

COURAGEOUS

JOSHUA BRAVELY FOLLOWS GOD



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UNIT 10 - JOSHUA BRAVELY FOLLOWS GOD

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COURAGEOUS

MONTHLY PREPARATION GUIDE

UNIT 10-ELEMENTARY

It's hard to follow the Lord in a culture that increasingly opposes Christ. But do not be discouraged; **God is with us**. He has given the Holy Spirit to help us be courageous disciples. You have the opportunity to share this encouraging truth with your families trusting that they will bravely follow the Lord.

WEEK 1

LESSON MATERIALS: Puzzle Piece (1 per class), *Scavenger Hunt* Activity Page (1 per team), Scavenger Hunt Items (See Activity Page), Plastic Grocery Bags (1 per team), Timer, Fruit (Real or Fake), Toilet Paper Rolls (1 per child), Tape or Stapler, Yarn (2-foot strips - 1 per child), Hole Punch, Stickers, Crayons or Markers

WEEK 2

LESSON MATERIALS: Puzzle Piece (1 per class), Disposable Plastic Cups (2-3 per person), Cotton Balls, Construction Paper, Large Cardboard Box, *Paper Horn* Activity Page (1 per child), Tape, Scissors, Crayons or Markers, Other Craft Items (optional), *Memory Verse* Activity Page (1 per child), Envelopes (1 per child)

WEEK 3

LESSON MATERIALS: Puzzle Piece (1 per class), Upbeat Music, Phone with Bluetooth Speaker or CD Player, *Memory Verse* Activity Page (1 per child), Glue Sticks, Yellow Washable Paint, Paint Brushes, Colored Craft Paper (pink/orange/yellow/red), Paper Plates (1 per child), Scissors, Confetti, Ribbon, Colored Popsicle Sticks (optional)

WEEK 4

LESSON MATERIALS: Puzzle Piece (1 per class), Empty Tissue Box, *Choices* Activity Page, Craft Sticks, Glue, *Memory Verse* Activity Page, Cardstock, Markers, Magnetic Strips, Scissors, Bible, Highlighters

THE TWELVE SPIES

BIBLE PASSAGE

Numbers 13-14 (ICB)

BIG IDEA

God is with us.

FOCUS VERSE

“Remember that I commanded you to be strong and brave. So don’t be afraid. The Lord your God will be with you everywhere you go.” Joshua 1:9 (ICB)

LESSON MATERIALS

| Puzzle Piece | *Scavenger Hunt* Activity Sheet | Scavenger Hunt Items | Timer | Plastic Grocery Bags | Fruit (real or fake) | Toilet Paper Rolls | Tape or Stapler | Yarn | Hole Punch | Crayons or Markers | Stickers |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- What was your biggest feeling on the first day back to school this year?
- Tell me about a place you have visited that made you excited or nervous?



REMEMBER TO GREET EACH CHILD BY NAME AS THEY ARRIVE.

WORSHIP — 10 MINUTES

Say, “In the New Testament, the Apostle Peter tells us to ‘give all your worries to him [God], because he cares for you.’ [1 Peter 5:7] When we worship God with singing, it helps us give our worries, fears, even our anger to God, and He replaces it with joy, peace, and love.”

We recommend “You Make Me Brave” by *Bethel Kids* as a theme song to play throughout this unit. Other suggestions for songs with motions include “I’m Trusting You” by *Lifetree Kids* or “Be Strong and Courageous” by *Seeds Family Worship*.

PRAY — 5 MINUTES

Pray that the Holy Spirit would give the kids eyes to see and ears to hear the message that **God is with us**.

SAMPLE PRAYER: “God, thank You for today. Thank You for allowing us to come together and learn about You. As we hear Your Word, please give us eyes to see and ears to hear what you have for us. In Jesus’ name. Amen.”



AS CHILDREN HEAR YOU PRAY, SOME MAY VOLUNTEER IN TIME. WE ARE THEIR EXAMPLES AND WANT THEM TO FEEL COMFORTABLE PRAYING ALOUD. BE ENCOURAGING WHEN THEY PRAY.

REVIEW — 5 MINUTES

MATERIALS: | Puzzle Piece |

BACKGROUND: Say, “Earlier this year, we learned that God used Moses to bring the Israelites out of slavery and into freedom. We also learned that God always provides. For example, God provided His people with food [manna and quail] and safety [safe passage across the Red Sea].

“After leaving Egypt, God had His people journey through the desert to prepare them to enter a special land that would be all their own. This was the land God had promised their ancestor Abraham hundreds of years earlier. God was providing a home for His people. But to gain that land, the Israelites were going to have to be courageous. This month our unit is called *Courageous*, and we will learn about a man named Joshua. He was Moses’ right-hand man, and God used Joshua to bring His people into this Promised Land. Now, before we go any further, who would like to put up the first puzzle piece for our *Courageous* lessons?” (Remind the children that all of the stories in the Bible fit together perfectly into one big story about God.)

TRANSITION: Say, “Before the people of God could go into the Promised Land, they needed to spy out the land. It was like an epic scavenger hunt. Let’s do our own scavenger hunt!”

ENGAGE — 10 MINUTES

MATERIALS: | *Scavenger Hunt* Activity Page (1 per team) | Scavenger Hunt Items (See Activity Page) | Plastic Grocery Bags (1 per team) | Timer |

Say, “Have you ever gone on a scavenger hunt? Awesome! Let’s get into groups of two or three. Each team will get a handout of items to find and bring back. For each item you collect, you will receive one point. The team with the most points wins.”

GAME GOAL: Teams will find as many items on the list as possible within the allotted time.

HOW TO PLAY:

1. Give each team one *Scavenger Hunt* Activity Sheet and a bag for collecting items. Please note that there are two versions of the scavenger hunt (indoor and outdoor).
2. Set the time for 7-10 minutes and release the teams to find the items.
3. Once the time is up, call the teams back and have them count the items they found.
4. The team with the most points wins.

TRANSITION: Congratulate the winners. Say, “Today, we are going to hear the story of how God told Moses to send men to explore the land of Canaan. Just like you brought back things from your hunt, God told these men [spies] to bring back things from their exploration.”

LEARN — 15 MINUTES**MATERIALS:** | Real or Fake Fruit |

IF YOU OFFER A SNACK, CONSIDER SERVING SLICED FRUIT. ADDITIONALLY, USE THE BASKET OF COLORFUL FRUIT AS A HELPFUL VISUALIZATION AS YOU TEACH.

Say, “In your Bibles, turn to Numbers 13. Our story for today comes from Numbers chapters 13 and 14. Numbers is one of the first five books of the Bible that we call the Pentateuch. These two chapters tell us about the time when God’s people were living in the wilderness. God had provided manna, quail, and water, but now He was ready to bring His people into the land of Canaan, the land He promised Abraham hundreds of years earlier. God told Moses to select one man from each of Israel’s twelve tribes. Two of these men were Joshua and Caleb. Read along with me. We’ll start with Numbers 13.” If it’s too much to read all of Number 13 & 14, consider reading the following excerpts. Read Numbers 13:1-2, 17-21, 26-28, 30-33.

¹ The Lord said to Moses, ² “Send men to explore the land of Canaan. I will give that land to the Israelites. Send one leader from each tribe.”

¹⁷ Moses sent them to explore Canaan. He said, “Go through southern Canaan and then into the mountains. ¹⁸ See what the land looks like. Are the people who live there strong or weak? Are there a few or many? ¹⁹ What kind of land do they live in? Is it good or bad? What about the towns they live in—do they have walls, or are they open like camps? ²⁰ What about the soil? Is it fertile or poor? Are there trees there? Try to bring back some of the fruit from that land.” (It was the season for the first grapes.) ²¹ So they went up and explored the land.

²⁶ They came back to Moses and Aaron... ²⁷ They told Moses, “We went to the land where you sent us. It is a land where much food grows! Here is some of its fruit. ²⁸ But the people who live there are strong. Their cities are walled and large...”

³⁰ Then Caleb told the people near Moses to be quiet. Caleb said, “We should go up and take the land for ourselves. We can do it.” ³¹ But the men who had gone with him said, “We can’t attack those people. They are stronger than we are.” ³² And those men gave the Israelites a bad report about the land they explored. They said, “The land would eat us up. All the people we saw are very tall. ³³ ...We felt like grasshoppers. And we looked like grasshoppers to them.”

Read Numbers 14: 6-9.

⁶ Joshua son of Nun and Caleb son of Jephunneh were among those who had explored the land. They tore their clothes. ⁷ They said to all of the Israelites, “The land we went to explore is very good. ⁸ If the Lord is pleased with us, he will lead us into that land. He will give us that land where much food grows. ⁹ Don’t turn against the Lord! Don’t be afraid of the people in that land! We will chew them up.

Ask, “Why do you think Joshua and Caleb were the only two who were not afraid to return to the Promised

Land? [Wait for responses.] Moses sent twelve spies to explore Canaan. He said, 'Go through southern Canaan and then into the mountains. See what the land looks like. Are the people there strong or weak? Are there a few or many? What kind of land do they live in? Is it good or bad? What about the towns—do they have walls, or are they open like camps? What about the soil? Is it fertile or poor? Are there trees? Bring back some of the fruit from that land.' [Numbers 13:17-20]

"They went into the land for 40 days. They found pomegranates, figs, and so many grapes that it took two of them to carry one bunch! They returned to Moses and the people and showed them all the fruit. You would think the spies would be excited, but they said, 'the people who live there are strong. Their cities are walled and large.' [Numbers 13:28] They said the people were huge, like giants and that the Israelites were like grasshoppers compared to them.

"Caleb quieted the people. He said, 'We should go up and take the land for ourselves. We can do it!' [Numbers 13:30] But the people complained. They were scared and started crying, 'We should have died in Egypt! We were better off there! Let's go back!'

"Moses and Aaron fell on their faces in front of the people, and Caleb and Joshua tore their clothes. They did that because they were really upset. After all, God had provided for the Israelites time and time again, and they still didn't trust Him. Joshua and Caleb told the people, 'The land we went to explore is very good. If the Lord is pleased with us, He will lead us into that land. He will give that land where much food grows.' [Numbers 14:7-8] Joshua was courageous because he knew that **God was with them**.

"But the people rebelled; they even wanted to get rid of Joshua and Caleb. They did not believe God was with them. And that made God angry. He decided that all the people twenty years and older would never enter the Promised Land. For the next 40 years, the people of God remained in the desert. Instead of living in a land flowing with milk and honey and eating juicy grapes and sweet figs, they had to keep eating manna and quail."

JOINING TO JESUS

Say, "Being courageous means facing difficult or painful things. We can do that because Jesus faced the most difficult and painful thing by dying on the cross for our sins."

TRANSITION: Say, "God was with His people, even when they didn't believe it. He is with us too. When Jesus went back to be with God, He sent the Holy Spirit to be our Helper and our constant friend. The Holy Spirit lives inside of us. We can be courageous because **God is with us**."

DISCUSS — 10 MINUTES



ASKING QUESTIONS DEEPENS CHILDREN'S UNDERSTANDING OF THE STORY. MAKING TIME FOR QUESTIONS AND DISCUSSION CAN HELP LAY A FOUNDATION OF GOD'S WORD IN THE HEARTS AND MINDS OF CHILDREN.

Say, "Isn't it amazing to know that **God is with us**? Let's talk more about what we have learned."

1. Where did the twelve spies go?

Response: The spies went to the Promised Land (Canaan).

2. What did they bring back to camp?

Response: They brought back fruit (grapes, figs, pomegranates) and milk and honey.

3. How many came back with a good report? How many came back with bad news?

Response: Two spies (Joshua and Caleb) returned with a good report, and ten returned with a bad report.

4. Why were they afraid?

Response: They saw giants, the cities had strong walls, and they did not trust God.

5. Can you think of a time when you were afraid? What can we do when we are afraid?

Response: Answers will vary.

6. What does this story tell us about God?

Response: **God is with us.** God is trustworthy. God provides for our needs, etc.

TRANSITION: Say, "Thank you for a great discussion! It's really important to know that our courage comes from God because He is always with us. Let's create something that will remind us that no matter what we see, we can know that **God is with us.**"

RESPOND — 15 MINUTES

MATERIALS: | Toilet Paper Rolls (1 per child) | Tape or Stapler | Yarn cut in 2-foot strips (1 per child) | Hole Punch | Stickers | Crayons or Markers |

Say, "Just like the spies, we see things that make us fearful or afraid. But when we ask God to give us His eyes [hold the toilet paper binoculars to your eyes], He helps us have courage."

INSTRUCTIONS:

1. Give each child two toilet paper rolls and a piece of yarn. Make the remaining supplies available to the class.
2. Walk around and staple or tape the two rolls side by side to make binoculars.
3. Allow each child to color and decorate their toilet paper binoculars.
4. Hole punch the outer side of each roll about an inch from the top. This is where you string the yarn so it can be worn around the neck.
5. String the yarn through each hole and tie a knot to secure the string onto the binoculars.

TRANSITION: Say, "Just like binoculars help us see things we can't see on our own, God can help us see things the way He does. Remember that **God is with you.**"

MEMORIZE — 5 MINUTES

Say, "This month, our memory verse comes from Joshua 1:9. We can be strong and courageous because **God is with us** wherever we go. I'm going to read the verse and show you the motions, and then we will do it together."

Remember [point to your head with both pointer fingers] **that I commanded you** [point out with both index fingers] **to be strong** [bring right arm up, flexing your muscle] **and brave** [bring your left arm up, flexing your muscle].

So don't be afraid [bring arms down, shake your head "no"]. **The Lord your God** [make an "L" with your pointer finger and thumb, bring it across your body from your shoulder to your waist] **will be with you everywhere you go** [bring your arms up like you are making a path with your arms].

Joshua 1:9 [hold your hands out like a book]

CHALLENGE: Pair the children. Have them face each other and work together to say and do the motions at the same time. The object is for them to be mirror images of one another.

REFLECT — 5 MINUTES

Say, "Joshua and Caleb dared to stand firm, believing God would give them the land He had promised. Their courage started with remembering how God always provides and that God is with them. They knew that if the Lord was with them, they did not have to be afraid [Numbers 13:9b]. We all have things that make us feel scared or afraid, but we can remember that **God is with us**, and He will never leave us. Let's pray and thank God that He is always with us."

SAMPLE PRAYER: *"God, thank You for always being with us. Sometimes we see things that make us fear, but You tell us not to be afraid because You are with us. Thank You for sending Your Holy Spirit, who helps us to be strong and courageous. In Jesus' name, Amen."*

RELEASE —

If there is extra time, have the children use their binoculars to find things they think are interesting or beautiful. Remind them that just as the spies found good land and yummy food, God wants us to see the amazing things around us. Allow the children time to ask questions. When parents arrive, hand them a copy of the monthly Parent Guide (downloadable).



INDOOR SCAVENGER HUNT

A BOOK WITH THE FIRST LETTER OF YOUR NAME	SOMETHING COLD	SOMETHING SHINY
SOMETHING YOU ARE GRATEFUL FOR	SOMETHING WITH THE NAME "JESUS" ON IT	A BEAUTIFUL PICTURE
THREE OF SOMETHING	SOMETHING OLDER THAN YOU	A BOOK OF THE BIBLE NAMED FOR A WOMAN

OUTDOOR SCAVENGER HUNT

BUG (EXTRA POINTS FOR A GRASSHOPPER)	PUDDLE	BIG LEAF
FLOWER	WORM	MOTH OR BUTTERFLY
SHAPED ROCK	MUSHROOM	BERRIES OR FRUIT

COURAGEOUS

JOSHUA BRAVELY FOLLOWS GOD



JOSHUA, RAHAB, AND THE FALL OF JERICHO

BIBLE PASSAGE

Joshua 6 (ICB)

BIG IDEA

God is with us.

FOCUS VERSE

“Remember that I commanded you to be strong and brave. So don’t be afraid. The Lord your God will be with you everywhere you go.” Joshua 1:9 (ICB)

LESSON MATERIALS

| Puzzle Piece | Disposable Plastic Cups | Cotton Balls | Construction Paper | Large Cardboard Box | *Paper Horn* Activity Page | Scissors | Crayons or Markers | Other Craft Items (optional) | *Memory Verse* Activity Page | Envelopes |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- Where was the most enormous building you have ever seen?
- Have you ever had to do something that seemed impossible? Tell me about it.



GREET EACH CHILD BY NAME. IT COMMUNICATES THAT THEY ARE IMPORTANT TO YOU. ALSO, ASK THE CHILDREN IF THEY ARE READY TO WORSHIP AS THEY ARRIVE. THIS SIMPLE REMINDER MODELS WHY WE COME TO CHURCH.

WORSHIP — 10 MINUTES

Say, “Some of you mentioned doing things that seemed impossible. Even though many things will be impossible if they are left up to us alone, the Bible tells us that nothing is impossible with God. Because of that, we can trust that **God is with us**, and He will always take care of us.” For today’s lesson, we recommend worshiping together with “We Can Trust Him” by *Lifetree Kids*. You can find the song on YouTube. Additionally, feel free to use “You Make Me Brave” by *Bethel Kids* throughout this unit.

PRAY — 5 MINUTES

Pray with the children before starting your lesson.

SAMPLE PRAYER: “Heavenly Father, as we learn more about You, help us remember that You are with us. We can trust You because Your Word says so. Thank You for the chance to be together to worship and honor You. In Jesus’ name, Amen.”

REVIEW — 5 MINUTES

MATERIALS: | Puzzle Piece |

BACKGROUND: Say, “Last week, we learned about twelve spies who scouted out the Promised Land. They reported that the land was flowing with milk and honey. They brought back a bunch of grapes that was so large, it took two men to carry it! But ten of the spies said that the cities were too strong and the people were huge. Only Joshua and Caleb said they should go into the Promised Land because they knew that God was with them. But the people complained. They said they should go back to Egypt. They didn’t trust God, and that made God angry. So, God punished the people and kept them wandering in the desert for forty years. The only people who could enter the Promised Land from that generation were Joshua and Caleb. God had to prepare a new generation to be strong and brave because He had something amazing ahead for His people. Who would like to put our second puzzle piece on the wall?”

TRANSITION: Say, “Before we start our lesson, I want us to create something we are going to use during the lesson.”

ENGAGE — 10 MINUTES

MATERIALS: | Disposable Cups (2-3 per person) | Cotton Balls |

Say, “We are going to build our own walls of Jericho! Then, we’re going to do our best to knock down the other team’s wall with cotton balls.”

GAME GOAL: To attempt (unsuccessfully) to knock down the opponent’s “walls” with cotton balls.

HOW TO PLAY:

1. Divide kids into teams of three or four. Be sure to have an even amount of teams (2, 4, or 6).
2. Give each team a stack of cups and a large pile of cotton balls.
3. Each team will need to stack their cups to create a tower or wall. Make sure 2 teams are facing each other and that they build their walls about 4’ apart.
4. Once each team has created their “wall,” the kids should stand behind it.
5. When everyone is ready, the teacher will say “go,” and teams will throw cotton balls at the other team’s wall to knock it down. (Note: teams may be able to knock down a few cups, but the goal is that they cannot knock down the entire wall.)
6. Once the teams have used up their cotton balls, let them collect their cotton balls and play another round if time allows.
7. Have each team clean up their cups and put them to the side.

TRANSITION: Ask, “How many of you were able to knock down your opponent’s wall with the cotton balls? [Wait for responses.] Right! You were not able to do it in your own strength and power. Let’s clean up and get ready for our lesson.”

LEARN — 15 MINUTES

MATERIALS: | Construction Paper | Large Cardboard Box |



KEEP SIMPLE BIBLE COSTUMES IN YOUR CLASSROOM SO THE CHILDREN CAN PUT THEM ON WHENEVER THEY ACT OUT THE STORIES. HAVING THE KIDS ACTIVELY PARTICIPATE IN YOUR WEEKLY LESSONS INCREASES THEIR INTEREST AND RETENTION.

Say, “The people of God had to wait forty years to enter into the Promised Land. Moses led them through the desert, but he could not enter the Promised Land. Instead, God chose Joshua to lead the next generation. God told Joshua to be strong and brave and not to be afraid because He, the Lord, would always be with him.

“Joshua sent two spies to look at Jericho, the first city they would need to conquer in the Promised Land. The spies met a woman named Rahab. Rahab told the spies that the people of God were famous and the king of Jericho was afraid of them because of all the mighty things God had done. She knew that the Israelites’ God was the true God. She helped the spies hide, and in return, asked that her family be kept safe when the Israelites took over the city. The spies agreed and asked Rahab to put a scarlet rope out of her window to make sure they knew where she lived. Let’s read from Joshua chapter 6 to see what happens next.” If you decide not to read all of Joshua 6, consider reading Joshua 6:1-5, 7, 10-11, 14-17, 20.

¹ Now the people of Jericho were afraid because the Israelites were near. So they closed the city gates and guarded them. No one went into the city. And no one came out. ² Then the Lord spoke to Joshua. He said, “Look, I have given you Jericho, its king and all its fighting men. ³ March around the city with your army one time every day. Do this for six days. ⁴ Have seven priests carry trumpets made from horns of male sheep. Tell them to march in front of the Ark of the Covenant. On the seventh day march around the city seven times. On that day tell the priests to blow the trumpets as they march. ⁵ They will make one long blast on the trumpets. When you hear that sound, have all the people give a loud shout. Then the walls of the city will fall. And the people will go straight into the city.”

⁷ Joshua ordered the people, “Now go! March around the city. The soldiers with weapons should march in front of the Ark of the Covenant with the Lord.”

¹⁰ But Joshua had told the people not to give a war cry. He said, “Don’t shout. Don’t say a word until the day I tell you. Then shout!” ¹¹ So Joshua had the Ark of the Covenant of the Lord carried around the city one time. Then they went back to camp for the night.

¹⁴ So on the second day they marched around the city one time. Then they went back to camp. They did this every day for six days. ¹⁵ On the seventh day they got up at dawn. They marched around the city seven times. They marched just as they had on the days before. But on that day they marched around the city seven times. ¹⁶ The seventh time around the priests blew their trumpets. Then Joshua gave the command: “Now, shout! The Lord has given you this city! ¹⁷ The city and everything in it are to be destroyed as an offering to the Lord. Only Rahab the prostitute and everyone in her house should remain alive...”

²⁰ When the priests blew the trumpets, the people shouted. At the sound of the trumpets and the people's shout, the walls fell. And everyone ran straight into the city. So the Israelites defeated that city.

Say, "When the Israelites crossed into the Promised Land, God gave instructions on how they were going to take the city of Jericho. He told the army to walk around the city one time, every day for six days. Seven priests were to carry trumpets made of rams' horns. The army and priests were to walk in front of the Ark of the Covenant. On the seventh day, the army and priests had to walk around the city seven times. On the seventh time, they were to blow their trumpets and give a loud shout. After that, God promised that the walls would come down and that Joshua and his men could take over the city."

Ask, "Would you like to do that?" Choose two children to carry the 'Ark of the Covenant' box. Give the rest of the children a piece of construction paper they will roll to make simple horns. Then, have all of the children walk around the room quietly six times. Finally, instruct them to walk around the room one more time. When they have circled, have everyone blow their trumpets and shout. Then, have them collapse to the floor to show how the walls of Jericho fell.

Say, "When the walls of Jericho fell, the Israelites went into the city. They were told to destroy everything except for gold, silver, bronze, and iron. They were to keep that for the Lord. The spies who promised to keep Rahab and her family safe did just that. They took her, her father, mother, brothers, and sisters out of the city to a safe place."

JOINING TO JESUS

Say, "Did you know that Rahab was related to Jesus? In the Gospel of Matthew [Matthew 1:5], Rahab is mentioned as the mother of Boaz, who married Ruth, who was the great grandmother of King David. Because of Rahab's faith, God used her to bring us into an even greater Promise Land – eternal life with Jesus!"

TRANSITION: Say, "Joshua knew that God was with them. He was courageous and brave even when things seemed impossible. Joshua knew that nothing is impossible because **God is with us.**"

DISCUSS – 10 MINUTES

Say, "Let's talk about some ways we see God at work in this story."

1. Before the Israelites went into the Promised Land, how many times did God tell Joshua to be strong and courageous?

Response: God told Joshua to be strong and courageous three times. (Joshua 1:6, 7, 9).

2. When do you have to remember to be brave?

Response: Answers may vary.

3. What did Rahab tell the spies?

Response: Rahab said the king of Jericho was afraid of Israel's God.

4. Why did Rahab help the spies?

Response: Rahab knew that the Israelites' God was the true God.

5. Who broke down the walls of Jericho?

Response: God destroyed the walls.

6. What can we do to remember that just as the Lord was with Joshua, God is with us?

Response: We can read our Bibles, pray, think about things God has done in the past, etc.

7. What does this story tell us about God?

Response: **God is with us.** God is powerful. God takes care of His people. God is trustworthy.

TRANSITION: Say, "The Bible is full of stories to help us remember that **God is with us**. Now, would you like to make your own horns to take home with you?"

RESPOND — 10 MINUTES

MATERIALS: | *Paper Horn Activity Page* (1 per child) | Tape | Scissors | Crayons or Markers | Other Craft Items (optional) |

Say, "When the Israelites walked around the walls of Jericho, the priests were the ones who blew their horns. In 1 Peter, we are called a royal priesthood! Isn't that amazing! Let's make our own horns to remind us that no matter where we are, **God is with us.**"

INSTRUCTIONS:

1. Give each child a *Paper Horn Activity Page*.
2. Color and use craft items to decorate (optional) the horn cutout.
3. Next, have the kids cut out their horns and roll them to form a cone.
4. Tape to secure.
5. Each child should have their own trumpet.

TRANSITION: Say, "Wow, your horns look great! Let's hear how they sound!" (Allow everyone to blow their horns.) "Boy, that was loud!"

MEMORIZE — 5 MINUTES

MATERIALS: | *Memory Verse Activity Page* (1 per child) | Envelopes (1 per child) |

Say, "Let's practice our memory verse so that we can say it whenever we need to remember that we can be courageous because **God is with us.**"

Remember [point to your head with both pointer fingers] **that I commanded you** [point out with both index fingers] **to be strong** [bring right arm up, flexing your muscle] **and brave** [bring your left arm up, flexing your muscle]. **So don't be afraid** [bring arms down, shake your head "no"]. **The Lord your God** [make an "L" with your pointer finger and thumb, bring it across your body from your shoulder to your waist] **will be with you everywhere you go** [bring your arms up like you are making a path with your arms].
Joshua 1:9 [hold your hands out like a book]

CHALLENGE: Print and cut apart the *Memory Verse Activity Page* before class begins. Place the slips of paper in the envelopes so that each child has an entire verse in their envelope. Give one envelope to each child and have them put the memory verse in order. Once they are finished, give them a chance to read the verse aloud.

REFLECT — 5 MINUTES

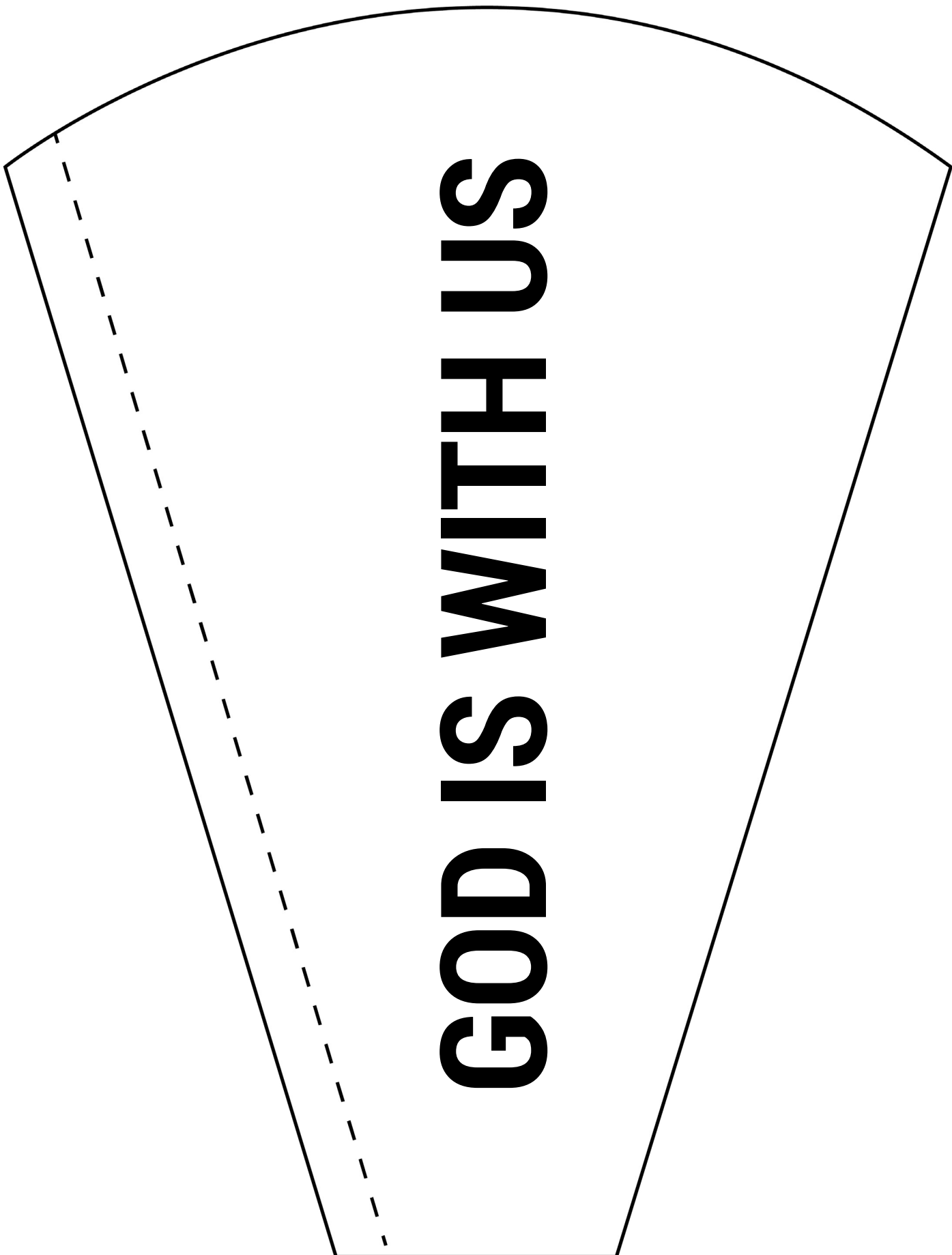
Say, "In today's lesson, we learned that courage means obeying God even if what He is asking you to do seems impossible - like marching around a city for seven days and expecting it to fall. Courage also looks like keeping your promise to others, like Joshua and Caleb did when they saved Rahab's family. No matter what, we can be courageous because we know that **God is with us.**"

SAMPLE PRAYER: *"God, we praise You because You are strong. When things seem impossible, we know that you are bigger and stronger and greater than anything we might be going through. We can be brave and courageous because You are with us. Would you help us remember this every day? In Jesus' name, Amen."*

RELEASE —

If there is extra time, allow children to recreate their own wall with the cups. They can use the cotton balls to see if they can knock down the cups. Remind them that God is with them wherever they go.





MEMORY VERSE ACTIVITY

INSTRUCTIONS: PRINT ONE SET OF WORDS FOR EACH CHILD. CUT OUT AND PUT INTO ENVELOPES. HAVE EACH CHILD ASSEMBLE THE VERSE INDIVIDUALLY.

Remember	that I	commanded	you to
be strong	and brave.	So don't	be afraid.
The Lord	your God	will be	with you
everywhere	you go.	Joshua	1:9, ICB

COURAGEOUS

JOSHUA BRAVELY FOLLOWS GOD



THE DAY THE SUN STOOD STILL

BIBLE PASSAGE

Joshua 10:3-14 (ICB)

BIG IDEA

God is with us.

FOCUS VERSE

"Remember that I commanded you to be strong and brave. So don't be afraid. The Lord your God will be with you everywhere you go." Joshua 1:9 (ICB)

LESSON MATERIALS

| Puzzle Piece | Upbeat Music | Bluetooth Speaker and Phone or CD Player | *Memory Verse* Activity Page | Glue Sticks | Yellow Washable Paint | Paint Brushes | Colored Craft Paper (pink/orange/yellow/red) | Paper Plates | Scissors | Confetti, Ribbon, Colored Popsicle Sticks (optional) |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- Have you ever noticed how much longer summer days are? Name one thing you like about long summer days and one thing you enjoy about the shorter days of winter.
- What would you do if you had an extra three hours in the day?

WORSHIP — 10 MINUTES

Say, "Today, we are going to hear about a time when God heard Joshua's prayer and did something amazing. He showed His power over the sun and moon. Let's sing about how amazing and powerful our God is!" Select music that highlights God's power. Check out *Listener Kids'* song "What a Mighty God We Serve." You can also continue to use *Bethel Kids'* "You Make Me Brave" as your monthly theme song.



CLARIFY THAT WHILE GOD INTENDS FOR US TO ENJOY WORSHIP, IT IS COMPLETELY FOR AND ABOUT HIM.

PRAY — 5 MINUTES

Pray with the children before starting your lesson.

SAMPLE PRAYER: "Heavenly Father, You are powerful and invincible. There is nothing You cannot do. It's amazing that You want to be our friend. You are with us and help us. Because of You, we can have the courage to face anything. As we listen and learn, help us to have an open heart to receive from You. In Jesus' name. Amen."

REVIEW — 5 MINUTES**MATERIALS:** | Puzzle Piece |

BACKGROUND: Say, “We have been talking about being courageous this month. We met a man named Joshua, the Israelite leader who led God’s people into the Promised Land. God would give His people the land, but they would need to be strong and courageous. They were going to face battles to conquer the land, but God would fight their battles. Last week, we heard the story of the fall of Jericho. The people of God were faithful to follow God’s instructions on taking the city, and God caused the city’s walls to crumble right in front of them! God was with them, and **God is with us!** Today, we will hear how God helped Joshua and his men win another battle by making the sun stand still. Who would like to put the next puzzle piece on our wall?”

TRANSITION: Say, “The story for today tells of how the sun stood still, almost like it was frozen in the sky. So, how would you all like to play a little *Freeze Dance?*”

ENGAGE — 10 MINUTES**MATERIALS:** | Upbeat Music | Phone, Bluetooth Speaker or CD Player |

Say, “We are going to play *Freeze Dance!* When the music starts, you need to move, dance, or jump around. Just be careful of those around you. When the music stops, you have to freeze still. If you keep moving after the music stops, you are out for the round and need to move to the side. Are you ready?”

GAME GOAL: To be the last person in the game by freezing in place each time the music stops.

HOW TO PLAY:

1. Press play on the music.
2. Wait for some time and then pause the music. Look for anyone who did not stop. If someone continued to move, have that individual move to the side.
3. Repeat steps one and two until the allotted time is up. Allow the timing of each round to be sporadic.

TRANSITION: Say, “I loved seeing all your amazing moves! And boy, do you all know how to freeze! Now, let’s come together and hear about the time when the sun stood still.”

LEARN — 15 MINUTES

Say, “After the Israelites conquered the city of Jericho, more and more people were afraid of the people of God. Our lesson for today comes from Joshua 10.” Open your Bible to Joshua 10 and read verses 3-14.

³ So Adoni-Zedek king of Jerusalem sent a message to Hoham king of Hebron. He also sent it to Piram king of Jarmuth, Japhia king of Lachish, and Debir king of Eglon. The king of Jerusalem begged these men, ⁴ “Come with me and help me attack Gibeon. Gibeon has made a peace agreement with Joshua and the Israelites.” ⁵ Then these five Amorite kings joined their armies... These armies

went to Gibeon, surrounded it and attacked it. ⁶ The Gibeonites sent a message to Joshua in his camp at Gilgal. The message said: "We are your servants. Don't let us be destroyed. Come quickly and help us! Save us! All the Amorite kings from the mountains have joined their armies. They are fighting against us." ⁷ So Joshua marched out of Gilgal with his whole army. His best fighting men were with him. ⁸ The Lord said to Joshua, "Don't be afraid of those armies. I will allow you to defeat them. None of them will be able to defeat you." ⁹ Joshua and his army marched all night to Gibeon. So Joshua surprised them when he attacked. ¹⁰ The Lord confused those armies when Israel attacked. So Israel defeated them in a great victory. They chased them from Gibeon on the road going to Beth Horon... ¹¹ ...While they were chasing them, the Lord threw large hailstones on them from the sky. Many of the enemy were killed by the hailstones. More men were killed by the hailstones than the Israelites killed with their swords.

¹² That day the Lord allowed the Israelites to defeat the Amorites. And that day Joshua stood before all the people of Israel and said to the Lord:

"Sun, stand still over Gibeon. Moon, stand still over the Valley of Aijalon."

¹³ So the sun stood still. And the moon stopped until the people defeated their enemies. These words are written in the Book of Jashar. The sun stopped in the middle of the sky. It waited to go down for a full day. ¹⁴ That has never happened at any time before that day or since. That was the day the Lord listened to a man. Truly the Lord was fighting for Israel!

Ask, "Who defeated the evil Amorite armies? [Wait for responses.] God defeated the armies! [Reread verse 6.] Do you see that Joshua was brave because he knew God was with him? He only needed to obey the Lord. This is a great story to remember whenever you are afraid to do what is right. We can move forward with courage because **God is with us**.

"Now, let's do a quick recap of this story before we discuss it. There was a group of people that made a treaty with the Israelites. They were called the Gibeonites. Five Amorite kings heard about this alliance and were afraid, so they joined their armies and surrounded the Gibeonites.

"Knowing they were about to be attacked, the Gibeonites sent an urgent message to Joshua. God told Joshua, 'Don't be afraid of those armies. I will allow you to defeat them. None of them will be able to defeat you.' (Joshua 10:8)

"Joshua and his men marched from Gilgal, where they were camped out, to Gibeon. When the Israelite army approached, God confused the armies. Joshua and his men made a surprise attack, and the Lord threw rocks or hailstones down from the sky.

"Joshua prayed to the Lord, and the sun stopped in the middle of the sky. God allowed the sun and moon to stand still until the Israelites defeated the armies of the Amorite kings. Shew! That is some story."

JOINING TO JESUS

Say, "Joshua's name means "Yahweh saves." Joshua led his people into battle, but it is God who fought for them. The people had victory when they obeyed God. The meaning of Joshua and Jesus are the same: Yahweh saves. Jesus has already won the battle over sin and death. In return, He asks us to trust him and obey His commands." (See John 15:7.)

TRANSITION: Say, "The Bible says that there has never been a day like that before or since. It's amazing how God uses His creation for His glory and our good. I'm so grateful we can always count on God to be with us."

DISCUSS — 10 MINUTES

Say, "Let's talk about how God was with the Israelites and how **God is with us.**"

1. Who were the people that formed a treaty with the Israelites?

Response: The Gibeonites formed a treaty (pact or alliance) with the Israelites.

2. What did God do to bring the Israelites victory?

Response: God confused the armies and made it rain hailstones from the sky so that Joshua and his men could defeat their enemies.

3. What happened when Joshua prayed?

Response: When Joshua prayed, the sun stood still.

4. Why did Joshua and his men need the sun to stay still?

Response: They needed more time to catch their enemy and defeat them.

5. If you had been a warrior with Joshua, what would you have told your family about the battle?

Response: Answers will vary.

6. How do you think God responds when we pray?

Response: Answers will vary.

7. What does this story tell us about God?

Response: **God is with us.** God listens to our prayers. God will fight our battles, etc.

TRANSITION: Say, "Thank you for sharing your thoughts about today's lesson. Let's create something that will help us remember that God listens when we pray."

RESPOND — 15 MINUTES

MATERIALS: | *Memory Verse* Activity Page (1 per child) | Glue Sticks | Yellow Washable Paint | Paint Brushes | Colored Craft Paper (pink/orange/yellow/red) | Paper Plates (1 per child) | Scissors | Confetti, Ribbon, Colored Popsicle Sticks (optional) |

Say, "We are going to create a craft that you can use to retell the story of when the sun stood still."



BE SURE TO HAVE ENOUGH YELLOW PAINT FOR EACH CHILD TO COLOR THE SUN (PLATE) DURING THE FIRST STEP.

INSTRUCTIONS:

1. Give each child the supplies they need for this craft.
2. Have the children paint their plates yellow.
3. Next, cut strips of colored paper to make sun rays. Glue the paper rays to the edges of the plate.
4. If possible, give the paint a few minutes to dry. Then, have each child cut out their *Memory Verse* circle and glue it to the center of the plate.
5. Finally, continue decorating the plates with confetti, ribbon, popsicle sticks, etc.

TRANSITION: Say, "You can use this craft to help you tell the story of how God was with Joshua and the Israelites by making the sun stand still. Now, let's review our memory verse for this month."

MEMORIZE — 5 MINUTES

Say, "One way we remember important truths like '**God is with us**' is by memorizing God's Word. Today, we will continue learning Joshua 1:9 by repeating it, with the motions, three times. Let's try that now!"

Remember [point to your head with both pointer fingers] **that I commanded you** [point out with both index fingers] **to be strong** [*bring right arm up, flexing your muscle*] **and brave** [*bring your left arm up, flexing your muscle*].
So don't be afraid [*bring arms down, shake your head "no"*]. **The Lord your God** [*make an "L" with your pointer finger and thumb, bring it across your body from your shoulder to your waist*] **will be with you everywhere you go** [*bring your arms up like you are making a path with your arms*].
Joshua 1:9 [*hold your hands out like a book*]

CHALLENGE: Have children volunteer to recite the verse with their eyes closed.

REFLECT — 5 MINUTES

Say, "Throughout the Bible, we see how God does mighty deeds, acts of greatness, to show His power. Remembering all that the Lord has done gives us boldness and courage to face any situation because **God is with us**. Just like God uses big things to show His power, He also uses small things. He uses us! When we ask Jesus to be our forever friend, He gives us the Holy Spirit to help us have boldness to share the Good News of Jesus." (Acts 1:8)

SAMPLE PRAYER: "God, thank You for always being with us. Thank You for all the amazing things You have done to help us remember that You are a big God. Holy Spirit, help us be courageous. In Jesus' name, Amen!"

RELEASE —

If there is extra time, pair the children. Have them use their craft to practice retelling the lesson.



**“Remember that
I commanded you to
be strong and brave. So
don’t be afraid. The Lord
your God will be with you
everywhere you go.”
Joshua 1:9 (ICB)**

COURAGEOUS

JOSHUA BRAVELY FOLLOWS GOD



CHOOSE WHOM YOU WILL SERVE

BIBLE PASSAGE

Joshua 24:14-18 (ICB)

BIG IDEA

God is with us.

FOCUS VERSE

"Remember that I commanded you to be strong and brave. So don't be afraid. The Lord your God will be with you everywhere you go." Joshua 1:9 (ICB)

LESSON MATERIALS

| Puzzle Piece | Empty Tissue Box | *Choices* Activity Page | Craft Sticks | Glue | *Memory Verse* Activity Page | Cardstock | Markers | Magnetic Strips | Scissors | Bible | Highlighters |

GREET — 15 MINUTES

Connection questions to ask as the children arrive:

- Would you rather set the table before dinner or wash dishes after dinner?
- Would you rather live in a mansion in the city or on a farm with lots of animals?

WORSHIP — 10 MINUTES

Say, "It was neat to hear all of your choices. We get to make so many choices every day, and one good choice we can always make is to worship God. We worship when we honor God with our lives. Worship is not just singing, but singing helps to get our head and heart connected on one thing: Jesus!" Check out *Lifetree Kids'* song "I Have Decided" or *Yancy's* "Praise the Lord Every Day" for this week's music. You can also continue to use *Bethel Kids'* "You Make Me Brave" as your monthly theme song.

PRAY — 5 MINUTES

Gather the children for prayer. Say, "We worship God when we pray, and sometimes we do this by kneeling. Would you kneel with me now?"

SAMPLE PRAYER: "God, thank You for being with us. You give us the courage to choose to worship You, no matter what. Just like You were with the Israelites as they entered the Promised Land, You will be with us wherever we go. Thank You! In Jesus' name, Amen!"

REVIEW — 5 MINUTES

MATERIALS: | Puzzle Piece |

BACKGROUND: Say, "Okay! Today is our last lesson of the month, so let's review what we have heard." Have students point to a puzzle piece for each week of this unit. Have them recap the stories and share what they learned. Here's a quick summary of each week:

1. The 12 Spies: Joshua and Caleb bring back a good report of the Promised Land, but the other ten men were afraid.
2. Joshua, Rahab, and the Fall of Jericho: Rahab hid two spies. Joshua obeyed God by having the Israelite army walk around the walls of Jericho for seven days. God made the walls fall and gave the Israelites the city. God honored Rahab's faith and made her a special part of Jesus' family tree.
3. The Sun Stood Still: God heard Joshua's prayer for the sun to stand still. God made huge rocks fall out of the sky and gave the Israelites the victory over the five armies and their kings.

TRANSITION: Say, "Wow! God really was faithful to the Israelites! Well, today's lesson is also about God's faithfulness, and it's also about making choices. And guess what? You'll be making lots of choices in this next game. Let's start playing!"

ENGAGE — 10 MINUTES

MATERIALS: | Empty Tissue Box | *Choices* Activity Page |

Say, "Inside this box are pieces of paper. Each of you will get a turn to choose what the class will do. Are you ready?"

GAME GOAL: To have the children decide between two actions for the class to complete.



BEFORE CLASS, CUT THE *CHOICES* ACTIVITY PAGE INTO STRIPS AND ADD THEM TO THE EMPTY TISSUE BOX. IF YOUR GROUP IS LARGER THAN TEN CHILDREN, DIVIDE YOUR CLASS INTO TEAMS. CREATE A *CHOICES* TISSUE BOX FOR EACH TEAM.

HOW TO PLAY:

1. Begin the game by selecting the first child to draw a slip of paper from the box and then choose one of the two movements listed.
2. The child can read their selection aloud or have the teacher read it. Then, the class will perform that movement until the teacher calls "Stop."
4. Continue the game until you are ready to move to the next lesson segment.

TRANSITION: Say, "I love the choices you made! Now that we have all our wiggles out, let's sit down to hear about the choice Joshua gave the Israelites."

LEARN — 15 MINUTES

Say, "In today's Bible story, Joshua was at the end of his life. He had led the Israelites into the Promised Land. They faced many battles, but God had fought for them. He helped them conquer cities and land because God was with them. The Israelites finally had the land God promised their forefathers. Every tribe

was given a portion of land, and they were to build cities and homes, grow food, and make sure the land was safe.

“The last thing Joshua did was call a meeting of all the elders, heads of families, judges, and officers of the Israelites. He said, ‘I am now very old. You have seen what the Lord has done to our enemies. He did it to help us. The Lord your God fought for you. Remember that your people have been given their land.’ (Joshua 23:2-4)

“Joshua reminded them of the boundaries of the land from the Jordan River in the east to the Mediterranean Sea in the west. He reminded them that the Lord would continue to be with them, but they needed to be strong. They needed to trust that God would be with them and would continue to fight their battles.

“The Lord spoke through Joshua and reminded the people of how He promised the land to Abraham. He made a family into a nation. He brought them out of Egypt. The Lord gave them victories in battle. And now the Lord was fulfilling his promise. But the people needed to make a choice. Let’s read from Joshua 24:14-18 to see what happened next.”

¹⁴ Then Joshua spoke to the people. He said, “Now you have heard the Lord’s words. So you must respect the Lord and serve him fully and sincerely. Throw away the false gods that your people worshiped. That happened on the other side of the Euphrates River and in Egypt. Now you must serve the Lord. ¹⁵ But maybe you don’t want to serve the Lord. You must choose for yourselves today. You must decide whom you will serve. You may serve the gods that your people worshiped when they lived on the other side of the Euphrates River. Or you may serve the gods of the Amorites who lived in this land. As for me and my family, we will serve the Lord.”

¹⁶ Then the people answered, “No! We will never stop following the Lord. We will never serve other gods! ¹⁷ We know it was the Lord our God who brought our people out of Egypt. We were slaves in that land. But the Lord did great things for us there. He brought us out. He protected us while we traveled through other lands. ¹⁸ Then he helped us defeat the people living in these lands. He helped us defeat the Amorites who lived here. So we will continue to serve the Lord because he is our God.”

Ask, “What choice did Joshua give the people? [Wait for responses.] Right! He told them they needed to choose between obeying or disobeying the Lord. And what did they choose? Right again! The people heard Joshua’s message, and they promised they would serve God only, and they did! The people of Joshua’s generation served the Lord throughout the rest of Joshua’s life, and they continued to serve the Lord while all the elders and leaders were alive. They knew that God was with them and worthy to be worshiped.”

**JOINING
TO JESUS**

Say, “Everyone must make a choice of whether or not they will serve God. Jesus said, “I am the way. And I am the truth and the life. The only way to the Father is through me.” [Matthew 16:24].”

TRANSITION: Say, "Deciding to follow Jesus takes courage, but we know **God is with us**. Let's talk about what this looks like for us today."

DISCUSS — 10 MINUTES

Say, "Let's talk about what having the courage to obey God looks like for us today."

1. How did the people know they could trust God and obey Him?

Response: Because God had always been with them.

2. What choice did Joshua tell the Israelites they had to make?

Response: To choose to serve God.

3. How did the people respond? What choice did they make?

Response: They chose to serve God.

4. Does God want us to make a choice?

Response: Yes. He wants us to serve and follow Jesus because that is the best thing for us.

5. Why do you think Joshua reminded the people to be strong?

Response: Sometimes, serving God is hard. The Israelites still had to make their land safe, and they would need God's help.

6. What are some ways that God is helping you to be strong and courageous?

Response: Answers will vary.

7. Who wants to follow Jesus?

Response: Have the children raise their hands if they want to follow Jesus.

8. What have you learned about God in this lesson?

Response: **God is with us**. God wants us to follow Him. God is the only true god. God deserves to be worshiped, etc.

TRANSITION: Say, "Just like the Israelites, we have to choose to follow Jesus. Sometimes things will be tough, but we can look to God's Word to remember all the ways that **God is with us**."

RESPOND — 15 MINUTES

MATERIALS: | Craft Sticks | Glue | *Memory Verse* Activity Page | Cardstock | Markers | Magnetic Strips | Scissors |

Say, "Let's create something that we can put on our refrigerator or in our room to help us remember that **God is with us** wherever we go."



BEFORE CLASS, PRINT THE MEMORY VERSE ACTIVITY PAGE ON CARDSTOCK AND CUT IT IN HALF. PRINT ENOUGH SO THAT EACH CHILD HAS ONE HALF-SHEET WITH THE MEMORY VERSE ON IT. CUT THE MAGNETIC STRIP INTO 2-INCH PIECES, ENOUGH FOR EACH CHILD TO HAVE ONE PIECE.

INSTRUCTIONS:

1. Give each person a *Memory Verse* Activity Page (half-sheet), four craft sticks, and one piece of a magnetic strip.
2. Have the children color the *Memory Verse* image and decorate the sticks with markers. Then, they should cut out the box around the *Memory Verse*.

5. Next, instruct the kids to glue the craft sticks around the edges of the *Memory Verse* image to create a frame.
6. Allow the craft sticks time to dry.
7. Finally, glue the magnetic strips on the top back of the frames.

TRANSITION: Say, "Your magnetic pictures look great! I know they will help you remember that God is with you, and He gives you courage."

MEMORIZE — 5 MINUTES

MATERIALS: | Bible | Highlighters |

Say, "Let's say our memory verse one more time together as a class!"

Remember [point to your head with both pointer fingers] **that I commanded you** [point out with both index fingers] **to be strong** [bring right arm up, flexing your muscle] **and brave** [bring your left arm up, flexing your muscle]. **So don't be afraid** [bring arms down, shake your head "no"]. **The Lord your God** [make an "L" with your pointer finger and thumb, bring it across your body from your shoulder to your waist] **will be with you everywhere you go** [bring your arms up like you are making a path with your arms].
Joshua 1:9 [hold your hands out like a book]

CHALLENGE: Encourage students to bring their Bibles (or provide a Bible they can highlight). Look up the verse in the Bible and highlight it. If finding the book of Joshua is hard, encourage the children to use the Table of Contents and page numbers to find Joshua 1:9.

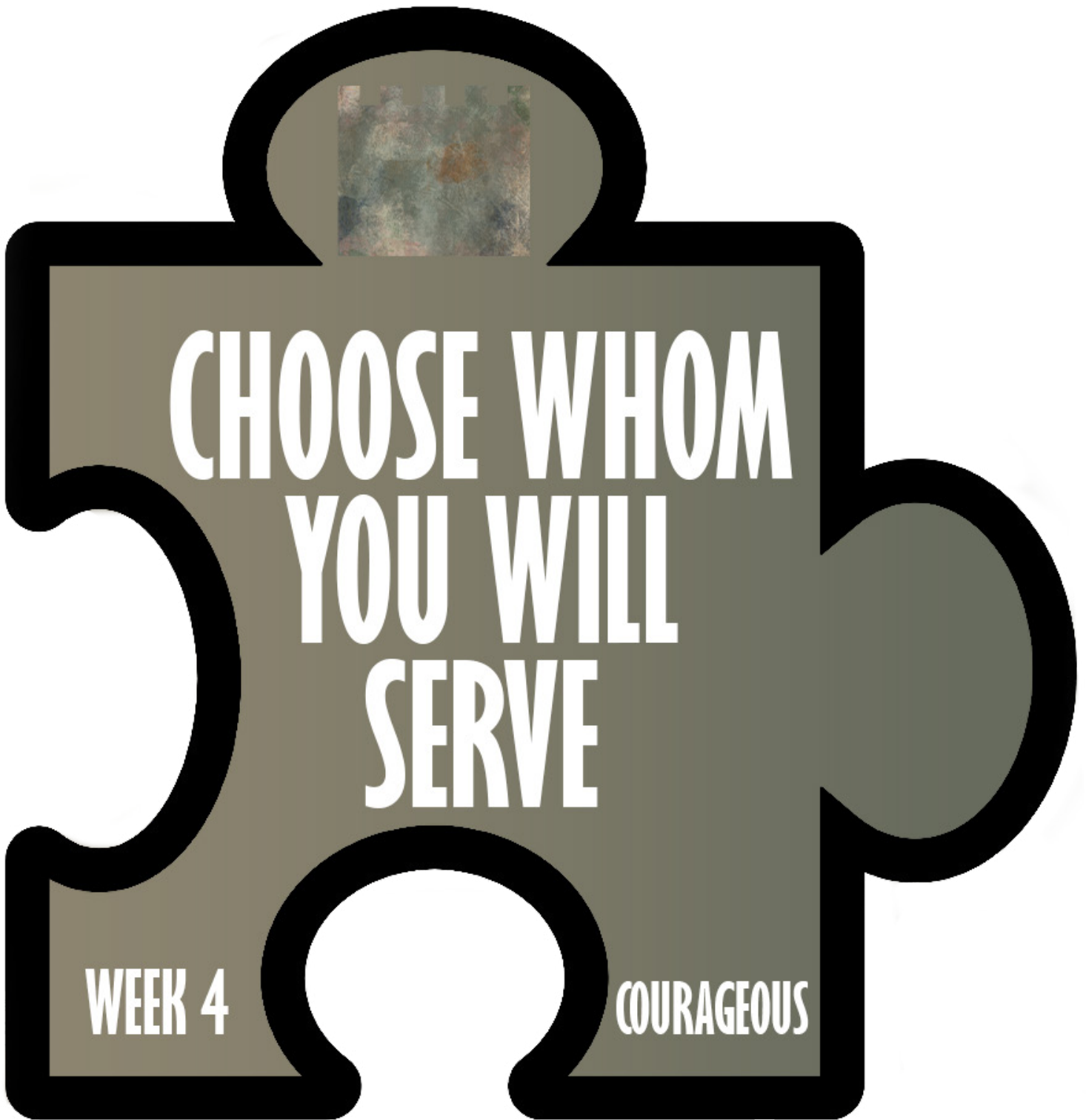
REFLECT — 5 MINUTES

Say, "When God told Joshua to be strong and courageous, God knew that Joshua would be in some hard situations. God will not keep us from every hard thing, but He promises to be with us. Before God told Joshua to be strong and brave, God told him to 'Always remember what is written in the Book of the Teachings. Study it day and night. Then you will be sure to obey everything that is written there' [Joshua 1:8, ICB]. When we read our Bibles and pray every day, we are reminded that God is always with us. We will know that He will make us courageous!"

SAMPLE PRAYER: "God, thank You for giving us Your Word to remind us of Your faithfulness. You are always with us, even when things are hard. Help us always to choose You. Thank You for making us brave. In Jesus' name, Amen."

RELEASE —

As you wait for children to be dismissed, use this time to ask "would you rather questions." You can also download free Conversation Cards from IPHC Kids at <https://iphc.org/discipleship/printable-resources/>.



Jump OR Crawl	Bunny Hop OR Skip
Roll OR Walk Very Slowly	Jog in Place OR Crab Walk
Twirl OR Gallop	Freeze OR Walk Around the Room
High Knees OR Twirl	Pretend Tight-Rope Walk OR March in Place
Gallop OR Crab Walk	Penguin Walk OR Bunny Hop
Play Air Guitar OR Play Air Piano	Clap Your Hands OR Walk Very Slowly
Stomp Your Feet OR Walk Backwards	Make Arm Circles OR Hop Like a Frog
Silly Dance OR High Knees	Give High-Fives OR Stomp Your Feet
Pretend Tight-Rope Walk OR Give Yourself a Hug	Twirl OR Flap Your Arms Like a Bird
Sing as Loud as You Can OR Whisper to a Friend	Act Like a Monkey OR Meow Like a Cat

REMEMBER

I COMMANDED YOU TO BE

STRONG

& BRAVE.

THE LORD YOUR

GOD WILL BE WITH

YOU EVERYWHERE

YOU GO.

JOSHUA 1:9, ICB

SO DON'T BE AFRAID