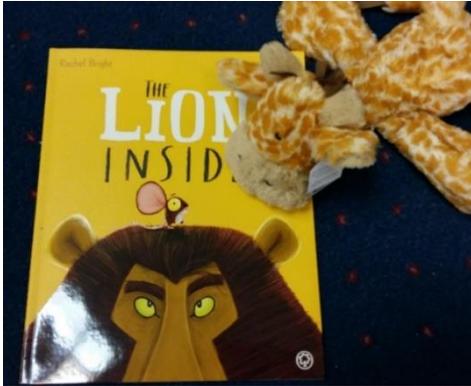


*'The Lord gives strength to His people' Psalm 29:11*



As a family this month you could...

- Draw or paint a picture which shows the times when you have been brave.
- Go on a walk, and see how many big animals and little animals you can see. (Extra points if you spot a mouse and a lion!) But keep your eyes peeled for a squirrel and a cat!
- Act out the story with some toy animals.

If you don't own this book you could watch a re-telling of the story on [YouTube](#), or borrow it from the library. You could watch the film 'Surf's up' which also explores the theme of courage from within.

If you no longer wish to receive these monthly emails please reply "unsubscribe".

"The Lion Inside" by Rachel Bright tells us that no matter what your size, you need to be courageous.

The mouse feels small and forgotten. The lion is strong and tough. The mouse decides that the best way to be noticed is to roar like the lion. But when the mouse approaches the lion, the mouse realises that the lion is afraid of mice. The mouse comforts the lion and they become friends. We learn that both need to have courage but in different ways.

As Christians we have a friend in Jesus, who is able to help us whenever we need to feel a little braver. Psalms 29:11 'The LORD gives strength to his people; the LORD blesses his people with peace.' This strength is an inner strength and that inner strength helps us to feel peace in every situation.

We believe in the power of prayer.

A prayer for you to pray for your little one(s): Loving God, thank you for our awesome child/ren. We ask that they always have an inner strength through you. Amen

A prayer we commit to pray for you as parents: Gracious God, Thank you for these parents. We ask that they are never afraid to ask and seek help and support when they need it. Amen

The Book next month is: 'Have you seen Elvis'  
By Andrew Murray