



AT HOME PACK COURAGE W1

THIS WEEK'S STORY

We can have courage because Jesus is with us!

Joshua 1:9 "Be strong and courageous! Do not be afraid or discouraged, for the Lord your God will be with you!"

Rewatch our episodes by following The JRev Channel on YouTube!

MEAL TIME QUESTIONS

Have you ever been really scared before?
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!

THIS WEEK'S ACTIVITY

Make a storm in a bottle! A great sensory tool for when you're feeling scared!

THIS WEEK'S CHALLENGE

Brave bucket list - Decide to challenge yourself to do something that's scary for you. Ask a grown up for help and work out how you'll challenge yourself to do it!

FRIENDS WITH JESUS?

if this episode helped you ask Jesus to be your friend for the first time... YAY!! Please contact us at our mailbox because we'd love to post you something to help you get to know Him better.

LETTERBOX ENTRIES

Don't forget to send us items for our letterbox: jrevletterbox@gmail.com

Have a great week!

Love from Chris and Sarah and the team @ JRev.