

WEEKLY GUIDE

TEACHING NOTES | ADULTS | YOUTH | CHILDREN

JANUARY 17, 2021

TEACHING NOTES

TAKE THE LAND / PT. 2: COURAGE FOR TODAY

Joshua 1:6-9 NIV, *"Be strong and courageous, because you will lead these people to inherit the land I swore to their forefathers to give them. Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you where you go."*

THREE TRUTHS ABOUT FEAR:

1. Every fear you face comes from the fear, "What if I can't _____ it?" If you knew you could handle anything, what would you have to fear? _____
2. You _____ handle whatever comes your way.
3. If you don't _____ your fears your fears will _____ you.

DON'T LET YOUR FEARS ROB YOUR _____.

GOD'S STRATEGY FOR CULTIVATING COURAGE (v. 6-7):

1. _____ what God says.
2. _____ what God says.
3. _____ what God says.

COMMUNION DISCUSSION: Communion reminds us that on the cross Jesus faced and conquered the source of everyone of our fears. In him, we now have courage to face the future.

1. What are you afraid of today? Ask God's Spirit to encourage you.
2. What is one thing God is asking you to do that you would do if you knew you could not fail? Tell God and commit to do it.
3. Pray: Thank Jesus for facing his fear for you by dying on the cross and promising to fight for you.

ADULT GROUPS

For each of the following questions, answer together if in a group or write in a journal if doing it individually. For more details on each of the questions, go [here](#).

Having gone through what most would consider the most difficult time in their lives, an entire nation sat captivated awaiting the first formal address from their newly appointed leader. As he stands to address the people, he begins with, “So, first of all, let me assert my firm belief that the only thing we have to fear is...fear itself — nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance.” When Franklin D. Roosevelt finished his 1933 inauguration speech to a nation of people seized by fear during the peak of The Great Depression, he had made it abundantly clear that it was courage, and not fear, that must be the prevailing emotion of the American people.

Rewind a few thousand years and we find the nation of Israel in an almost identical situation; a generation who had just endured the most difficult time in their life, a nation sitting captivated as they await the first formal address from their newly appointed leader, and that leader standing before his people hoping to convince them of the importance of choosing courage over fear. But unlike FDR who urged the people to forget in order to move forward, the children of Israel were told, instead, to remember. In our groups this week, let's take a look at what the Lord asked the Israelites (and us) to remember in [Joshua 1:1-9](#).

In our groups this week, let's look at [Joshua 1:1-9](#) as God explains the promise that comes with choosing courage over fear.

SHARE AS A GROUP

1. **Thankfulness:** What is something you're thankful for that happened this past week?
2. **Challenges:** What challenges are you facing?
3. **Assistance:** How can the group (or those you're in contact with) help with those challenges?
4. **Accountability:** How did you practice and share with someone what you read last week?

STUDY AS A GROUP

1. Read [Joshua 1:1-9](#). Re-read it in a different version, re-tell it in your own words, and write down any parts that really stuck with you.
2. What did you learn about God from this passage?
3. What did you learn about people from this passage?
4. How can you put the passage into practice? “I will...”
5. Who needs to hear about what you learned from this passage? “I will tell...”

PRAYER

1. Give thanks for everything listed in Share Q. 1
2. Ask God to help with everything listed in Share Q. 2
3. Ask for a greater understanding of what you read in Study Q. 1
4. Ask for courage to do the things listed in Study Q. 4-5

MIDDLE & HIGH SCHOOL

ICE BREAKER

Describe a childhood fear that once filled you with terror, but you have now conquered.

GROUP DISCUSSION: Joshua 1:1-9

1. Use parts 1, 2 and 3 of the DBS steps listed in the adult group section above.
2. Discussion Spark Questions in the event that your group is not responding well.
 - ***“What did you learn about God from this passage?”***
 - As Joshua and the people of Israel are preparing to enter the Promised Land, they have to confront several facts. 1) They’ve been desert nomads for 40 years. 2) Their glorious leader Moses has passed away. 3) The current generation has little to no living memory of the Exodus miracles the Lord performed in Egypt. 4) They are not a warrior people. To help Joshua, God offers some reassurances. What does he give him?
 - Nearly every factor stands against the Israelites at this point in the story. What can we learn about God’s perspective on “no-win scenarios” from his interactions and promises in this passage?
 - God clearly knows our human frailties and he gives instructions designed to help the people confront and deal with their fears. He tells them to trust him and be obedient to his word. How does faithfully following the commands of God help us confront our fears with courage?
 - ***“What did you learn about people from this passage?”***
 - Joshua knew the power of God and what he was capable of far more than most would have. Yet God in this passage is still having to remind him over and over again to be strong and courageous. What does this tell us about our own nature when confronted with a big task?
 - In telling him to be strong and courageous, God is ensuring that he will be put in a great leadership position. Why is it important for people in leadership to maintain strength and courage? How does that help those being led?
 - God reminds Joshua to study the book of instruction. You would think this would be obvious, why do you think God makes a point to emphasize this instruction to Joshua and what do we stand to benefit from that?
 - ***“How can you put the passage into practice? ‘I will...’”***
 - We each face fears in this life. What is a significant fear you have at this moment? What small step can you take today to live more courageously in the face of your fear?
 - What are the tools God has placed in your life (such as the book of instruction for Joshua) that can serve to benefit you in the face of these fears?
 - ***“Who needs to hear about what you learned from this passage? ‘I will tell...’”***
 - Who, outside of your family, do you expect to have an interaction with later this week and what would it take for you to bring these truths into your conversation?

PRAYER

1. Give thanks for everything listed in Share Q. 1
2. Ask God to help with everything listed in Share Q. 2
3. Ask for a greater understanding of what you read in Study Q. 1
4. Ask for courage to do the things listed in Study Q. 4-5

CHILDREN

SING:

- Strong and Courageous (All) www.youtube.com/watch?v=t34ajxa7TCI
- Be Strong and Courageous (Elementary) www.youtube.com/watch?v=ljRww6Ocs_k
- Goodbye to Fear (Preschool) www.youtube.com/watch?v=XzWfgt32dPw
- Be Strong and Courageous-Acapella (Elem.) www.youtube.com/watch?v=ircA7ul6Uxc

WATCH: Joshua becomes a leader for God! <https://www.youtube.com/watch?v=vqhPOd0JxBs>

READ: Joshua 1: 6-9: Memorize with motions verse 9: www.vimeo.com/436269608

BIG PICTURE QUESTIONS: God explains how to be strong!

Preschool: Show your muscles to your family!

Who is the strongest person you know? Who helps you when you are afraid? Who do you think helps those people be so strong and brave? God can help us be those things too!

This week practice two of the following, as you become strong and brave too:

- Run in the same spot for 5 minutes.
- Build a tall tower with legos or blocks.
- Balance walking on a curb (w/a parent or sibling nearby)
- Tell someone your memory verse
- Obey the first time.
- Make right choices.

Elementary: Look up the definition of faithfulness, courage, and obedience.

- What do these verses tell us about God?
- What do these verses tell us about people?
- What promises are told here?
- What can we do knowing these promises of God?
- I will a) believe God, b) obey, c) turn to God when I am afraid, or d) _____.
- I can share these promises of God with _____.

PRAY:

God, You are strong! Thank you for the promise you are always with us! It is nice to know you love us so much that you are always near. Help us to learn more about you reading and listening to the words in the Bible. When we learn something, we ask for the strength and courage to do what is right. Amen.

ACTIVITY/CRAFTS:

1. Obedience Meter: Draw a tall and wide column. Each day you practice obeying your teacher or parent shade in with a color or mark with a sticker how often you obeyed without having to be told twice and had a good attitude. If you don't obey, you can't see your growth.
2. God Pushes Out Fear: <https://www.youtube.com/watch?v=KUuY0MchpEQ> Preview the activity in the link and gather the supplies found in your house. Label the clear container with your child's name and talk about the fact that it is impossible to keep fear away from us. As you speak, pour a good amount of baking soda into the container and tell him it represents fear. Then pour in some vinegar and watch what happens. Talk about the fact that God's Presence will drive away fear; therefore, it is important to remember that God is always with us and will drive away our fear.
3. Memory Work: Copy the words of Joshua 1:9 onto a blank piece of paper large enough to cut into phrases. Cut up the verse and scatter the pieces around in plain sight. Have the children find all the pieces and then put them in order to form the verse. Have them take turns scattering and gathering and putting in order. Read the verse each time and talk about what God wants us to learn from it.