

# It Takes Courage

By RLD Editorial Team

for use as  
**STEP 1**

**Lesson 10****Focus:**

Trusting God takes courage.

**Lesson 10****Bible Basis:**

Joshua 1:1—6:27

**Lesson 10****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 1:9

**Students will watch a world record freefall as they discuss what courage is and why trusting God can be a courageous act.**

**Materials:**

- Internet access

- **What does the word *trust* mean?** (Answers may include: to rely on someone or something; to put your confidence or trust in something; to have faith, etc.)
- **Who do you trust? Why?** (Some possible answers: my parents because they love me; my teachers because they always want the best for me; God because He knows everything, etc.)
- **What/who do you struggle to trust in? Explain.** (Answers will vary. Students may say they don't trust the neighbor's dog because it growls when I walk by, so I won't pet him; I struggle trusting in God because I can't see Him; I don't like airplanes because I don't trust they'll get me somewhere safely, etc.)

**Sometimes trusting and putting our confidence in someone or something requires courage. It takes guts to rely on someone else when we're not sure of the outcome. Luke Aikins is an example of this type of courage and total reliance on something other than himself. Several years ago, he attempted to set a world record when he jumped out of an airplane at 25,000 feet...without a parachute! Let's watch this astonishing stunt.**

Play the following video [4:21; stop at 3:56]:

World First - Skydiver Luke Aikins Jumps 25000 Feet Into Net With No Parachute

[https://www.youtube.com/watch?v=aPC\\_h9Vmlxw](https://www.youtube.com/watch?v=aPC_h9Vmlxw)

- **Do you think Luke Aikins is courageous or just plain crazy? Why?** (Answers might include: I think it's very brave to try to break world records, no one's ever done it before and it can inspire others to go after their dreams; he's crazy, no one should risk their life just to break a world record, etc.)

➤ **What is something you need courage to do right now?** (Answers will vary but may center around standing up to a bully at school or trying out for a team or chorus even though it isn't something they've ever done before.)

**Trusting takes courage, especially if we're being asked to step outside our comfort zones to try something new. Most of us don't like going beyond what we can see for ourselves. Not knowing how something is going to turn out can be scary! Those unknown outcomes require lots of courage and faith.**

**Today we're going to talk about someone named Joshua. God asked him to put his trust in God even though it was definitely pushing the limits of normal. Let's find out what happened.**

Additional resources:

Definition of trust

<https://www.merriam-webster.com/dictionary/trust#synonyms>

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

Lesson 10 / November 6, 2022

# It Takes Courage

for use as  
**STEP 4** 

**Lesson 10****Focus:**

Trusting God takes courage.

**Lesson 10****Bible Basis:**

Joshua 1:1—6:27

**Lesson 10****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 1:9

**Materials:**

- Cardstock (1 sheet per student)
- Markers/colored pencils
- Scissors

If your class is meeting online, invite students to bring supplies with them to class.

Earlier we learned Joshua had to be courageous in trusting God and His directions for overtaking Jericho. God’s directions were out of the ordinary. Joshua could have easily disregarded them and followed his own plans instead. However, Joshua was tuned in to God’s voice. He had a relationship with God and because of His belief in Him, chose to follow God’s directions, whatever they might be. In doing so, God led Joshua and the Israelites to a complete and total victory.

➤ **Have you ever had to step out of your comfort zone to trust God? Tell us about it.** (Answers will vary. Be prepared to share your own experience.)

We can trust God because we know He will protect us, guard us and take care of us when we are choosing to follow His directions for our lives. There is no safer place to be than in the center of God’s will. Just as the Israelites wore their heavy armor for protection and marched around Jericho for seven days, God is our armor today. He stands in front of us and He leads the way as we follow Him. He is our real-life shield.

Today we’re going to make our own shields to remind us we can trust in God because He is our protector.

Pass out supplies for each student to draw and design shields on their pieces of cardstock. (If your class is meeting online, invite students to have supplies ready at home.) On the shields, students should write out Joshua 1:9 as well as write words and phrases that will remind them to have the courage to trust in God. They can also draw pictures of situations where they’re in need of courage as well as how they plan to trust God. Examples might include: the words “trust,” “I will obey no matter what!” or “COURAGE!” Pictures might include: praying hands and an open Bible; a cross; standing up to a bully; sharing Jesus with a friend, etc. Students can cut them out and pretend to use them as real shields when they’re finished.

Optional: If you feel comfortable, you can play this song in the background as your students work [3:15]:  
SANCTUS REAL CONFIDENCE  
<https://www.youtube.com/watch?v=tvO83gqkccY>

As time allows, have your preteens share their shields once they're complete.

**Remember, when we are listening to God and following His will for our lives, there is no safer place to be. It takes courage and bravery to believe God when life doesn't make sense. But God promises to go before us and act as our shield, protecting us and teaching us His ways along the journey.**

**Hang your shield up in your room somewhere you can see it. Let it remind you Who is in control of your life. Every time you look at it, pray and thank God for taking care of you. Pray He'll increase your faith in Him and ask Him to give you courage like Joshua. Then watch God take down the walls of Jericho in your life.**

Pray to close.

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