I found this box.

- Mmmmmm what could be inside? Talk to your adult about your ideas.

- Maybe there is something scary inside! It might be a spider or a swarm of bees or a poisonous snake?

- I've got a choice, haven't I? I can choose to leave the box shut - that would be easy - or I can choose to open it - that would be a little harder.

If I want to open the box but I daren't, I need a bit of courage to help me do what I want to do. I need something to make me a bit braver.

Sometimes stories of courage can help us feel brave. There are lots of stories of bravery in the bible.
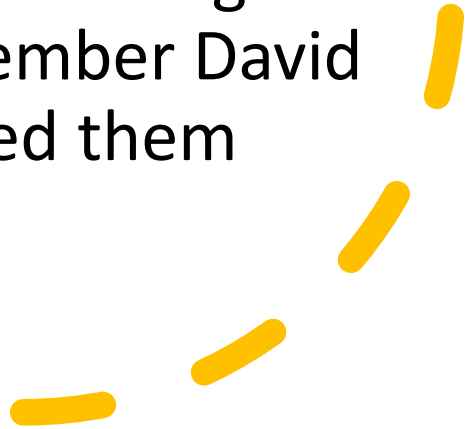
Daniel in the Lion's Den

David and Goliath

Do you know these stories?
How does Daniel end up in the Lion's den?
How does David defeat Goliath?

You can look those stories up if you don't know them. There are lots of animations online.

David was very small, but when he was faced with a big danger, he chose to be brave and do the right thing, not the easy thing. He didn't choose to run away from Goliath's challenge.
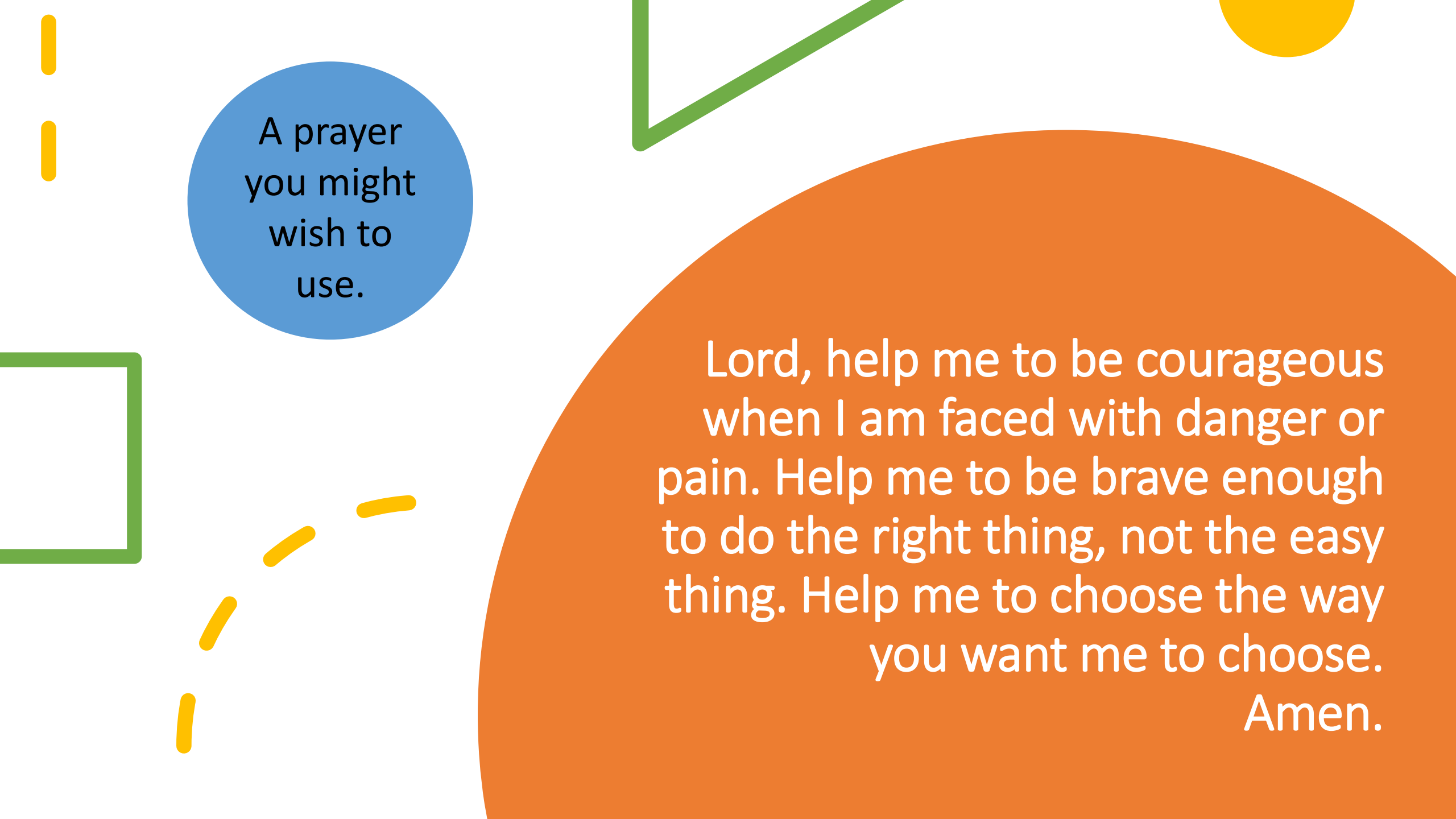
Daniel could have pretended that he was not praying to God but he chose to do the right thing and continue to pray even though he ended up in the Lion's Den for it!

Perhaps when we're faced with something dangerous or painful, we can remember David and Daniel, and the way God helped them both to do something wonderful.

I'm going to be brave and open the box…

A prayer you might wish to use.

Lord, help me to be courageous when I am faced with danger or pain. Help me to be brave enough to do the right thing, not the easy thing. Help me to choose the way you want me to choose. Amen.