

Summer 2017 CT: I Am Brave - Progressional & Young Team

Wk1:

June 12-17

Story Week Pt 1: Max Isn't Brave

“Who is Brave?”

“I am Brave. God is bigger than my fear. I am safe in His loving hands.”

2 Timothy 1:7 (NET)

“For God did not give us a Spirit of fear but of power and love and self-control.”

1. Read Story Part 1 & Ask Questions:

- a. What amazed Max as he watched the last fireman enter the burning building? *(He showed no sign of fear in spite of the obvious threat to his life.)*
- b. What was Max's big fear he could not overcome? *(Fear of heights)*
- c. What was the secret to the fireman's bravery that he shared with Max? *(The bible verse which the fireman said every day until he truly believed it.)*
- d. What did the fireman give to Max and tell him to do with it? *(He gave him his notebook with the bible verse and said to read it every day. Read it until you believe it.)*
- e. *What is your greatest fear (either here at the gym or perhaps outside)?
- f. *If God is not the one who gives fear, where does it come from?
*Questions for discussion. Answers will vary.

2. Character Declaration and verse:

- a. Ask “Who is Brave?” (students repeat back Character Declaration, and follow it with verse)

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Wk2:

June 19-24

Bravery Is Understanding My Fears

1. Character Declaration and verse
 - a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse)

"Who is Brave?"

"I am Brave. God is bigger than my fear. I am safe in His loving hands."

2 Timothy 1:7 (NET)

"For God did not give us a Spirit of fear but of power and love and self-control."

2. What is fear?
 - a. *An anxious feeling, caused by our anticipation of some imagined event or experience.*
3. Below we have listed 5 Basic Fears (*pick 1 or 2 to talk through with your students*)
 - a. Fear of death
 - b. Fear of physical hurt
 - c. Fear of no freedom/being completely controlled (loss of autonomy)
 - i. *Physically: claustrophobia, Mentally: fear of commitment, fear of jail*
 1. *"If I am locked up in jail, someone else will be controlling me, I won't get to choose what I want to do."*
 2. *"I hate it when so and so tells me what to do all the time."*
 - d. Fear of Separation
 - i. *Rejection, abandonment, loss of connectedness- not wanted, respected or valued by anyone else.*
 - ii. *"They might not like me anymore; they might not be my friend"*
 - e. Fear of Ego Death
 - i. *Humiliation, shame, disapproval of others. I am not lovable*
 - ii. *"I will look bad if I fail"*
4. Other fears are actually 'fears of fear'
 - a. They may be based on memories of fear from another time in our life.
 - b. We often have these unconsciously.
5. Fear is information. It should tell us about ourselves. We are going to learn how to use this information to help us be brave.
6. What are some things you are afraid of?
 - a. *What are you afraid of here at Emeth (in your gymnastics)?*
7. Why do you think it's important to identify and know what we are afraid of?
 - a. *Once we know what we are facing - we can develop a plan to overcome it.*

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Wk3:

June 26-

July 1

(Closed July 1st)

Story Week Pt 2: Max Versus Fear

1. Listen to Story & Ask Questions
 - a. What was the first thing Max did when he awoke this morning? *(He read the verse inside his notebook from the fireman.)*
 - b. What did Max have to do to make himself keep climbing higher and higher? *(He had to focus his thoughts on what the fireman had told him..."I am brave...)*
 - c. When Max was at the bottom of the tree looking up, he was very afraid. How did he feel when he was at the top of the tree looking down? *(Triumphant! He actually made it!)*
 - d. *Do you think Max would have climbed the tree if his friends were not there?
 - e. *Max's friends did not know he was so afraid of heights. He could have told them, but he let that peer pressure make him do something he could not do the other day - climb a tree. Was that a good thing or a bad thing?
2. Character Declaration and verse:
 - a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse)

"Who is Brave?"

"I am Brave. God is bigger than my fear. I am safe in His loving hands."

2 Timothy 1:7 (NET)

"For God did not give us a Spirit of fear but of power and love and self-control."

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<p>Wk4: July 5-8 <i>(Closed July 3-4)</i></p>	<p style="text-align: center;">Bravery Is Realizing What I Really Should Be Afraid Of</p> <ol style="list-style-type: none"> 1. Character Declaration and verse: <ol style="list-style-type: none"> a. Ask “Who is Brave?” (students repeat back Character Declaration, and follow it with verse) 2. Brave people are not actually fearless, they just have an accurate understanding of what to fear, and what not to fear. 3. What should you be afraid of? <ol style="list-style-type: none"> a. We should have a fear of God <ol style="list-style-type: none"> i. <i>If we accurately understand how big God is we will have a fear of him</i> ii. <i>When he gives us commands we will obey him out of fear of how powerful he is</i> b. “Praise the LORD! How blessed is the man who fears the LORD, Who greatly delights in His commandments.” -Psalms 112:1 c. What is the connection between obeying out of fear and obeying out of love? <ol style="list-style-type: none"> i. <i>Obeying out of fear is doing something to avoid a serious consequence.</i> ii. <i>Obeying out of love is when we do something to show God we care for Him or because we are seeking His approval</i> iii. <i>Both of these motivations have an appropriate place, <u>because we will always be under God’s authority.</u></i> 4. We should fear of the power of sin <ol style="list-style-type: none"> a. This is a “fear of fear” that is good to develop! b. Why should we have a fear of the power of sin? c. <i>“When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.” James 1:13-15 NIV</i> d. We should have a fear of the power of sin and temptations because they lead to death & separation from our good God.
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<p>Wk5: July 10-15</p>	<p style="text-align: center; color: #008000;">Story Week Pt 3: Still Not Brave Enough</p> <ol style="list-style-type: none"> 1. Listen to Story & Ask Questions <ol style="list-style-type: none"> a. Why didn't Max help the boy who was getting beaten up? (<i>He was afraid he would get beaten up too.</i>) b. What did Max's dad tell him about being brave? (<i>Being brave is very hard, and it doesn't always end well.</i>) c. What does Max's dad think about when he is afraid to do what he knows is right? (<i>God's word: "The LORD is my light and my salvation-- whom shall I fear? The LORD is the stronghold of my life-- of whom shall I be afraid?"</i>) d. *Should we only be brave if we know that we will succeed in the end? Is that really bravery? e. *Has your fear of others ever kept you from doing what is right like it did for Max? 2. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse)
<p>Wk6: July 17-22</p>	<p style="text-align: center; color: #008000;">Bravery Comes From Knowing How Great God Is</p> <ol style="list-style-type: none"> 1. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse) 2. We talked in week 4 about how powerful and great God is. Should we be afraid of God? <ol style="list-style-type: none"> a. <i>Yes! But,</i> 3. We should not only fear God. We should also feel completely safe and secure if we are his children. Why? (Read verses below to students) <p style="margin-left: 40px;"><i>28 And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them...</i></p> <p style="margin-left: 40px;"><i>31 What shall we say about such wonderful things as these? If God is for us, who can ever be against us? 32 Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? 33 Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. 34 Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us. - Romans 8:28-34 NLT</i></p> <ol style="list-style-type: none"> 1. How can the verses above about God's love make you brave?

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<p>Wk7: July 24-29</p>	<p style="text-align: center;">Story Week Pt 4: Max's Second Chance</p> <ol style="list-style-type: none"> 1. Listen to Story & Ask Questions <ol style="list-style-type: none"> a. Why did Max decide to play frisbee with Tom? <i>(He thought he should find out what Tom and his friends were really like.)</i> b. What happened that showed Max what Tom was really like? <i>(The same boy Tom had beaten up earlier crossed the field and Tom went after him again.)</i> c. After Max asked himself, "What should I do?" what rushed into his head? <i>(The verses from the bible he had read over and over.)</i> d. Max made the right choice to help the boy, but what did he receive for his brave act? <i>(He got kicked in the stomach, but he also felt peace in his heart.)</i> e. *Do you want to be brave? How will you ever know for sure if you are brave? <i>(possible answer: You will only know if you are brave if you do what is right even though you may be afraid.)</i> f. *What are some things that you would like to stop being afraid of? How can you be brave? 2. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse)
<p>Wk8: July 31 - August 5</p>	<p style="text-align: center;">Bravery Happens When I Stand On God's Truth</p> <ol style="list-style-type: none"> 1. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse) 2. A.W. Tozer said "What comes into our minds when we think about God is the most important thing about us." When we understand that God is bigger than and greater than anything we can encounter we can become brave. 3. If I believe what the Bible says about God, then I can be brave! 4. Read the verses below and discuss the questions asked: <ol style="list-style-type: none"> a. 1 John 4:4 " You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world." <ol style="list-style-type: none"> i. Who is God greater than? How can this make us brave? b. Psalms 46:1 "God is our refuge and strength, an ever-present help in trouble." <ol style="list-style-type: none"> i. When we are in trouble, who can give us strength? 5. How do your thoughts about God need to be changed to be more accurate?

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<p>Wk9: August 7-12</p>	<p style="text-align: center;">Story Week Pt 5: Max Is Brave</p> <ol style="list-style-type: none"> 1. Listen to story and discuss questions <ol style="list-style-type: none"> a. Who has been helping Max on his journey in becoming brave so far? (<i>Paul, his dad, and most of all, God</i>) b. What did Max see that no one else saw after the fire broke out? (<i>He saw a hand waving in the second-floor window.</i>) c. This was the most dangerous decision Max had ever had to make. He was afraid. What helped him decide so quickly to run into the fire? (<i>It was clear the fire department was not going to make it in time. He had learned to fully believe God's word and now he spoke it out loud - "God did not give us a spirit of fear but of power and love and self-control."</i>) d. *Max broke the teacher's command to stay where he was. Was that right or wrong? 2. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse)
<p>Wk10: August 14-19</p>	<p style="text-align: center;">Bravery Is Doing What Is Right In Spite Of My Fear (not being fearless)</p> <ol style="list-style-type: none"> 1. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse) 2. If someone is never afraid, are they brave? <ol style="list-style-type: none"> a. <i>Being brave means facing what you are afraid of - therefore, without fear there cannot be bravery.</i> 3. What allows you to face a fear and overcome it? <ol style="list-style-type: none"> a. Thinking true thoughts: based on God's word. b. Having <u>accurate</u> understanding of the situations you are in. c. Beginning with the end in mind: <ol style="list-style-type: none"> i. "In order to reach my goal, I must be brave with _____ today." ii. "My current pain today is worth my future growth" iii. "I will be uncomfortable today so I can be strong tomorrow"

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<p>Wk11: August 21-26</p>	<p style="text-align: center;">Story Week Pt 6: Max's Second Chance</p> <ol style="list-style-type: none"> 1. Listen to story and discuss questions <ol style="list-style-type: none"> a. What happened to Max as he went upstairs to search for the boy? <i>(It was getting harder to breathe. Smoke filled his lungs, causing them to tighten and shorten each breath he tried to take.)</i> b. What did Max realize after he heaved the boy onto his back? <i>(He couldn't do this alone, so he prayed: "God, please help me get him out. I can't do it.")</i> c. Who was there to help Max when he finally crawled out? <i>(Paul)</i> d. What do you think Paul saw that was so different about the notebook he had given Max many months ago? <i>(It was worn, it had many new bible verses, and "I am Brave. God is bigger than my fear. I am safe in His loving hands," had been written many times on the last page.)</i> e. *When you can't do something by yourself, who do you ask for help? f. *What do you think happened to Max at the end of the story? 2. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse)
<p>Wk12: August 28 - September 2 (Closed Monday Aug. 28 for staff training)</p>	<p style="text-align: center;">Bravery Cares About What Is Right More Than What Is Comfortable</p> <ol style="list-style-type: none"> 1. Character Declaration and verse <ol style="list-style-type: none"> a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse) 2. What happened in the final part of the story last week? <i>(Max saves a boy from a fire, and may have died as a result of his bravery)</i> 3. What example does Max remind us of? <i>(Max's actions remind us of Jesus, who died for our sins in order that we can know God and love Him.)</i> <ol style="list-style-type: none"> a. <i>"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him." - John 3:16-17</i> 4. Do you think it was scary for Jesus to die for us? <ol style="list-style-type: none"> a. <i>The night before Jesus died he was praying to God because he was not wanting to die and be separated from God. Jesus chose to die for us though because he knew that's what God wanted him to do. Jesus was brave and died for you and me.</i> 5. What are some things that are uncomfortable to do, but you know are right? <ol style="list-style-type: none"> a. <i>Standing up to peers (what real life example?)</i> b. <i>Doing things the right way and not cheating even when no one will ever notice</i>

Summer 2017 CT: I Am Brave - Progressional & Young Team**Wk13:****Sept. 4-9**

(Closed Monday
Sept. 4 for labor
day)

Bravery Is Growing In Me

1. Character Declaration and verse
 - a. Ask "Who is Brave?" (students repeat back Character Declaration, and follow it with verse)
2. What could you relate to most in Max's story?
 - a. *Max's fears*
 - b. *Max's overcoming of fears*
 - c. *Max's peace / joy of overcoming fears*
3. Have you grown in your ability to face things you are afraid of?
4. What has helped you grow in facing your fears?
5. How has our verse in 2 Timothy 1:7 helped you be brave?