



# CONNECTED

11-14yrs

*Session 5:*

## I CAN BE... BRAVE



### AIMS

- To explore fear further.
- To understand God is a solid floor when we step out.
- To be bold and courageous in our community.



## 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 (NIV)**



## CATCH UP (10 mins)

Refer to the teaching notes for guidance on how to run this time.



## GOD SPOT (5 mins)

Have the young people talk about what they have seen God doing in their lives or the lives of others in the last week. They can also speak about things they are grateful for that have happened in their lives that week. (This is based on teaching from Session 6, Term 1 of Connected. If you haven't done this session then please read the teaching notes.)



## GAME 1 (5 mins)

### Resources:

- Coin
- Chairs

Ask all your young people to sit on chairs in a circle. Place one chair at a distance from, and with its back to, the circle. Place a coin under the chair. Ask a volunteer to sit on the chair and shut their eyes. Choose another person from the group to go and collect the coin from under the chair. This person should return to the circle and hide the coin on their seat or in their hand before sitting down. Now invite the volunteer to come and stand in the centre of the circle.

Now everyone in the group gets to look guilty or as though they have the coin hidden in their hand etc. - the aim being to fool the returning volunteer into thinking they may have the coin. The volunteer has x3 guesses to try and find the coin. If they don't find the coin in 3 guesses they must return to their chair and repeat the process. If the coin is found, they swap with the person who has the coin.



## INTRODUCTION (3 mins)

*This is a great example of someone being bold and courageous...(watch clip)*

<https://www.youtube.com/watch?v=ebtGRvP3lLg>



## BIBLE STORY

(10-15 mins)

Matthew 14:22-33 – have your young people act this out. Challenge them to act it in a certain style, for example – Eastenders (a UK soap opera, pick a local equivalent), in a Western style (cowboys), as an opera etc. Give them 5 minutes to rehearse and then share. Or use the Matthew DVD (reference needed.)



## TALK

(5-7 mins)

*This is a great passage from the Bible. It's inspiring and at the same time scary. Peter is on a boat in rough seas, yet at one word from Jesus he throws himself out of the boat and starts walking on water. It's scary because, what if, one day, Jesus calls us to step out of a boat and walk on water?*

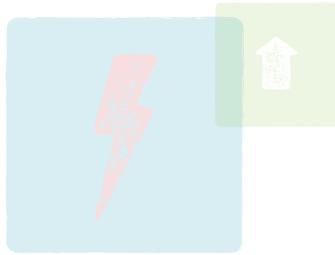
*Peter isn't concerned about the danger because Jesus is there with him. Jesus isn't holding his hand when he steps out of the boat but Peter knows He is there. Peter takes Jesus at His word and trusts Jesus will take care of him. All the time that his eyes are on Jesus in this dangerous situation, he is ok. As soon as he takes his eyes off Jesus and starts to focus on the problems – the wind and the waves – he starts to sink.*

*How many of you would like to walk on water? I would too. Peter does something amazing because he is brave. He is faced with a choice - does he trust Jesus and step out or stay in the boat? His trust overrides any fear he may have. God has great things for us when we choose to be brave.*

*If we believe God is who He says He is, then the safest place you can be is following what God wants you to do. The only reason we become afraid is when we don't believe God is as solid as the floor. God is Peter's floor in this story. Peter is living by faith and not by sight when he steps out of the boat. Sight would have told him he was standing on water; faith told him he was standing on a solid floor that he could walk on, towards Jesus. As soon as he starts to live by sight, he starts to sink. At this point, he doubts God is more solid than the water and fear overtakes him.*

*God is the same yesterday, today and forever. If we trust that is true, then we know He is there with us and He is bigger than any situation we can face. Joshua 1:9 says, "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." Jesus repeats the promise, 'He will be with us' in Matthew 28:20. Fear distracts us from this promise and when we are distracted we don't follow Jesus. When we make a choice not to be afraid, to trust and be brave, we put ourselves in a place where we see God do great things.*

*I think the biggest fear that stops us following God, is that God won't show up or that people will laugh at us. It's ok to be afraid of those things... but still do it anyway. It's about doing the things God asks of us, when He asks. You just have to step out believing God is there, that He is your floor, no matter what it looks like. The more you step out, the more you will trust God and realise He can be that solid floor.*



## RESPONSE

(5 mins)

### Resources:

- Journals
- Pens

(Hand out at the start. Encourage leaders to take part in responses: this time will impact you as well as them)

*God calls us to be bold and courageous. I looked up the definition of bold and it said: 'A person of action or ideas who is willing to take risks'.*

*Are you willing to be bold right now? We are going to take a moment to ask God a question and see what He says. Find yourself a quiet spot where you can focus on God. In your head ask God, 'Show me one thing you would do with me if I was brave enough'. Then wait and see what He says, then write it down in your journal.*



## REFLECT AND SHARE

(5 mins)

*Is anyone happy to share what God said? (Allow them to share.)*



## ACTION

(3 mins)

Help your young people to process putting into action what God has shown them during the response time. Have your young people pray for each other, that each would be bold and courageous and for anything specific that will help put what God has shown them into action.



## CRAFT/ PROPHETIC ART

Replaces Game 2 in this session  
(5-10 mins)

### Resources:

- Keyring kit
- Appendix 1
- Shrink art paper
- Pens
- Hole punch

Hand out Appendix 1 and a sheet of shrink art paper. Have the youth trace the shield outline and the wording. Then colour this in. Punch a hole in the top of the sheet.

Now ask them to stop and chat to God. *In your head ask God what words or pictures He thinks you should add to this shield. Then add them to your shield.*

Print out instructions for going home on how to shrink the plastic and hand round the extra bits from the pack to finish the key ring once shrunk.



## RESOURCES

### Game 1:

- Coin
- Chairs

### Introduction:

- Clip: <https://www.youtube.com/watch?v=ebtGRvP3ILg>

### Response:

- Journals
- Pens

### Craft/ Prophetic art:

- Key ring kits: <http://www.bakerross.co.uk/super-shrink-art-keyring-class-pack?gclid=COfpnNGo-sECFSXKtAodkAsA2w>
- Print a copy of Appendix 1 for each young person
- Shrink art paper
- Pens
- Hole punch

