

Worship at Home

Family Time



Courage

Welcome to our Worship at home time, this week focusing on **Courage**.

In this pack you will find an

- Opening prayer
- Bible Passage
- Discussion Questions
- Reflection Notes
- Prayer Activity
- Blessing



The resource is provided for you to use as you wish.

You might want to use all the sections in one go, or you might want to use over the week.

You might pick out just one or two sections to use or add in your own ideas.

At the end there are ideas for exploring the theme of courage with younger children (KS1).

Gather your things

- Candle to light placed on something safe or a battery operated candle
- Bible -either the book or on a phone
- 10 pairs of socks (and a homemade catapult if you would like to try making one, but your hands will do)
- A paper cross about A4 size



Opening Prayer

Light a candle and have a moment of quiet

Pray Together: **Jesus light of the world
be with us today, Amen**

Take a moment to think about the activities you might have done around the theme of setting out on a journey and having courage. Perhaps each person would like to share one thing that they found interesting, helpful or surprising.



Read the story of David and Goliath (1 Samuel 17: 44-49)

⁴⁴ "Come on," said the Philistine. "I'll make roadkill of you for the buzzards. I'll turn you into a tasty morsel for the field mice."

⁴⁵⁻⁴⁷ David answered, "You come at me with sword and spear and battle-ax. I come at you in the name of God-of-the-Angel-Armies, the God of Israel's troops, whom you curse and mock. This very day God is handing you over to me. I'm about to kill you, cut off your head, and serve up your body and the bodies of your Philistine buddies to the crows and coyotes. The whole earth will know that there's an extraordinary God in Israel. And everyone gathered here will learn that God doesn't save by means of sword or spear. The battle belongs to God—he's handing you to us on a platter!"

⁴⁸⁻⁴⁹ That roused the Philistine, and he started toward David. David took off from the front line, running toward the Philistine. David reached into his pocket for a stone, slung it, and hit the Philistine hard in the forehead, embedding the stone deeply. The Philistine crashed, facedown in the dirt.

⁵⁰ That's how David beat the Philistine—with a sling and a stone. He hit him and killed him. No sword for David!



Discussion Questions

- What do we learn from the story of David & Goliath?
- **Why would it have taken courage for David to fight Goliath?**
- How might you feel if you were in the same situation?



Reflection:

We sometimes find ourselves in situations where we really can't imagine what will happen next because things are not the same as usual- rather like being in lockdown because of living with the Covid-19 virus. David a shepherd boy looking after his sheep couldn't have imagined he would defeat a huge giant one day.

God intended for David, the smallest brother, to defeat Goliath and God helped him. David did what he did with the help of God not by himself. God provided the right people around him and gave him the courage, right words and skills to speak up and to take action. In the same way if God asks us to do something, he will always equip us for the task or the journey ahead and be by our side.

The task or situation may seem impossible and that there is no answer but God will give us the courage to keep taking the next step forward if we put our trust in him.



Prayer Focus: courage for
ourselves and our friends



Prayer Activity



Bundle the socks in pairs so they're ball shaped and give everyone a couple or three pairs. Don't throw them at each other or anything fragile.



Take it in turn to throw your socks at a paper cross stuck on the wall to recognise that Jesus can take our feelings and prayers.



Either pray out loud for the things you need to ask for courage for or where you might be anxious or fearful about something. Ask God to equip you for your journey.

Prayer

Lord God, you are always with us.

You are with us in the day and in the night.

You are with us when we're happy and when we're sad.

You are with us when we're healthy and when we're ill.

You are with us when we're peaceful and when we're worried.

Today I am feeling (name how you are feeling) because (reasons you are feeling this way).

Help us to remember that you love us and are with us in everything today.

Amen.

Source: Adapted from [prayers for children](#) on the Church of England website

Blessing



May the grace of our Lord Jesus Christ

(Hold out your hands as if expecting a present)

And the love of God *(Put your hands on your heart)*

And the fellowship of the Holy Spirit *(Hold hands)*

Be with us all now and for ever. Amen *(Raise hands together on the word 'Amen' and shout loudly!)*

Source: <https://www.messychurch.org.uk/messygrace>



Ideas for younger children

Read the story of David and Goliath in a children's Bible together.

- How did David show courage?
- Where did David get his courage from?
- How do you think David felt during the story?



Practical Activities

- Retell the story using toys or items in your house.
- Use playdough to recreate something from the story.
- Draw or paint a picture showing your favourite bit of the story.
- Decorate or paint stones to remind you that God used something small to do something amazing!
- Make a picture of a sheep using cotton wool and remember that David was a shepherd, not a soldier, but God gave him courage to win the battle!



Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.



Please visit:

www.abyyt.com/yla-at-home



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