

Courage against Fear

By RLD Editorial Team

for use as
STEP 1



Lesson 5

Focus:

Confidence in God's presence turns fear into courage.

Lesson 5

Bible Basis:

Joshua 1:1-3, 6-7, 10-16

Lesson 5

Memory Verse:

"Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."
—Joshua 1:9b

Students will watch a stunt video and discuss what true courage is as they explore how God's presence dispels fear.

Materials:

- Internet access
- Whiteboard and markers

Before students arrive, write the word "COURAGE" on the whiteboard. As students enter, ask them to write, draw, or in some way represent things that they've seen or heard of that show courage. Some examples could include heroic acts that have been in the news, crazy stunts their friends have tried, or a story of someone sticking up for a friend. Once everyone has arrived, ask your teens to take a look at what is written on the board and see what similarities they can find between the courageous acts they recorded.

Courage can take a lot of forms. Think about whether you would consider the things in this video courageous. A couple years ago, daring aerialist Nik Wallenda walked across a Nicaraguan volcano on a tight rope—one of his many daring feats. Let's take a look.

Share the following video [6:31]; watch the whole video if time allows; if not, stop at 2:28 and then watch the final clip starting at 5:35]:

Aerialist Nik Wallenda walks tightrope across one of world's most active volcanoes | Nightline

<https://www.youtube.com/watch?v=ASZwDQyGEyA>

➤ **What kind of courage do you think it took to attempt this type of feat?** (Answers will vary. Some may say it takes a lot of courage to walk tightropes, even when people are experienced. Others may say it doesn't require as much courage when people do these kinds of stunts all the time. They could include that it might have taken more courage for Nik to do this stunt because of the unknown conditions above the volcano.)

➤ **Would YOU attempt a stunt like that? Why or why not?** (Answers will vary. Some students might answer that they would like to try an amazing stunt of this nature while others might comment that you would have to dedicate your whole life to getting good enough—something they aren't willing to do.)

➤ **Nik Wallenda didn't let fear hold him back from achieving his dreams. Have you ever let fear keep you from doing something? Will you tell us about it?** (Allow a few students to share; be prepared to share your own experience.)

Talking about courage could mean a lot of different things. To some people, courage might mean bike or skateboard stunts. To others, courage might mean giving a speech in front of the class. Courage is more than just taking risks. We call soldiers courageous, people who stand up to bullies courageous, and people fighting a deadly disease courageous. Courage is highly valued in our society. The Bible talks a lot about courage, too. Our story today focuses on a person God called to be courageous. Let's check it out.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Courage against Fear

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STEP 4 

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Memory Verse:

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—Joshua 1:9b

Materials:

- Internet access
- 1 small rock (egg-sized or slightly smaller) per student
- White chalk
- Baby wipes or wet washcloths
- Permanent markers in a variety of colors

If your class is meeting online, invite students to bring rocks and permanent markers with them to class. As a demonstration for the class, write "fear" in chalk on your rock, and then erase it with the baby wipe or wet washcloth before inviting students to creatively write the word "courage" on their rocks with permanent markers.

At the beginning of our lesson today, we watched a video of an incredibly difficult stunt over a Nicaraguan volcano.

- **Now that we've learned more about courage and the courage Joshua showed, do you think Nik Wallenda displayed courage? Why or why not?** (Answers on both sides may emerge: No, they were just taking risks, not actually doing anything important; yes, they did something dangerous that required them to conquer fear, etc.)
- **Let's recap a bit. Joshua was facing some major fears. What were some of the fears Joshua faced?** (Answers might include: Losing the battle, the people rebelling, dying in battle, etc.)
- **What about you? What's a fear that you face?** (Students' answers could vary widely. Some might mention getting into college or failing a class. Others might say having no friends or mention family concerns. It might help them open up if you share a fear of your own.)

After volunteers have shared, give each person a small rock and a piece of chalk. Ask each student to write one of their fears on their rock using the chalk. Remind the students that, just like God was with Joshua, God is with them in their fears and will give them the strength to be courageous. Have a student read Psalm 18:3 to the group.

God is our rock. When we are afraid, we know God will comfort us and give us the courage and strength to face our fears. His presence gives us courage to serve Him even when it will be hard—even when we don't know what the outcome will be. He probably isn't calling any of you to become tight rope walkers, but the Wallendas have a very strong faith and message they share because of the courage God gives them to do what He's called them to do.

Using the baby wipes or washcloths, have your teens erase the “fear” they wrote in chalk on the rock. Hand out permanent markers (or invite students to have supplies ready at home). Ask your students to creatively write the word “courage” on their rocks. It can be as embellished or simple as each student would like. If your students need embellishment ideas, share the following website:

How to Paint Zentangle Patterns on Rocks and Stones

<http://paintingrocks.blogspot.com/2014/04/how-to-paint-zentangle-patterns-on.html>

Have your students keep their rocks in their pockets, purse, or backpack this week as a reminder that God is with them and will give them courage.

Close in prayer, asking God to give each student courage in the midst of fears they face this week.

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