

# Courage



Courage does not mean that we have no fear. Everybody has fears of one kind or another.

Courage is seen when we try to tackle our fears and attempt to overcome them.



## The Bible and Courage



"Who will fight me?" a deep voice thundered across the valley, "send me one man. If he beats me, we will become your servants. If I defeat him, you will serve us forever!"

Goliath, the giant of a man and Philistine champion, was boasting of his strength to the Israelite army.

With his colossal height and arms like tree trunks, he terrified everyone who saw him. No-one could take on Goliath and win. So, the Israelites all shivered with fear and their knees knocked together.

One day, a shepherd boy came to the army camp of the Israelites. His name was David, and he was carrying some bread and cheese to give to his brothers, who were serving as soldiers.

"What are you doing here?" they asked, "have you come to watch us lose?"

As David was in the camp, he heard Goliath sound out his challenge in a booming voice once more.

David was ashamed to see that the soldiers were all terrified of this bully, and he decided that he would go to the king and ask to fight the giant.

"Let me fight that boastful giant," David said, "with God's help, I will defeat him."

"But you're just a boy," replied the king, "and he has been fighting in wars since before you were born."

"I've fought lions and bears," David said, "God has been with me, and he will be with me again."

The king eventually agreed to let David fight. Then he tried to help David by lending him some armour, but this ended up being too big and too heavy. In the end, David went to the battle with a sling, five smooth pebbles and a good dose of courage in the Lord his God.

Goliath looked at David and laughed. "Is this all you have?" he called, "I'm not here to chase balls like a dog!" Angrily, he picked up his huge sword and shield and prepared himself to fight.

"Today you will be defeated, and everyone will know that the Lord God does not depend on swords or spears to save his people," David called courageously.

In his rage, Goliath began preparing to attack, but as he lowered his shield to come at David, the shepherd boy put a stone into his sling and fized it toward the giant.

The stone thudded into the giant's forehead, toppling him to the ground. He never rose again. Seeing their champion defeated, the Philistines all ran from the battlefield while cheers of 'Hooray!' could be heard throughout the Israelite camp. David's courage had beaten the bully.

### Courage Quote

'Courage is not the absence of fear, but the willingness to overcome that fear.'

(Nelson Mandela, first black president of South Africa)



Next time you see a £5 note, take a closer look at the lady on the back.

Her name is Elizabeth Fry and she showed remarkable courage. However, she wasn't born brave and was known to be a shy and timid child. This didn't stop her from showing remarkable courage later on.

Believing that everyone should have a second chance, she started to visit one of the worst prisons in London - Newgate. Here she saw terrible conditions and decided to help.

Starting with the children, she began to teach reading and writing. Soon adults were also taking classes and many lives were turned around.

Because of her courage and kindness, many people could have a second start and change their lives.

### David and Goliath wordsearch

D	I	V	A	D	O	T	H	S	C
S	G	O	L	I	A	T	H	T	O
G	A	Y	W	Z	E	Y	O	F	U
N	P	L	Y	V	L	D	T	I	R
I	N	E	Z	E	B	A	X	G	A
L	H	A	F	Q	B	E	T	H	G
S	O	L	D	I	E	R	U	T	E
H	M	K	W	G	P	B	B	K	G
Z	E	G	N	E	L	L	A	H	C
C	H	E	E	S	E	L	X	N	P

DAVID	GOLIATH	BREAD
CHEESE	SLING	PEBBLE
CHALLENGE	COURAGE	FIGHT
SOLDIER		

### How the zebra got his stripes - A South African story about courage

Many moons ago, zebras didn't look like they do today. They had sparkling pure white coats, and they were very proud of them.

So how did the zebra get his stripes? Let me tell you...

In the early days, many animals were friends. They went to the waterhole together to drink, to swim and to have fun.

Then one day, a mean baboon showed up. Baring his huge teeth and showing his long claws, he chased the other animals away from the waterhole. This same baboon built his house on the banks of the water, and on the outside of that house he kept a fire burning.

Over time, the animals all became sad and thirsty. Then the zebra plucked up courage. "I will go to the baboon and tell him to let us go back to the river," he said.

But it wasn't as easy as that. When the baboon heard the zebra's request, he became angry and jumped onto the zebra. The two began to tussle. In the fight, zebra got rolled to close to the fire and ashes rose up and fell onto his back, burning his pure white coat.

This made him mad, and he gave the baboon a kick that sent him right over the river.

The defeated baboon scuttled off into the hills where he still lives to this day, and since then all zebras have been born with black stripes on their coats as a mark of their courage and bravery.