

HOW TO TEACH KIDS COURAGE THROUGH BIBLE STORIES

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This week, your child read about courage through the story of David and Goliath. David, a young shepherd boy, faced a giant that had everyone else trembling in fear. But David wasn't afraid because he trusted that God would help him. Jesus also tells us in John 16:33, "I have told you this so that you might have peace in your hearts because of me. While you are in the world, you will have to suffer. But cheer up! I have defeated the world." It's a big lesson for kids: courage isn't about being the strongest or bravest but trusting God when life feels scary. So, how do we help our kids really take this lesson to heart and live it out? Let's chat about a few simple ideas.



1. **Share the Story Over Dinner.** Reading the story of David and Goliath together is a great start. Maybe you can make it a part of your family dinner conversation. Ask your child, "What do you think made David so brave?" or "What kind of 'giants' do you feel like you're facing right now?" Whether it's a test at school or trying something new, this can help them connect their own experiences with David's. You can also remind them that just like David wasn't alone in facing Goliath, they aren't alone when facing their fears.
2. **Create a "Courage Jar."** Here's a fun idea: grab an empty jar and call it the "Courage Jar." Throughout the week, encourage your child to write down or draw little notes whenever they do something brave, even if it's something small, like speaking up in class or trying a new food. At the end of the week, read through the notes together and celebrate their courage! This can help them see that bravery doesn't always mean taking down a giant. It's often about the little, everyday things.
3. **Practice Courage Through Play.** Sometimes, kids need some practice before they feel ready to face something scary. You can role-play different situations with them, like introducing themselves to a new friend or raising their hand in class. It might feel silly initially, but walking through these moments together gives them a safe space to practice bravery. After each pretend situation, you can talk about how David trusted God to help him and how they can do the same when they face their own "giants."

Helping our kids understand courage is something we can do every day. Whether it's encouraging them to speak up when they're nervous or reminding them of Jesus' promise that he has already "overcome the world," we can point them to the true source of courage: Jesus. Just like David trusted God, our kids can learn to trust Jesus, who has already faced and conquered everything life throws at us. The more they lean on Jesus, the more they'll see that real courage comes from him, not just from being brave like David but from following Jesus and trusting him through every challenge.

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