God is with me.

Lesson 9: I will not surrender to fear. I know that God is for me and fear cannot defeat me.

Lesson 10: I face my fears knowing that each victory develops more courage to face greater fears and to reach higher goals.

Lesson 11: Courage comes when I believe, speak, and act on God's truth.

Lesson 12: I develop courage by focusing on the outcome, believing what is true, and taking steps that prepare me for action.

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Week 1: Dec. 5-10 (Week 1 has no story)

- 1. Intro:** This season we're going to learn how we can become more courageous. **Courage** is the inner strength and confidence you need to act bravely even when faced with fear, challenges or uncertainty. Everyone has fears - even adults. (*Coaches: consider sharing an appropriate fear you have*) Everyone needs to find a way to get past their fears if they want to enjoy a truly rich and successful life. If you let your fears have control, you won't be able to do a lot of things that make you a better person, and you might not even be able to help someone when they really need it.
- 2. Teach and repeat the declaration, verse, and sign language several times.**
- 3. Lesson 1: I develop courage by focusing on the outcome, believing what is true, and taking steps that prepare me for action.**
 - Courage** is the inner strength and confidence you need to act bravely.
 - Bravery** is having the guts to act, even if it means taking risks or facing danger head-on.
 - According to our bible verse, why should we *not* be afraid?
 - God Himself will be with us.*
 - If we know that we are doing something that is pleasing to God, then we can be certain that He will give us strength and courage to do it.*
- 4. Read through and discuss the **Calculators Supplement**.**
- 5. Practice declaration, verse, and sign language.**

Repeat: **I develop courage by focusing on the outcome, believing what is true, and taking steps that prepare me for action.**

Planning

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Week 2: Dec. 12-17

1. **Practice declaration & verse together**
2. **Lead-in:** What is one thing you were really afraid of when you were younger? How did you get over it?
3. **Lesson 2: My first step to building courage is to ask someone I trust to help me beat my fear.**
4. **Listen to Chapter 1 of story:** *"I'll Never Get to Level 7!"*
5. **Questions (Choose one or more that best fits your class.)**
 - a. What is Arie afraid of?
 - i. *Flyaways; staying in level 5 for a third year; failing*
 - b. Where would you rate Arie's fear on the fear calculator?
 - c. What does Arie do when she feels like a failure at the awards ceremony?
 - i. *Leaves as soon as possible; hides in the car; cries; says she wants to quit*
 - d. What does Arie's mom say when she gets the letter that says she failed her math test again?
 - i. *"Studying for just one test should be a breeze, right?"*
 - e. Where would you rate her mom's fear about failing again on the calculator?
6. **Application:**
 - a. The only way we can begin to overcome a fear is to admit we *have* the fear!
 - b. Let's practice using the calculator by rating some common fears gymnasts (*ninja or tumbling students*) have.
 - i. *Have students name some fears. If they don't, then suggest common ones you know kids have.*
 - c. Sometimes it takes courage to even admit we have fears. But if you never tell your coach you're afraid, or *how* afraid you are, they can't give you much help.
7. **Wrap Up:** Every coach wants to help you get to the green zone on the bravery calculator this season. These charts are at every station so we can use them to help grow your courage, increase your confidence, and be able to "do it" - whatever skill that is!

Repeat together: **My first step to building courage is to ask someone I trust to help me beat my fear.**

**Handouts: Copies of calculators and parent instructions for home use
Tell kids to hang these up where they can use them with parents!**

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Week 3: Dec. 19-23 (Dec. 24-31 Christmas Break)

1. Practice declaration & verse together

2. **Lead-in:** Who loves going to the beach? Let's say your parents wanted to reward the courage you developed to overcome your fear of water and learn to swim by going to the ocean for a week. How excited would you be? But what if someone at the hotel told you that a dozen sharks had been spotted in the water as soon as you arrived? What would happen to all that courage you had developed to overcome your fear?

3. Lesson 3: I develop courage by believing the truth that I am able to grow strong and confident.

4. **Short review:** Arie wins first place as level 5 all around champion at the gymnastics meet, but she is miserable. She knows she can't get out of level 5 because her fear of flyaways prevents her from moving up. She's 9 years old and has been a level 5 for two years. She considers herself a complete failure. After the meet, Mrs. Freeman, Arie's mom, finds her teacher's recertification test scores in the mail. This is her second time taking the test. She passed two subjects, but failed in math *again*. She's glad she has passed two and begins studying math right after dinner.

5. Listen to Chapter 2 of story: *The Dreaded Question*

6. Questions (Choose one or more that best fits your class.)

- Why is Arie "doubly depressed" now?
 - Not only is she a failure, but her mom has failed too.*
- What does Arie try to do when Mrs. Ellsworth asks the dreaded question?
 - Leave before her mom has to suffer the embarrassment of saying she failed math*
- Is Arie's mom afraid? (*No.*)
- What is Arie's mom focused on?
 - She focuses on what went well - that she passed two subjects.*
 - She believes she can pass with hard work and determination.*
- What does Arie think about her mom's response to Mrs. Ellsworth?
 - She's shocked! She doesn't understand how her mom isn't embarrassed or why she didn't choose another subject that was easy to pass.*

7. Application:

- Our bible verse actually *commands* us to *not* be discouraged.
- What does it mean to DIS-courage?
 - It means to **take away** courage*
 - God wants us to avoid any lies that would take courage away from us.*
- What are the three biggest lies Arie believes and keeps telling herself?
 - I'll always be afraid. I'll never be a level 7. I'm a failure.*
- What are three things Arie - and you - should believe instead?
 - I **can** and **will** overcome fear. I **can** and **will** improve. I will learn from my failures.*
- By the way - that guy at the hotel was lying about the sharks! Now how courageous do you feel? Truth brings courage!

Repeat together: **I develop courage by believing the truth that I am able to grow strong and confident.**

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Week 4: Jan. 2-7

1. Practice declaration & verse together

2. Lead-in: Our bible verse *commands* us to *not* be discouraged.

- Who remembers what **DIS**-courage means? (*to take away courage*)
- What is one of the most common ways our courage is taken away? (*by believing lies*)
- What happens when our courage is taken away? (*We become afraid and don't act.*)
- In today's chapter, listen for more lies that Arie is believing.

3. Lesson 4: I develop courage by believing the truth that I am able to grow strong and confident.

4. Short review: Arie feels like a failure because of her fear of flyaways. And now her mom has just found out she failed her math recertification test *again!* Arie assumes her mom will be embarrassed about it and avoid telling her friends when they ask. Instead, when her best friend Mrs. Ellsworth asks, Arie's mom is quick to share that she passed two sections and is determined to keep working on the difficult math section. Arie is amazed! Her mom had just failed for the second time and yet she acted as though she had just won some sort of prize. She is not the least bit discouraged!

5. Listen to Chapter 3 of story: *A Monster-Sized Terror*

6. Questions (Choose one or more that best fits your class.)

- How does Arie feel about her ability on beam?
 - She's quite happy with her progress and feels very confident.*
- What happened to her great feelings as soon as Miss Terri called her to bars?
 - It crashed - "like a boulder hitting the ground."*
- What other lies is Arie believing that are taking her courage away?
 - She believes she stinks at bars because she compares herself to Nora.*
 - Since she's been working on flyaways for two years and can't do them yet, she believes she wasn't meant to be a gymnast.*
- What is happening to Arie's fear level as she continues to believe the lies?
 - Skyrocketing off the charts!*
- If you could draw a picture or pick a new color for our fear calculator that shows Arie's fear level, what would they be? (*Maybe a screaming girl with 10 giant monsters chasing her!*)

7. Application:

- Tell your coach today what event, skill or drill you are most afraid of or nervous about. Use the fear and bravery charts to let them know your level of fear and amount of help you want.
- If you are comparing yourself to others, telling yourself "I can't" or "I'll never be able to do this", remember you are in charge of your thoughts! You can practice new, better thoughts.
- Tell yourself "I can learn new hard things. I don't give up. This can make me stronger."

Repeat together: **I develop courage by believing the truth that I am able to grow strong and confident.**

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Week 5: Jan. 9-14

1. **Practice declaration & verse together**
2. **Lead-in:** Who has younger brothers or sisters? Are they afraid of anything? What can you do to help them?(*suggest using the fear/bravery calculators.*) In today's chapter, Arie's brother is terrified, but she thinks of a great way to help him calm down.
3. **Lesson 5: I call out to God when I feel alone and afraid knowing He is always ready to help.**
4. **Short review:** Arie started practice on beam and was happy and filled with confidence when she connected two handsprings. But as soon as the word "bars" was mentioned, her joy and confidence crashed. She listened to the voice of fear that told her she stinks at bars; Nora is awesome but she's a loser; and she just wasn't meant to be a gymnast. Her fear has become a monster that has taken over her mind. She is now enslaved to its power and is on the verge of quitting.
5. **Listen to Chapter 4 of story: *Afraid of the Dark***
6. **Questions (Choose one or more that best fits your class.)**
 - a. What has Keene's fear of the dark caused him to believe?
 - i. *Monsters are lurking in his closet and coming to get him.*
 - b. Why did Arie stick the glowing stars on the ceiling?
 - i. *They will remind Keene that his dad is above them and will come and help when he's afraid.*
 - c. What does Arie tell Keene to remember when he sees the real stars in the sky?
 - i. *He has a heavenly Father above the stars who loves him just like his dad.*
 - ii. *Dad can't always be there to help him, but God will always be with him.*
 - iii. *The Bible says, "The Lord your God is with you wherever you go.' That means when it's light and when it's dark."*
 - d. What does Arie pray for Keene?
 - i. *That he would know God is bigger and stronger than everything.*
7. **Truth:** God tells us in Matthew 28:20: "**And be sure of this:** I am with you always, even to the end of the age."
8. **Application:**
 - a. There are times when you feel alone and terrified. It's in those moments you must choose to believe what God says and declare it - even aloud - "God is with me and will help me."
 - b. Two things the brain responds to during episodes of fear are deep breathing and singing or humming. (*Show supplement 2a and take them through the breathing exercise*)

Repeat together: **I call out to God when I feel alone and afraid knowing He is always ready to help.**

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Week 6: Jan. 16-21

1. Practice declaration & verse together

2. **Lead-in:** What is something that you used to be really afraid of but overcame, and now you actually like doing? Who helped you get over the fear? (*Coaches - share your own story if you have one.*) (performing _____, trying new _____, talking to _____, etc.)

3. Lesson 6: God gives me good people to help me get past my fears.

4. **Short review:** Arie's little brother Keene is terrified of the dark and is sure monsters are after him. She puts glow-in-the-dark stars on his ceiling to remind him that his dad is right above him and will come help him when he's afraid. She also takes him to the window and shows him the stars outside. Arie tells him that God is above the stars. He's our heavenly Father who loves us and has promised to always be with us even when Dad can't be. She prays that God would show Keene that He is bigger and stronger than everything.

5. Listen to Chapter 5 of story: *Paralyzed by Fear*

6. Questions (Choose one or more that best fits your class.)

- a. Do you remember what Arie prayed for Keene before he went to sleep?
 - i. *That God would show Keene He is bigger and stronger than everything and will always be with him.*
- b. What question does Arie's mom ask her and how does Arie respond?
 - i. *"Arie, do you really believe what you told Keene just now?"*
 - ii. *"Of course I do! He's my little brother and I wouldn't lie to him!"*
- c. Why do you think Mom asked Arie that question?
 - i. *Arie believes that God is with Keene and will help him get over his fear, but she doesn't seem to be able to transfer that truth to herself.*
 - ii. *Mom is trying to get her to think deeper about what she just told Keene.*
- d. Who are the 'good people' in Arie's life right now and how are they trying to help her?
 - i. *Coach Terri, Mom and Dad.*
 - ii. *Miss Terri will record her on the iPad; Dad suggests giving her a break from bars; Mom will have her memorize truth from the Bible.*

7. Application:

- a. Sometimes it's easier to have faith in God on behalf of *other* people but not for ourselves. We tell them God is there to help and we *also* want to help, yet we don't declare the same truth for ourselves.
- b. Who are the people in your life right now God has surrounded you with that want to help you get over a fear and grow courageous? How often do you ask them for help?

Repeat together: **God gives me good people to help me get past my fears.**

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Week 7: Jan. 23-28

1. Practice declaration & verse together

2. **Lead-in:** Have you ever had a bad dream or even a nightmare after watching a movie or TV program that was scary?

3. Lesson 7: I carefully choose activities and only think thoughts that inspire courage.

4. **Short Review:** Mom prays the same prayer for Arie that Arie just prayed for Keene: that God would show her He is bigger than all fears. Miss Terri along with Arie's parents have decided to take Arie off bars for two weeks and let her focus on the events she likes. At first Arie is glad but then she lets the old negative voice creep in and tell her that the reason they did that is because they don't want her on the team anymore.

5. Listen to Chapter 6 of story: *Monsters Like Dinosaurs*

6. Questions (Choose one or more that best fits your class.)

- a. What is Keene doing that is feeding his fear of monsters and the dark?
 - i. *He's looking at books filled with pictures of monsters from old movies.*
- b. What does Arie tell Keene when she sees what he's looking at?
 - i. *"No wonder you're afraid of the dark and monsters in your room!"*
- c. Why does Arie choose to read the bible story book to him?
 - i. *She knows that those monster pictures are lingering in his mind and become like real monsters once it's dark. She wants to replace them with thoughts and pictures about God to chase the fear away.*

7. Application:

- a. We feed our fears by constantly exposing ourselves to things that cause fear. If I keep watching a replay of someone being seriously injured from falling off the beam or bars, that scary image can replay in my mind every time I go to beam or bars.
- b. We want to inspire courage, not fear, so we must *choose* to think about our goal and the ways we can reach that goal.
- c. Coaches are here to encourage and help you overcome fear. What are some things *you* can do to help build a courageous mind?
 - i. *Imagine yourself doing the skill; watch replays of how to do a skill properly; think about the skills you've already learned and tell yourself this one is next; ask your coach to give you the right thoughts if you can't get your mind off the fear; memorize our declaration and verse!*

8. **Wrap up:** The bible tells us in Philippians 4:8 to "*keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don't ever stop thinking about what is truly worthwhile.*"

Repeat together: **I carefully choose activities and only think thoughts that inspire courage.**

COACHES: MID-SEASON CHECK-UP

Have you asked any parents about the use of the fear and bravery calculators at home? If not, remind them it's an easy way for kids to express their fears so they can begin to talk about them. Parents I need to connect with:

Can you clearly identify any progress your students have made in achieving the objectives? Do any still need extra attention? What can you do to help them along?

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Week 8: Jan. 30 - Feb. 4

1. Practice declaration & verse together

2. Lead-in: Ask students this question: What animal do you think is the bravest and why do you think so?

3. Lesson 8: I attack fear as soon as it enters my mind and believe I can overcome it because God is with me.

4. Short review: One night, Arie sees Keene looking at a book about monster movies. She reads him bible stories instead to fill his mind with good thoughts before bed. Mom thanks Arie for her help. Arie shows her the scary book Keene has been looking at. She tells her mom, "If he's filling his mind with all these horrible pictures, of course he's going to be afraid!" Mom is stunned and tells her they are from Grandpa's old movie collection. Mom tells Arie that our minds can make huge monsters out of a scary experience and paralyze us with fear.

5. Listen to Chapter 7 of story: "Be a Beast!"

6. Questions (Choose one or more that best fits your class)

- What did Arie ask God to do for Keene?
 - Chase away the monster images and show him that God is bigger than his fears
- Why did Arie burst into tears?
 - She realized that she, too, needed to know that God was bigger than her own fear – the fear of failing.
- What does a grizzly bear do when he feels threatened by an enemy?
 - He immediately attacks it
- Is courage something you *feel*? (no) What is it?
 - It's an inner strength you grow by training your mind to recognize threats that can stop you from reaching a goal.
- Where does fear always first appear?
 - In your mind

7. Application:

- What are some ways you can immediately attack fear when you feel it creeping into your mind?
 - Say our verse! Breathing exercises; focus on the goal; talk to someone who understands your fear and can give encouragement
 - Prepare ahead of time if you know you're going into a scary situation.
 - Fear of darkness? Take a flashlight; Fear of performing or speaking in front of people? Practice in front of family and friends until you feel comfortable; Fear of going to a new school? Get a tour with your parents, meet your teacher ahead of time.

8. Wrap Up: There are times when fearful situations pop up that we cannot be prepared for. Knowing God and believing He will give us strength and courage at those times is why we memorize bible verses. This along with breathing and thinking clearly will be key to attacking your fear and acting bravely.

Repeat together: I attack fear as soon as it enters my mind and believe I can overcome it because God is with me.

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Week 9: Feb. 6-11

1. Practice declaration & verse together

2. **Lead-in:** Have you ever heard this saying? "Give someone an inch and they'll take a mile." What do you think it means? See if you can figure out how this saying applies in our story today.

3. Lesson 9: I will not surrender to fear. I know that God is for me and fear cannot defeat me.

4. **Short review:** Arie sees the quote from Gabby Douglas on her wall lit up by the moon. "*Always be courageous and strong, and don't fear. You've got to be a beast.*" When Mom comes to say goodnight, Arie cries as she realizes she is paralyzed by her fear of failure. Mom says a beast, like a grizzly bear, attacks enemies. She tells Arie that courage is an inner strength you grow by training your mind to recognize threats that can stop you from reaching a goal. Fear is Arie's enemy. She must be brave and attack it.

5. Listen to Chapter 8 of story: *Brave*

6. Questions (Choose one or more that best fits your class)

- What was Arie telling herself while she was on beam with Miss Jenna?
 - "I can do this! God is with me, so let's go!"
- What did Arie find in her gym bag?
 - A stuffed grizzly with a note: Be the beast. Be strong and courageous. God is with you.
- How did she use *Brave* to help her when she felt haunted by fear?
 - He helped her recognize that fear was a threat that she must attack and she repeated, "I can do this! God is with me, so let's go!"
- What do you think happened at the end of the chapter that caused Arie to start falling back into a failure mindset?
 - Many battles must be fought before a war is won. Some of those battles are won and some are lost. But the side that knows they have the power to win that war will not surrender and will have the victory - even if they lose a battle along the way. Fear is at war with Arie and she is starting to surrender.
 - (Suppl. 5) The Bible tells us, "If God is for us, no one can defeat us?" So we must stay alert and remind ourselves that fear is nothing but a worm in comparison to God's power!

7. Application:

- Give someone an inch and they'll take a mile means that if you let someone take wrongful advantage of you even just a little bit, that will embolden them to take even more advantage of you the next time.
- If you allow even a tiny bit of fear into your mind, it will continue to push itself further in until it occupies your whole mind and controls you.
- You must never give fear even a few seconds of time in your mind. Attack it immediately with bible verses, deep breathing, a focus on what outcome you want, support from others and then take action to move forward.

Repeat together: **I will not surrender to fear. I know that God is for me and fear cannot defeat me.**

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Week 10: Feb. 13-18

1. Practice declaration & verse together

2. Lead-in: Read the short review first.

- a. What do you think will happen to Arie if she gives up now and surrenders herself to fear?
- b. How will giving up now affect her later as she encounters other fears in life that will come?
 - i. What will her future be like if she's afraid to learn to swim? Afraid to drive a car? Afraid to interview for a job?

3. Lesson 10: I face my fears knowing that each victory develops more courage to face greater fears and to reach higher goals.

4. Short review: Arie worked hard to stay focused on her goals instead of her fears. But when it was time to go to bars after a two week break, fear began to creep back in. She discovers a furry little grizzly bear in her gym bag with a note: *Be the beast. Be strong and courageous. God is with you.* Arie names him Brave. He reminds her that fear is a threat that she must attack. Though she was happy with her five attempts at flyaways, later that night she allowed fear into her mind and she began to surrender to it. It quickly gobbled up her joy.

5. Listen to Chapter 9 of story: Fixing the Weak Parts

6. Questions (Choose one or more that best fits your class.)

- a. According to Arie's dad, how are people like cars?
 - i. *They have lots of parts, and those parts fail at times and need fixing.*
 - ii. *People are far more valuable than cars.*
 - iii. *Never let yourself think you are worthless just because a few of those parts fail sometimes.*
- b. What does Dad tell Arie to do when she feels like a worthless failure?
 - i. *Memorize God's truth so His power will grow in you.*
 - ii. *God will help you recognize and attack your fear and become stronger.*
 - iii. *"You are strong and courageous because God is with you. You can act bravely."*
- c. What does Arie do after she reads the note from Miss Terri?
 - i. *Arie hugged Brave and prayed quietly. "I need you, Heavenly Father. I feel alone and afraid."*

7. Application:

- a. Arie did three important things when she prayed that all of us should also do:
 - i. She told God she needed Him.
 - ii. She told Him exactly how she felt - alone and afraid.
 - iii. She did NOT mention anything about leaving the flyaway out. This was a big step for Arie toward facing her fear!

8. Wrap Up: If we don't face our fears when they arise, we won't develop courage. We will live as prisoners to those fears the rest of our lives. We will never be able to discover and accomplish the special purpose God has planned for us. This is why we must:

face our fears knowing that each victory develops more courage to face greater fears and to reach higher goals.

Planning:

Winter 2023 CT Sr Version: I Am Courageous

How do you become courageous?

"I don't let fear stop me. I take action. I remember I am not alone."

What does God say?

"Be strong and courageous, and do it. Do not be afraid or discouraged, for the LORD God, my God, is with you."
1 Chronicles 28:20 BSB

Week 11: Feb. 20-25 (Last chapter. Week 12 is review)

1. Practice declaration & verse together

2. **Lead-in:** If I love skydiving, does it take courage for me to jump out of the plane? (*Suppl. 6a*) If I'm terrified of heights, I believe I'm at great risk of being hurt, and have no idea what the final outcome will be, but choose to jump anyway - did it take courage to act bravely? (*Suppl. 6b*) How do you think I will feel when I land that jump safely? How much courage will Arie need right now in order to do the flyaway?

3. Lesson 11: Courage comes when I believe, speak, and act on God's truth.

4. **Short review:** Dad explains to Arie that people are not worthless because they fail. Failures just reveal weaknesses that need fixing. The last meet of the year arrives and Miss Terri is sick. Arie has never done the flyaway by herself. Terri sent a message saying, YOU CAN DO IT! Arie prays, telling God exactly what she needs and how she feels at that moment. *"I need you, Heavenly Father. I feel alone and afraid."*

5. Listen to Chapter 10 of story: A Brave Victory

6. Questions (Choose one or more that best fits your class.)

- a. What does Arie tell God when it's her turn?
 - i. *"I will be brave because You are with me!"*
 - ii. *This is her first display of inner courage - speaking the truth!*
- b. What is going through Arie's mind as she's doing her routine?
 - i. *She visualizes herself doing each skill.*
 - ii. *When it's time to dismount, she says, "I see Brave....I can do this!"*
- c. Arie chose to believe what God, her coach, and Brave told her - that she could do a flyaway because God was with her. What happened when she let go of the bar?
 - i. *She almost fell, but saw Brave and remained standing. Her teammates cheered - she was going to level 7!*
- d. Why is Keene no longer afraid of the dark?
 - i. *He now believes his heavenly Dad is above the stars and watching over him.*

7. Application:

- a. A person who does a brave act is showing themselves and others that they have developed a certain amount of the unseen inner quality of courage. They overcame fear, risk and uncertainty.
- b. What takes no courage to perform an action for one person may take a ton of courage for another. That second person deserves to be called brave!
- c. It IS possible to grow your courage by thinking true thoughts, speaking true words, and taking steps toward your goal.
- d. What can you do now, or you can almost do, that you couldn't do before because you have developed courage this season?

Repeat together: **Courage comes when I believe, speak, and act on God's truth.**

Planning:

Winter 2023 CT Sr Version: I Am Courageous

How do you become courageous?

"I don't let fear stop me. I take action. I remember I am not alone."

What does God say?

"Be strong and courageous, and do it. Do not be afraid or discouraged, for the LORD God, my God, is with you."
1 Chronicles 28:20 BSB

Week 12: Feb. 27 (Feb. 28 = Training) Mar. 1- 4

1. Take a few minutes to recognize the progress and/or victories of students in their efforts at working to develop more inner courage this season and any brave actions that have followed. Did anyone move from the red zone to the yellow zone of fear? From the blue zone to the green zone of bravery?
2. **Season Review**
Supplements for Lesson 12.
3. Practice declaration & verse together
4. **Lesson 12: I develop courage by focusing on the outcome, believing what is true, and taking steps that prepare me for action.**
5. Today is a review day. Let's see what you remember from the story by playing "Who Said It?" I'll read the sentence on each of these cards. Raise your hand if you know who said it. If you're right, you can take the card and place it on the correct pile. If not, I'll call on someone else. (****Be sure to save enough time for #6. You don't need to use all of the quotes.**)
6. **Questions: Choose what best applies to your students.** (If possible, take videos or photos)
 - a. When fear enters your mind, what are some things you can do right away to attack it?
 - b. Did you like using the fear and bravery calculators? How did they help you?
 - c. Is there something you were afraid of at the beginning of the story but have now developed the courage to do with less help or even no help?

Repeat together: **I develop courage by focusing on the outcome, believing what is true, and taking steps that prepare me for action.**

Name _____ On a scale of 1 - 5, how would you rate the effectiveness of the fear and bravery calculators as a useful tool in helping students overcome fear? Add a specific example below. This helps us make CT better. Give this to Rebecca before week 1 of next season. Thank you!

1 2 3 4 5
