


FOLLOWERS – LESSON PLAN

Age	Term	Mod.	Module Theme	Module Title	Lesson Number and Title
7	3	6	MISSION	COURAGE IN GOD	25. "Keep calm and carry on!"

Use the syllabus framework to complete above. Infants: 20 minutes; Juniors: 30 minutes; Middles & Seniors: 45 minutes
(Mod. = Module Number, Module Theme - in the heading, Module Title - uppercase in the cell, Lesson Num [NO. column] and Title)

							
Verbal V <input checked="" type="checkbox"/>	Logical L <input checked="" type="checkbox"/>	Spatial S <input checked="" type="checkbox"/>	Kinaesthetic K <input checked="" type="checkbox"/>	Musical M <input checked="" type="checkbox"/>	Intra - personal P1 <input checked="" type="checkbox"/>	Inter – personal P2 <input checked="" type="checkbox"/>	Natural N

Tick the appropriate box(es) above [copy this: ☒] for the modes of learning being used in this session.

Prayer: O God of truth, prepare our minds to hear and heed your holy word; Fill every heart that longs for you With your mysterious presence, Lord. Almighty Father, with your Son And blessed Spirit, hear our prayer. Amen.

Starter: How many of these catchy phrases do you know that start with "Keep calm and...."? Today we are going to learn how to apply the "Keep calm and carry on" to our spiritual life.

Learning objectives: To understand that God is the source of our strength and courage. Faith keep us strong and make us carry on.

Core Activities and Learning

Introduction: Do you remember the story of David and Goliath?

Say that Three thousand years ago, in the Valley of Elah, a massive man named Goliath of Gath stepped out of the Philistine ranks to defy and taunt the army of Israel and its God. For forty days, he harangued the Israelite warriors, heaping shame on them, since none dared to accept his fight-to-the-death, winner-takes-all challenge. Every morning when he stepped forward, the men of God shrank back. Then a teenage Hebrew shepherd boy named David showed up in the camp with some bread and cheese for his soldier big brothers and heard the giant pour out his scorn on the impotent host of his Lord. David was indignant. So, he took his shepherd's sling, grabbed a few stones, knocked Goliath on the forehead, and killed him. David saw God as bigger and stronger than the fearful Philistine. So, he went out to fight knowing that God would give him victory over Goliath — and when he did, the victory would demonstrate God's power and faithfulness, not David's courage (1 Samuel 17:46–47). **Explain** that courage is always produced by faith in God, because He is the source of courage. All we need to do is keep our eyes fixed on Him and continue praying on Him. The Bible give us many examples to encourage us:

- Deuteronomy 31:6 Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.
- Psalm 27:1 The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid?
- Psalm 56:3-4 When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?
- Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Group activity: <https://cdn.ministry-to-children.com/wp-content/uploads/2011/06/David-and-Goliath-Booklet.pdf>

Print from the above link the story of David and Goliath; cut the heroes and the text and mix them up. Then ask from the children to match the story with the image.

Resources: The Bible, 1 Samuel 17:46–47, Deuteronomy 31:6, Psalm 27:1, Psalm 56:3-4, Isaiah 41:10

Materials: coloured pens or pencils, scissors

Review: God help and support us with everything in life. With Him by our side we can be strong, calm and carry on.

Follow Up: "Memorize the following Bible verse: Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you." **Deuteronomy 31:6**