



Courage



Prayer

O God, guide me, protect me,
make of me a shining lamp
and a brilliant star.

Thou art the Mighty and the Powerful.

('Abdu'l-Bahá, Baha'i Prayers, p. 36)

Quotation

The source of courage and power is
the promotion of the Word of God,
and steadfastness in His Love.

(Baha'u'llah, Tablets of Baha'u'llah, p. 155)

Discuss the Spiritual Quality

Courage is being brave. Even when we are scared or something is hard, we can be courageous and do what needs to be done. When we show courage, we keep going even when we feel like giving up. Courage comes from believing in yourself. You can gain courage by praying and trusting that God will help you.

Discuss the Spiritual Quality (cont.)

- Have you shown Courage when you were afraid before? How did it feel?
- Can you think of a time when you showed Courage trying something new?
- How do you feel when you make a mistake? Can you be courageous and try again?

Story



Booklet Page 1

Courage is doing what needs to be done, even when it is really hard or scary.



Booklet Page 2

Courage is needed in trying new things.



Booklet Page 3

Courage is going ahead even when you feel like giving up.



Booklet Page 4

Courage helps you to do great things!



Booklet Page 5

Courage comes when we stand up for what we believe in and trust that God will help us through anything!



Booklet Page 6

Courage is the strength in your heart.



Courage (*Virtues In Us #32*)

I can do it, I can do it.
Yes I can, yes I can.
When I think I can,
when I think I can.
I can do it, I can do it.

This Little Light of Mine

This little light of mine, I'm going to let it shine x 3
Let it shine, let it shine, let it shine.

Won't let anyone put it out,
I'm going to let it shine x 3
Let it shine, let it shine, let it shine.

Hide it under my hat?
No! I'm going to let it shine x 3
Let it shine, let it shine, let it shine.

Take my light around the world,
I'm going to let it shine x 3
Let it shine, let it shine, let it shine.

Activity

Let's all practice courage!