

*How do you become courageous?*

“I trust in God, remember He’s always with me, and do the right thing even if I’m scared.”

What does God say?

“When I asked for Your help, You answered my prayer and gave me courage.”

Psalm 138:3 CEV

\*\*\*\*

## Teaching Objectives

Students learn:

1. Courage is a special kind of power we can grow inside of us.
2. Courage gives us the inner strength to do what we need to do EVEN when we are scared.

# Fall 2025 CT Jr Version: I Am Courageous

**2025 Fall**

**COURAGE**

September 8 - December 6

Closed:

October 31

November 25 - 29

September 2025						
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				

October 2025						
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	

November 2025						
Su	M	Tu	W	Th	F	Sa
8						1
9	2	3	4	5	6	7
10	9	10	11	12	13	14
11	16	17	18	19	20	21
11b	23	24	25*	26	27	28*
	30					

## Stories:

### Weeks 1-3

- **Lesson Point** = I gain courage by challenging myself to do small things I fear.

Stories:

- Week 1: Intro (no story, but has images)
- Week 2: Little by Little / Handout
- Week 3: Lester and Spunky

### Weeks 4-6

- **Lesson Point** = My courage grows when I trust God to be with me and help me when I am afraid.

Stories:

- Week 4: Lost in the Mountains
- Week 5: A Scary Costume Choice / Handout
- Week 6: "I Want My Dad!"

### Weeks 7-9

- **Lesson Point** = My courage grows when I believe I can learn and improve as I face my fears..

Stories:

- Week 7: The Spelling Contest.
- Week 8: "I Hate Dogs!" / Handout
- Week 9: The Pitcher Inside

### Weeks 10-12

- **Lesson Point** = My courage grows when I surround myself with people who help me overcome my fears.

Stories:

- Week 10: Keep Your Eyes on the Stars
- Week 11: Grow Your Courage, Not Your Fear
- Week 12: Lemlem

## Week 1: Sep 8-13

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

### 2. Intro: This season we're learning about courage.

Courage is a special kind of power we can grow inside of us. Courage gives us the inner strength we need to do what we need to do **EVEN** when we are scared. It's kind of like a superpower.

- a. If anyone here ever wants to be a fireman, you'll need courage! Firemen have to go into burning buildings and rescue people **EVEN THOUGH** they may be scared.
- b. They don't let the feeling of fear stop them from doing the right thing because they have grown a lot of power inside that helps them.

### 3. Questions:

- a. How many of you would like to grow more courage so you can have that same power inside?
- b. Does anyone know how you can grow that kind of superpower? (*Listen to any suggestions*)

### 4. Answer/Discussion: I think all of us would like to have courageous power inside of us. And that's what we're going to be learning about this season. We're going to learn four ways to do that.

### 5. Lesson 1: I gain courage by challenging myself to do small things I fear.

- a. Let's think about firemen again. If someone wants to be a firefighter, they don't just sign up and start running into burning buildings!
- b. They start small, learning about equipment and practicing what they learn in a safe, make-believe setting. (*Supplements Week 1a & b*)
- c. Firefighters must learn to control their thoughts, feelings, and actions in scary situations.
- d. Then they begin training with small real fires. (*1c*)
- e. Finally, after lots of training, they're ready for big fires. (*1d*)

### 6. Gym Application: Sometimes you may feel afraid to try a new skill or to go on a piece of equipment.

- a. That's why we use progressions - we start with simpler things and work up to difficult things.

### 7. Remember: The first way to gain courage is by challenging yourself to do small things you fear.

### 8. Suggested Warmups: (Choose whatever time permits)

- a. 10-20 jumping jacks
- b. 5 jump-sticks with good form
- c. Floor straddle, feet flexed and facing upward - not inward - for 20 seconds

## Planning Notes:

---

---

## Week 2: Sep 15-20

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** We're learning how to become courageous this season. Courage is a special kind of power we can grow inside of us. It gives us the inner strength we need to do what we need to do **EVEN** when we're scared. It's kind of like a superpower. But how do you get that power?
  - a. There are four ways. The first one is what our lesson is about today. *Start small.*
3. **Lesson 2: I gain courage by challenging myself to do small things I fear.**
4. **Story & Question:** Today's story is about a girl who is very afraid of heights. It's called, *Little by Little*. Listen carefully because afterward, I'll ask you this question: **How did Belinda get past her fear?**
5. **Discussion:** How did Belinda get past her fear?
  - a. *Coach Deb started her on the wide beam on the floor.*
  - b. *Each week she raised it a little bit.*
  - c. *After several weeks, when the beam was up to Belinda's waist, she felt so confident that she tried the regular beam.*
6. **Gym Application:**
  - a. If there's something that scares you, don't let your fear stop you from learning.
  - b. Tell me you're scared, and we'll find a way to deal with your fear so you can get past it - just like Deb did for Belinda.
7. **Remember:** You gain courage by challenging yourself to do small things you fear.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. Hop on each foot 10-15 times.
  - b. Pike stretch sitting on floor: hold for 20 seconds
  - c. 2 bridge holds for 5 seconds each (with head either on or off the floor according to age/ability)

Week 2 Handout

## Planning Notes:

---

---

## Week 3: Sep 22-27

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson



### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** We're learning ways we can grow our courage. People who have courage have a power inside themselves that helps them do things they're scared of doing. One way we grow our courage is to start dealing with something that we are only a little afraid of. Then we can work upward from there. That's what Lester is learning in our story today.
3. **Lesson 3: I gain courage by challenging myself to do small things I fear.**
4. **Story & Question:** Today's story is called *Lester and Spunky*. Listen carefully because afterward, I'll ask you this question: **How was Lester able to do the thing that terrified him?**
5. **Discussion:** How was Lester able to do the thing that terrified him?
  - a. *Lester's mom had him stand up and talk in front of her with no one else watching.*
  - b. *Next, she invited his best friend to watch.*
  - c. *She slowly added people so that Lester could get comfortable in front of a bigger group.*
  - d. *By starting small and working up to a bigger crowd, Lester had time to grow his courage and feel confident in his ability.*
6. **Gym Application:**
  - a. No one can grow courage for you. You must decide you want it and then find ways to get it.
  - b. Learning new gymnastics and ninja skills can be scary sometimes.
  - c. Don't quit if you're afraid! Coaches are here to help you find a way to do the things that scare you so you keep getting better.
7. **Remember:** Challenge yourself to do small things you fear and ask for help when you need it!
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. 10 squat jumps
  - b. Shoulder stretch for 20 seconds: straight arms out front, press shoulders toward the ground.  

  - c. Half split hold (or full if they are able) on each leg for 10-20 seconds 

## Planning Notes:

---

---

## Week 4: Sep 29 - Oct 4

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** Getting lost is a scary thing! Being alone and not knowing where to go, who to ask, or what to do next is something I hope never happens to any of you. But it's a good idea to think about what you might do if it ever does happen. Today's story is something that really happened to a group of Christians who were on a mission to tell others about the real God they could know.
3. **Lesson 4: My courage grows when I trust God to be with me and help me when I am afraid.**
4. **Story & Question:** Today's story is called, *Lost in the Mountains*. Listen carefully because afterward, I'll ask you this question: **How did God answer the group's prayer?**
5. **Discussion:** How did God answer the group's prayer?
  - a. *They heard the sound of a sheep and saw a shepherd.*
  - b. *The guide went to the shepherd even though he didn't know if he was friendly.*
  - c. *The shepherd invited them to his house for the night.*
6. **Gym Application:**
  - a. If God can guide a group of lost people in the snowy mountains, do you think He is able to help you when you are afraid?
  - b. God gives us the courage we need to do hard or scary things when we ask Him.
  - c. He oftentimes will bring other people to help us - just like He did for the missionaries.
  - d. In the gym, it's your coaches God will most often use to help you if you are scared to try a skill.
7. **Remember:** Your courage grows when you trust God to be with you and help you when you are afraid.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. 10 donkey kicks
  - b. 10 shoulder touches, either in a pushup position or knee pushup
  - c. Butterfly sit. Hold your ankles and bring your chest as far forward as you can. Hold for 20 seconds.

## Planning Notes:

---

---

## Week 5: Oct 6-11

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** Sometimes we need courage to face scary things *we can see* - like bad storms or spiders. Other times we need courage to face scary things *we can't see* - like fear of going to a doctor or fear of what others think of us. Today, in our story, Helen has to face one of those inner fears and make a courageous choice.
3. **Lesson 5: My courage grows when I trust God to be with me and help me when I am afraid.**
4. **Story & Question:** Today's story is called, *A Scary Costume Choice*. Listen carefully because afterward, I'll ask you this question: **How did Helen deal with her fear even though she was scared?**
5. **Discussion:**
  - a. *First, she and her mom prayed that God would give her courage to wear the costume she loved.*
  - b. *Then, she had to **believe** that God would really be with her and help her face the class even though she was afraid.*
  - c. *Helen did not **feel** courageous. But when she decided to be brave and wear her costume anyway, she experienced God's help.*
6. **Gym Application:**
  - a. We don't ask God for courage to help us jump off a high building and land safely. That is foolish!
  - b. But in the gym, when your coach, who has worked with you, says you're ready to do a skill by yourself, if you're still scared - that's when you can ask God for courage.
  - c. Every time you choose to do something a little scary and succeed, your courage grows.
7. **Remember:** Learning new skills can be scary. Coaches are here to help, and God is always there to give you courage when you ask.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. 5-10 burpees (no pushups - just squat-thrusts)
  - b. Standing pike stretch: back straight, legs straight, hold 15-20 seconds
  - c. 20 high toe rises with straight, tight legs, hands on hips

Week 5 Handout

Planning Notes:

---

---

## Week 6: Oct 13-18

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** Most of the time, kids your age aren't left alone. Mom, Dad or maybe an older brother or sister are there with you. And if something scares you, like a spider, or you get hurt, you call out to them and they come to help. But what would you do if you happen to be alone and scared? In our story today, Vernon is going to find out the answer to that.
3. **Lesson 6: My courage grows when I trust God to be with me and help me when I am afraid.**
4. **Story & Question:** Today's story is called, "*I Want My Dad!*" Listen carefully because afterward, I'll ask you this question: **What did Vernon's dad tell him to do when he feels alone and scared?**
5. **Discussion:** What did Vernon's dad tell him to do when he feels alone and scared?
  - a. *He told Vernon that he is never alone because he has a Heavenly Father he can call on whenever he needs help.*
  - b. *We are memorizing our bible verse because everyone feels alone and scared at times.*
  - c. *If you practice asking God for courage and help while you're young, you will learn that He is the One you can always trust to help you the rest of your life.*
6. **Gym Application:**
  - a. Here are some things that are scary for kids in our classes here: getting up on a high beam, rolling forward on the bars, walking backward on the beam, swinging on the rope, and climbing the rock wall.
  - b. Your coach will come help you as quickly as possible, but they might be with another student.
  - c. That's when you can practice asking God to give you courage to try doing it by yourself.
  - d. Don't try something you have never done before and are afraid of, but try things you have already practiced with your coach and know how to do.
7. **Remember:** Your courage grows when you trust God to be with you and help you when you are afraid.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. 10-20 jumping jacks
  - b. Floor straddle, feet flexed and facing upward - not inward - for 20 seconds
  - c. Plank hold in full pushup position or on forearms, hollow body, 10-20 seconds

## Planning Notes:

---

---

## Week 7: Oct 20-25

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson


### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** Everyone has things they like to do and things they don't like to do. For instance, there are people who love to play basketball, and people who don't. When we don't like to do something, we usually don't work very hard to be good at it. We might start saying negative things like, "I'm terrible at basketball. I'll never be any good." We might even get scared if we have to play basketball during gym class! What if others make fun of us? In today's story, Chandra is having a problem like this.
3. **Lesson 7: My courage grows when I believe I can learn and improve as I face my fears.**
4. **Story & Question:** Today's story is called, *The Spelling Contest*. Listen carefully because afterward, I'll ask you this question: **What did Chandra's teacher tell her that helped her get over her fear?**
5. **Discussion:** What did Chandra's teacher tell her that helped her get over her fear?
  - a. Her teacher told her, "Change the way you think about spelling."
  - b. She also told her to start saying, 'I can learn to spell.'
6. **Gym Application:**
  - a. If you want to grow your courage in the gym, the first thing to do is believe you can learn to do what you're afraid of.
  - b. Like Chandra, you won't have to do it alone. Her mom helped her. In the gym, coaches are here to help you.
  - c. Be positive! Change your thinking. Say, "I can learn this with help!"
7. **Remember:** Your courage grows when you believe you can learn and improve as you face your fears.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. 10-20 frog jumps
  - b.  Half or full split holds on each leg for 20 seconds

## Planning Notes:

---

---

Week 8: Oct 27-30 & Nov 1 (Closed Oct 31)

As a *Most Engaged Coach*,  I *PREPARED*  was *ANIMATED*  *APPLIED* the lesson

## 1. Practice declaration & verse

### *How do I become courageous?*

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

### *What does God say?*

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** If something scary happens to us when we're little, sometimes that fear stays with us as we get older. Maybe we fell off a ladder, so now we're afraid of heights. Or we stepped on a bee and now we're afraid of all bees. It can be hard to get over those kinds of fears. Our story today is about a girl named Danette who has something like that happen. You may be able to relate to her!
3. **Lesson 8: My courage grows when I believe I can learn and improve as I face my fears.**
4. **Story & Question:** Today's story is called, "*I Hate Dogs!*" Listen carefully because afterward, I'll ask you this question: **What are some things Danette's parents did that helped her deal with her fear?**
5. **Discussion:** What are some things Danette's parents did that helped her deal with her fear?
  - a. *First - they asked God for help because they believed she could grow out of her fear.*
  - b. *They read stories about good things dogs do and watched funny videos of kittens and puppies.*
  - c. *They got her a tiny kitten and puppy that she wouldn't be afraid of so her courage would grow as her puppy grew.*
6. **Gym Application:**
  - a. Like Danette, your courage will grow as you start with small skills and drills that aren't scary and work up to bigger skills.
  - b. Your coach believes you can learn new things - even scary things. Do you believe you can learn scary things too?
7. **Remember:** Your courage will grow when you believe you can learn and improve.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. Big arm circles backward and forward. 10 each way.
  - b. 5-10 tuck jump-sticks (knees forward with legs & feet together from start to finish!)

Week 8 Handout

Planning Notes:

---

---

## Week 9: Nov 3-8

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** No one can be good at everything they try. But everyone can be good at some things! We each have different abilities that God gave us. Sometimes the only way we find out what we are good at is by **first** discovering what we are **not** good at. That can be a hard way to learn, but it happens. It takes courage to admit we are not good at something we want to do. Rather than thinking we are losers, we need to keep a positive mindset and keep trying new things. That's what Albert learns in our story today.
3. **Lesson 9: My courage grows when I believe I can learn and improve as I face my fears.**
4. **Story & Question:** Today's story is called, *The Pitcher Inside*. Listen carefully because afterward, I'll ask you to **name some ways Coach Bob helped Albert discover what he was good at.**
5. **Discussion:** Name some ways Coach Bob helped Albert discover what he was good at?
  - a. *He didn't let him quit and told him his own story about becoming a good pitcher.*
  - b. *He told Albert, "You won't know if there's a pitcher inside of you until you work to bring him out."*
  - c. *Then he said, "Show me how hard you can throw this ball," and Albert was surprised at his fast throw!*
6. **Gym Application:**
  - a. Don't get discouraged if you can't seem to get a skill you've been working hard on.
  - b. For example, some girls aren't flexible and cannot do splits or back bends, but their coach teaches them other things they can become really good at.
  - c. Admitting a weakness takes courage. But it also lets you move onto other things you CAN do!
7. **Remember:** There are always new things to learn, so don't get discouraged while you're on your journey to find what your special abilities are.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. Hop on one foot 10 times, then the other.
  - b. Hold a plank pose (*knees or full plank*) for 10-15 seconds. (*Can you wave to me with one hand?*)

## Planning Notes:

---

---

## Week 10: Nov 10-15

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

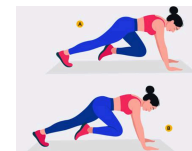
#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** Being in total darkness by yourself can be a scary thing for both kids and adults. We can't see. Our hearing becomes super sensitive, and any shadow or movement can cause our imaginations to go wild with fearsome thoughts. But if just one other person is with us, it can increase our courage to face the darkness. All of us need to have good people surround us when we're afraid. Maybe you can relate to Diego and his fears in our story today.
3. **Lesson 10: My courage grows when I surround myself with people who help me overcome my fears.**
4. **Story & Question:** Today's story is called, *Keep Your Eyes on the Stars*. Listen carefully because afterward, I'll ask you this question: **Who came to Diego's rescue and how did they help him?**
5. **Discussion:** Who came to Diego's rescue and how did they help him?
  - a. *Annabelle, Diego's sister, sat with him and told him that she used to be afraid of the dark too.*
  - b. *She used the glowing stars to show him that God gave us real stars to remind us He is always with us to calm our fears when we call on Him.*
6. **Gym Application:**
  - a. All of us can be like Annabelle. We can give each other courage.
    - i. Always speak kind words to your classmates and never make them feel bad if they can't do something.
    - ii. Your coach can give you courage! Tell them when you're afraid or when you don't understand what to do.
7. **Remember:** Be picky about who you listen to! Surround yourself with people who help you overcome my fears.
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. Mountain climbers (either for 15 seconds or counted to 15)
  - b. Seated straddle & pike holds for 15-20 seconds each



## Planning Notes:

---

---

## Week 11: Nov 17-22

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** When you're young, you don't always know what is good or bad for you. That's why God gave you parents and other people who care about you. When you choose to do something that's wrong or bad for you, they correct you so you learn to make better choices and can live a happier life. God wants you to be surrounded by those kinds of people. Irene is learning that in our story today.
3. **Lesson 11: My courage grows when I surround myself with people who help me overcome my fears.**
4. **Story & Question:** Today's story is called, *Grow Your Courage, Not Your Fear*. Listen carefully because afterward, I'll ask you this question: **What important lesson about courage and fear did Irene learn?**
5. **Discussion:** What important lesson about courage and fear did Irene learn?
  - a. *If you choose to look at things that make you feel afraid, you grow more fearful.*
  - b. *But if you turn away from those things and ask God to help you when you feel afraid, He will help you grow your courage.*
6. **Gym Application:**
  - a. Your parents want you surrounded by people who help you become a confident, courageous person.
  - b. They put you here because they believe your coach cares about you and can help you become that kind of person.
  - c. It's never helpful to dwell on how scared you might feel about doing something. Instead, imagine yourself doing that skill, ask God for courage, and ask your coach for help if needed.
7. **Remember:** You are surrounded by people who want to help you grow your courage!
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. 20 jumping jacks
  - b. 2 - 10 second hollow body holds, keeping backs pressed to the ground and arms at your sides. Bend knees slightly if needed.

## Planning Notes:

---

---

# Fall 2025 CT Jr Version: I Am Courageous

Week 11b: Nov 24 (Closed Nov 25-29)

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

## 1. Practice declaration & verse

### ***How do I become courageous?***

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

### ***What does God say?***

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

## 2. Intro: .

## 3. Lesson 11b:

## 4. Discussion:

## 5. Gym Application:

a.

## 6. Remember:

## 7. Suggested Warmups: (Choose whatever time permits)

a. Hop on each foot 10-15 times.

b. Pike stretch sitting on floor: hold for 20 seconds

c. 2 bridge holds for 5 seconds each (with head either on or off the floor according to age/ability)

## Planning Notes:

---

---

## Week 12: Dec 1-6

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Practice declaration & verse

#### **How do I become courageous?**

"I trust in God, remember He's always with me, and do the right thing even if I'm scared."

#### **What does God say?**

"When I asked for Your help, You answered my prayer and gave me courage." Psalm 138:3 CEV

2. **Intro:** The people you spend the most time with can either make you feel good about who you are and what you're trying to learn OR they can make you feel bad about who you are and what you are trying to learn. Your parents, for example, encourage you to learn new things and are there to help you. They also help you get over things you're afraid of. But if you're surrounded by people who make you feel bad about yourself, they're *not* helping you become better or less afraid - they are making you feel worse. Today's story is about a girl who was surrounded by the wrong kinds of people.
3. **Lesson 12: My courage grows when I surround myself with people who help me overcome my fears.**
4. **Story & Question:** Today's story is called *Lemlem*. Listen carefully because afterward, I'll ask you this question: **What helped Lemlem to get over her sadness and fear?**
5. **Discussion:** What helped Lemlem to get over her sadness and fear?
  - a. *She met Myka and Eliyah at the playground and they never made fun of her name.*
  - b. *Heather asked Lemlem's mom, Chloe, to try a gymnastics class at Emeth.*
  - c. *No one made fun of her name, she made new friends, and she was finally surrounded by people who accepted her.*
6. **Gym Application:**
  - a. We are always getting new students here at Emeth.
  - b. Some of them are very shy and feel afraid.
  - c. YOU can be the group of friends that make the new student feel like they belong and encourage them when they try new things.
7. **Remember:** YOU can be the one to help another person grow their courage by speaking encouraging words to them!
8. **Suggested Warmups:** (Choose whatever time permits)
  - a. Standing up, clasp your hands behind your back, lean forward, and reach your arms upwards as far as you can. Hold 10 seconds and repeat.
  - b. 10 squat jumps

## Planning Notes:

---

---