Preschool–Grade 6

Be Strong and Courageous

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: God is with me, so I can be brave.
Bible passage: Joshua 1. Read Joshua 1:1–9 yourself before class.
Memory verse: "Be strong and of a good courage" *Joshua 1:9 (KJV)*. **Of a good courage** means brave.
You need: a Bible, masking tape, crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at Joshua 1. Put two lines of masking tape on the floor, a big step apart, to be a river.

1. Opening game: Strong Arms (5 minutes)

Kids stand in a circle. Say, "Show me strong arms!" (they flex their arms). "Show me brave feet!" (they stomp three times). "Show me a big step!" (they take one giant step forward). Do it again faster. Say: "Today we will hear a true story about a man God told to be strong and brave."

2. Bible story (5 minutes)

Hold up your Bible open to Joshua 1. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

Moses led God's people a long time. Then Moses died (Joshua 1:1). *(Bow your head.)*
God talked to Joshua, Moses' helper (1:1). *(Cup your hand by your ear.)*
God said, "Get up, Joshua!" (1:2). *(Stand up.)*
"Go over this river, the Jordan" (1:2). *(Wiggle your hands like water.)*
"I will be with you" (1:5). *(Point up, then point to yourself.)*
"I will not leave you" (1:5). *(Hug yourself.)*
"Be strong!" (1:6). *(Make strong arms.)*
"Don't be afraid!" (1:9). *(Shake your head no.)*
"I am with you everywhere you go!" (1:9). *(Point all around.)*
Say it with me: "God is with me, so I can be brave!"

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3. Questions to ask (3 minutes)

1. Who did God talk to? *(Joshua, Joshua 1:1)*
2. What did God tell Joshua to be? *(Strong and brave, 1:9)*
3. Who was with Joshua everywhere he went? *(God, the LORD, 1:9)*

4. Memory verse (3 minutes)

Say: "God told Joshua, 'Be strong and of a good courage.' That means, 'Be strong and brave!'" Teach the motion: make strong arms on "Be strong," then put your hands on your hips and stand tall on "of a good courage." Say the verse with the motion three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Joshua 1:9" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Step Over the River (5–10 minutes)

Kids line up by the tape river. One at a time, each child makes strong arms, says, "God is with me!" and takes a big step over the river. Then give each child a take-home sheet. In the drawing box, help them draw a blue river with green land on the other side. While they color, ask: "Who is with you when you are scared?"

7. Prayer

Say each line, and the kids say it after you:
"Thank You, God, that You are with me.
Help me be strong and brave. In Jesus' name, amen."

Tips for little ones: keep the story moving and let every child stand up on "Get up, Joshua!" If they get wiggly, do the Strong Arms game again. Send the take-home sheet home so parents can tell the story again this week.

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