



# Family Guide

Leading your family to be strong  
and courageous



## Courage Memory Verse

*"When I am afraid, I put my trust in you."*

Psalm 56:3

## Basic Truth

God helps us when we are afraid.

## Life Application

Light a candle and talk about how scary fires can be. Have your kids put their hands close enough to the flame to feel the heat. Remind your kids to be careful around the fire.

Explain that when fire gets too much fuel, it can get out of control. You might find online pictures or stories from the recent wildfires in California and share those as an example.

Fear is like fire; if we feed it, it can get out of control too. The good news is that God is stronger than fire and he is also stronger than fear.

Take a candle snuff or paper cup and put out the candle. As you demonstrate how a candle snuff puts the fire out, explain that God is more powerful than any fire. Even when our fear is out of control, God can put a stop to it if we ask him.

To help your kids understand this concept even better, it might be helpful to share a story about how God has helped you overcome one of your fears.

Read the memory verse aloud. Then ask your kids what they are afraid of and close by praying that God would give them the courage to trust him even when they are afraid.