

# Explore It TOGETHER

SESSION  
07

## A COURAGEOUS FAITH

 Matthew 14:22-36 Jesus walks on water

Here are some ideas and activities you could do as a family



### Write

Talk together about what you are passionate about. Is there something that you know is happening in your community that isn't right? Who are the people or what are the places that need help? Work together to think about how your family could make a difference. Who will you tell? How will you tell them?



### Watch

Lots of films show different characters being courageous or not courageous. Have a family movie night and talk about the character's actions in the film. What did you learn? Would you have done something differently?



### Play

As a family talk about some different scenarios where courage could be needed. Role play together and talk about how each of you felt.



### Bake

Look for a recipe from another culture which interests you. Will it be sweet or savoury? It might be something you've never eaten before. Jesus didn't believe in segregation. He loved everyone and lived his life that way. As you share this food together, think about how you can be a friend like Jesus.



### Pray

Draw a circle in the middle of a large sheet of paper. Inside the circle write 'comfort zone' and outside the circle write 'courage zone'. Get everyone in the family to add their ideas and feelings to the piece of paper, writing things which you are comfortable doing in the 'comfort zone' and things which you find hard to do in the 'courage zone'. Talk together about what different people have put and then pray God will help you overcome your fears.



### Hear

In your Explore It (For Me) one of the activities is to create some interview questions to find out how people have shown courage. Ask an adult to help you call some friends and/or family members and ask them your interview questions to learn how different people have shown courage.