



WEEK TWO

MOSES AND THE BURNING BUSH / THE 10 PLAGUES • EXODUS 3-6:12, 7-12:42



SAY THIS:

YOU CAN DO WHAT YOU SHOULD EVEN WHEN YOU DON'T FEEL READY.



REMEMBER THIS:

"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



DO THIS:



Q&A for Kids: Do you think more kids are scared of storms, snakes, or scary movies? Which one scares you the most? Q&A for Parents: What is the scariest thing you've ever done?

COURAGE:

BEING BRAVE ENOUGH TO DO WHAT YOU SHOULD DO, EVEN WHEN YOU'RE AFRAID



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3 WAYS TO HELP YOUR KID PUSH PAST FEAR

By Carey Nieuwhof

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There's a difference between being courageous and being stupid (fear has a healthy side too). However, most kids today lose courage because fear creeps in early.

overtakes our emotions and paralyzes us and imbeds itself as truth. The future gets sabotaged because we believed a lie.

Sometimes it's easy to think that courageous people are people who experience no fear. That's just not true. Courage isn't the absence of fear . . . it's the willingness to walk through it. Here are three tips to help your kids push past fear and discover more courage.

So help your kid focus on what they know is true, not on what they feel is true. If your child is worried and afraid of failing a test, make sure they study hard. Then help them out-think fear. *I studied hard. I know more than I think I know right now. People like me pass tests like this every day. I know I'm ready to give this my best shot.*

1. Tell them about a time you overcame fear.

It can be tremendously revealing to a child to discover that mom or dad, or someone else they respect, had to push through fear, too. Tell them about a time you were scared but made it through to the other side.

Out-thinking fear is one of the best ways to push past it.

3. Encourage them.

If you go back to the root meaning of encourage, it means to give courage—literally to en-courage. Encouragement gives someone courage. Encourage your kids when they're doing courageous things, like talking to a friend who's mad at them, saying sorry to his sister, trying out for a team, or getting back up on their bike after a big fall. Often the way to find courage is when someone's in your corner encouraging you to do the hard things that fear would keep you from doing.

2. Out-think fear with them.

Fear has an enemy: rational thought. Naturally, not all fear is bad. Fear of playing in traffic or plunging your hand into a pot of hot water is a good thing. But the fear you, me, and our kids struggle with most is the fear that tells us that it's too hard, that we're not smart enough, good enough, or capable enough to do something.

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