



# COURAGE WEEK 1 RUN SHEET

## TEAM HUDDLE ROUND 1

Say hi to your team!

Share your highs and lows from the week

Have you ever been really scared before?

## GAME

Minute to win it!

Join in for today's challenge and verse the other team!

Post it face - how many post it notes can you stick on your face in 1 minute?

## WATCH JREV TOGETHER!

Encourage your team to sit with you and talk through the content as you go!

When it's memory verse time, encourage your team to copy along with you.

## TEAM HUDDLE ROUND 2

Why were the disciples feeling scared in the story today?

What did they do to get help?

How did Jesus help them?

How can we ask Jesus for help?

How does Jesus help us?

What types of things can we ask for help for?

Is it ok to still be scared when bad things happen? Why/why not?

Pray and ask Jesus for help!