



Courage

Values Branch – Step 7

Purpose

The 'Courage' step introduces the Trailman to the concept of action despite one's fears. Upon completion of this step Trailmen should understand the importance and practical application of this character trait.

1. What is courage?
2. What are some examples of courage found throughout history?
3. What are some examples of courage found in the Bible?
4. How have the Trailmen shown courage in their life so far?
5. How does courage help those around you?

Notes to the Trail Guide //////////////////////////////////////

1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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Skills Progression

	<ol style="list-style-type: none">1. Learn a definition of courage.2. Can tell how to show courage at home.3. Can tell about a story of courage from history.
	<ol style="list-style-type: none">1. Learn, write, and recite a definition of courage.2. Know the importance of asking for help even when I am afraid.3. Know the importance of sometimes "standing alone."4. Tell a story of courage from history.
	<ol style="list-style-type: none">1. Learn, write, and recite a definition of courage.2. Explain the four principles for developing courage.3. Tell about a story of courage from history.

Helps

1. What is courage?

- a. **Goal:** To learn the definition of courage
- b. **Lesson:** Courage is to conquer fear in order to do the right thing. **(Webster's dictionary) Courage is the quality of mind or spirit that enables a person to face difficulty, danger or pain despite one's fears. Biblical courage relies on the power of God to strengthen and motivate the person to be courageous.**

2. What are some examples of courage found throughout history?

- a. **Goal:** To learn more about courage through studying different people in our past
- b. **Lesson:** We will learn that people who are courageous do very hard (difficult) things.
- c. **Examples:**
 - i. **Jackie Robinson:** He was the first black person to play major league baseball in our country. Jackie had to overcome much opposition and showed a lot of courage to be accepted into the league. He joined the Brooklyn Dodgers in 1947 and in 1949 he won the National League's Most Valuable Player award! Jackie taught Americans that it was not the color of your skin that mattered, but his skill with a bat and ball and the content of his character. With his courage he opened the door for other players like himself to follow.
 - ii. **Sergeant York:** The most decorated American soldier of WWI. He wanted to be a conscientious objector and not go into battle, but God had other plans for him. His story is his struggle to discover whether God wanted him to go or not to go to war, and the courage he showed when he finally made his decision.
 - iii. **Alan Shepard:** First American into space in 1961
 - iv. **John Glen:** First American to orbit the earth in 1962 (Friendship 7)
 - v. **Eric Liddell:** Ran in the 1924 Olympics and represented Great Britain. Eric dropped out of his race (100-meter) because of his convictions of not running on the Sabbath. A teammate of his gave up his place in the 400-meter race so Eric could run. He ended up with a gold medal, and the stand he took was written about in newspapers all over the world. This stand took great courage. Later Eric went to China as a missionary. (His story is in the movie "Chariots of Fire.")

3. What are some examples of courage found in the Bible?

- a. **Goal:** To learn about examples of courage that are found in the Bible
- b. **Lesson:** We will learn a story of courage found in the Bible
- c. **Examples:**
 - i. Pick a story from the Bible, read, discuss and list examples of courage. A few examples have been given, feel free to choose your own.

- ii. Joshua and Caleb: spies sent by God to check out the land of Canaan (Numbers 13-14). God through Moses sent out 12 spies who traveled by foot for 40 days to find out about the Promised Land (Canaan). The people who lived in Canaan did not like God or his people. The scouts (spies) saw big cities, giant men and much fruit (grapes). When they reported back to Moses most of the scouts were afraid of the giants that lived in Canaan. At first the people wanted to go, now they were afraid. Two scouts, Joshua and Caleb, told the people that God was with them and He would help them take the land. They did not listen to these two. God punished them by making the Israelites wander in the desert for 40 years. Joshua and Caleb were the only two scouts to enter the Promised Land after the 40 years. They showed great courage through their belief in God.
 - 1. We learn from the spies: our actions influence others!
 - a. If we have a positive attitude, we give encouragement.
 - b. If we have a negative attitude, we discourage others.
 - c. God will give us courage to face trials/difficulties in life.
- iii. Shadrack, Meshack, Abednego: fiery furnace (Daniel 3:16-18). They would not bow down to false gods. They were willing to stand alone.
- iv. There are many others: **Moses & Pharaoh, Abraham's Journey to Canaan, Jesus on the Cross, Peter & Paul as missionaries, Isaiah and Baal, Daniel and the Lion's Den.**

4. How have the Trailmen shown courage in their life so far?

- a. **Goal:** To start an understanding of how the Trailmen have shown courage and can show more courage in the future.
- b. **Lesson:** Talk about times the Trailmen have shown courage. Learn 4 principles for developing courage:
 - Know and do what is right
 - Ask for help when afraid
 - Be willing to stand alone
 - Help those who are treated unfairly (see #5 below)
- c. **Examples:**
 - i. Doing something for the first time:
 - 1. Fox—riding a bike, playing a game, doing a job at home
 - 2. Hawk—going camping, reading out loud, doing a job at home
 - 3. Mt. Lion—being on a team (baseball, soccer), doing a job, giving a report in class at school
 - ii. Talk about how Trailmen have used any of the principles for developing courage in their lives.

5. How does courage help those around you?

- a. **Goal:** The Trailmen will start to understand that when they show courage it can help others.
- b. **Lesson:** Ask questions and talk about how we can help others by showing courage. Imagine if one of your friends says something mean to another boy at Trail Life. What could you say or do? What if you see an elderly person

having trouble opening a door? What could you say or do? What if you see someone drop some money on the ground? What could you say or do?

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed below.
 - Poem: This is an old poem (published in 1925) that speaks of overcoming fear of the outdoors.

Do You Fear the Wind? By Hamlin Garland

Do you fear the force of the wind,
The slash of the rain?
Go face them and fight them,
Be savage again.
Go hungry and cold like the wolf,
Go wade like the crane:
The palms of your hands will thicken,
The skin of your cheek will tan,
You'll grow ragged and weary and swarthy,
But you'll walk like a man!

 - Fox—Read it to the boys and talk about what it means
 - Hawks—Give each boy a copy of the poem on paper that has room for them to draw a picture. Some boys may want to read it to the class.
 - Mt. Lions—Have the boys write the poem and draw a picture of it
 - Go to: www.characterfirsteducation.com website...click on "curriculum," then click "courage," and look at "free downloads"
 - Fox- Wolverine coloring page or other coloring sheets to go with a story you taught them
 - Hawk/Mt. Lion- Inspiring quotes activity. Walking over ALLIGATOR infested water!! Make a bridge to go over the water (could have paper alligators in it) with a 10'long 2x6 or 2x8" board. Fix it about 6" off the ground...be sure it is sturdy! Have the boys take turns going over the board (without falling). Could be the end part of a race where you have divided into two teams.
 - For Hawks/Mt. Lions, do the crossword puzzle on page 8.

Game Ideas

- Check the games section online for game ideas.
- Or, create a game that works for your patrol.

Scripture

God approves of Courage

Deuteronomy 31:6-8

- Fox – We get our courage from God.
- Hawk – We do not need to fear when we do the right things. God will be with us.
- Mt Lion – Our God will give us strength and courage. We do not need to fear because He will always be with us.

Joshua 1:1-18 God commissions Joshua

1 Chronicles 28:20

Psalms 27:14

God uses believers to instill courage or encourage one another.

Deuteronomy 1:38

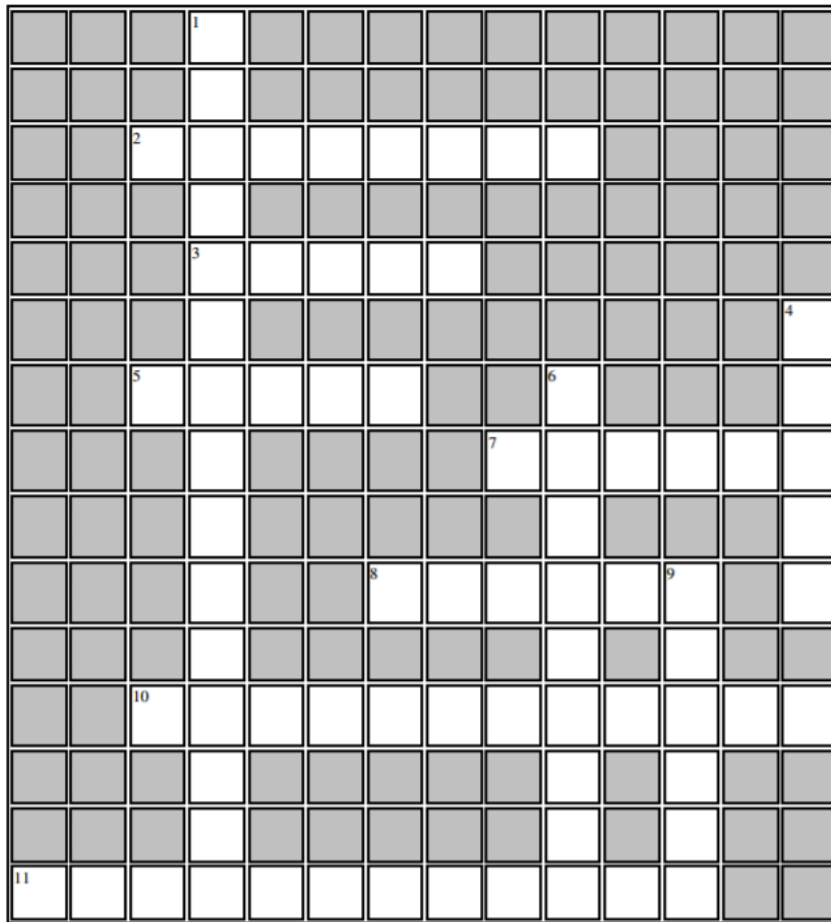
Hebrews 10:24-25

Websites

www.characterfirsteducation.com

Crossword Puzzle: Joshua and Caleb's Story

The Twelve Spies



Across	Down
2. The unbelievers were ____.	1. The men carried a ____ on a pole.
3. There was one man from each ____.	4. the number of days the men were gone
5. The men were to bring back some of the ____ of the land.	6. Caleb and Joshua gave a ____ report.
7. The people had to ____ in the desert for 40 years.	9. The men described the people of the land as ____.
8. Moses wanted to know if the people were ____.	
10. where the spies were sent	
11. The men felt like ____ in their own sight.	

WORD BANK: LAND OF CANAAN, TRIBE, FRUIT, STRONG, FORTY,

CLUSTER OF GRAPES, GRASSHOPPERS, GIANTS, FAVORABLE, WANDER, PUNISHED

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