

GO FORTH K-5

GO FORTH WITH COURAGE

Vol. 4, No. 4, April 2021 Easter|Pentecost

OBJECTIVE:

In this issue students will **UNDERSTAND** how courage is lived out, particularly in times of crisis. **EXAMINE** scripture and teachings of the church to learn how the Holy Spirit empowers us to be people of courage. **DISCUSS** how courage can help them be the person they wish to be. **CREATE** social media posts to inspire others. **ENGAGE** their families in a discussion about the meaning of courage and how to live it out.

STEP 1: PRAY

Before beginning prayer time, make certain children understand the meaning of the word **courage**: A person with courage might be scared, but still does something anyway. Another word to use is bravery.

Courageous people

- do not let fear hold them back from doing something new or hard, or what is right.
- are able to do something that frightens them
- are strong even if they have to face pain or great sadness

PRAYER:

We see, hear, taste, smell and touch so many things! But we also have times when we feel that there is more. We can know in our minds and hearts that God is with us. God's Spirit is in us, is all around us, and also helps us to grow, love and learn.

We cannot see or hear God's Spirit, so we use symbols to help us imagine the Holy Spirit. Some people think of a peaceful dove. Others think of a warming fire or a strong wind—each symbol is very different from the others. Let's take a quiet minute to think about the Spirit of God before we pray. (Brief silence).

Adult:

Be not afraid, if you feel weak and fragile, or if you fall. Know that God holds out a hand to you and says, "Courage! I am with you always. Just call out to me."

When I am weak and need courage,

All:

Come Holy Spirit, come!

When I need strength to face my fears.

All:

Come Holy Spirit, come!

When everything seems hard,

All:

Come Holy Spirit, come!

God, I know you are with me. Send your Holy Spirit upon me so that I have courage!

Amen.



DISCOVER YOUR NEIGHBOR™

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STEP 2: MAKE PERSONAL CONNECTION

[Story]

Brother John Beeching is a Maryknoll missionary who knows about fear, courage and healing.

He had moved to the city of Beirut in Lebanon so he could go to school to learn how to speak Arabic. At that time, there was much danger in the city. It was very scary for him as he traveled to his school. One time he saw a car blow up! Then, a full war began. He was often in danger, and so often, he was frightened. One day, he was in a very frightening situation and needed to get back to a safer place. There was also a family that went to the school, and they also needed to escape. He helped them. They each had to call on their deepest courage. They did, and they all were able to get to safety.

All this left Brother John feeling like he was very badly hurt in his feelings and thoughts. That is called trauma. His friends and family helped him talk about this and slowly, he began to feel better.

Now, he lives in Thailand. Much of his work is to help people who have escaped from another place of great danger. With deep understanding, Brother John helps them now. He says that God shows him how to use his hard experiences to give other people courage now.

Discuss (or Journal)

Because there are many ways of being afraid in life, there are also different kinds of courage. The Spirit of God is always with us, even during times where we do not think about God. Use these picture books to explore different situations and the ways the characters showed courage:

FOR GRADES K-2

Thunder Cake

Written and illustrated by Patricia Polacco

Read by the author

<https://www.youtube.com/watch?v=YhhtKGCsAyY>

Sometimes children have fears that seem minor to adults. But even though adults see no danger, these fears are very real in the child's mind and require courage. This book shows how an understanding grandparent helps a child through her fears of summer storms.

- What was Patricia's fear?
- Do you have fears of things like thunder? What makes you afraid?
- How did her grandmother help Patricia?
- Name the times in the story when Patricia was scared but courageous.

FOR GRADES 2-5

The Boy Who Harnessed the Wind

By William Kamkwamba and Bryan Mealer

<https://www.youtube.com/watch?v=ieSIhow18kU>

Often, we read or watch stories about people in the past. William Kamkwamba is a contemporary person, living in the same world as today's children. It will be easy to help them find information about William's current work by searching his name; also look for images of him so students can see him now.

- What were the problems that William faced?
- Why did he need to be courageous?
- How was he courageous?
- What was he able to do because he had been courageous? What has he done in the time since this story was written?

FOR GRADES 3-5:

The Butterfly

By Patricia Polacco

<https://www.youtube.com/watch?v=tK-tqLEHkNY>

Students may need a brief explanation of the setting and historical time of this book; they may also need an adult to help them process this excellent but challenging, true story.

- Name three feelings you had while reading this story.
- What were some of the ways that Monique may have been frightened?
- How was Monique courageous?
- What was she able to do because she had been courageous?

STEP 3: EXPLORE SCRIPTURE AND TRADITION

The following suggestions are based on:

Isaiah [11: 1-9](#)

John [14:15-27](#)

Philippians [4:4-13](#)

FOR GRADES K-5:

A very long time ago, a holy man named Isaiah said that when Jesus was born, he would be filled with the Spirit of God. He would have many gifts, like courage, and other marks of the Holy Spirit.

When the Holy Spirit came to Jesus' apostles, they too were given these gifts, and as we grow, we can receive these too. These are called the Gifts of the Holy Spirit.

What do these gifts do? They can help us:

- see the world as God sees it
- make good decisions
- have the courage to do what is right
- learn from our experiences
- listen and think clearly
- stick with something that is hard to do
- be amazed at how great and good God is
- treasure all that God gives us

FOR GRADES 3-5:

These are the names given to each of the Gifts of the Holy Spirit:

Wisdom

Understanding

Right Judgement

Courage

Knowledge

Reverence

Wonder and Awe

Can you find them hidden here?

W	O	N	D	E	R	A	N	D	A	W	E	R	W
I	B	K	M	F	J	T	S	D	K	N	D	I	C
S	M	K	D	R	R	M	C	B	L	G	W	G	B
D	C	N	J	P	J	C	T	D	J	A	S	H	A
O	M	O	L	B	E	M	R	D	T	M	A	T	H
M	L	W	N	C	M	L	H	W	L	E	H	J	N
C	D	L	K	O	C	P	E	K	G	M	L	U	F
L	K	E	B	U	M	G	O	J	J	J	M	D	E
U	N	D	E	R	S	T	A	N	D	I	N	G	B
E	J	G	B	A	E	Z	E	M	J	R	D	E	R
I	W	E	D	G	P	K	J	D	J	B	M	M	P
A	C	T	D	E	M	J	N	S	E	T	N	E	A
E	M	M	L	S	R	D	S	W	E	V	B	N	J
H	G	R	E	V	E	R	E	N	C	E	B	T	N

FOR GRADES K-2:

Make copies for each student to cut out. Help them attach a length of thread with tape to the dove and hang it where a slight breeze may help it fly from time to time.



FOR K-5:

Celebrate the words in Philippians 4:4-13 by learning to sing in a round and/or learn the sign language for this scripture with this short video:
<https://www.youtube.com/watch?v=9xQBGh4qD2k>

WHAT DOES THE CHURCH SAY?

From Pope Francis:

“If we have the Holy Spirit within us, we will have the courage to strive forward, not through our own strength but through the Holy Spirit who is with us.”

With these words, Pope Francis is saying that with the Holy Spirit within us, we will have the courage to do hard and important things.

STEP 4: TAKE ACTION

TWO TOPICS FOR FAMILY PARTICIPATION:

#1 COURAGE AT ANY AGE

[For adults]

Every person has struggles and a need for courage. These challenges vary greatly, as does a person's response. Underlying the differences, however, are two things: struggles in life are inevitable and everyone needs to be courageous at various times. In this lesson, children have been learning about courage and that it is a gift from the Holy Spirit. One of the very best models of courage is the child Ruby Bridges, who relied on God for courage in an overwhelmingly difficult time.

Robert Coles a child psychiatrist and professor at Harvard University. He is the author of more than fifty books, many focusing on children, their lives, and their moral, political and spiritual understandings. He met Ruby Bridges at the time when she was exhibiting incredible courage. He discovered how her spiritual background played a huge part of her ability to cope with tremendous stress.

As a family, watch and listen to Cole's picture book about Ruby when she was six years old:

THE STORY OF RUBY BRIDGES by Robert Coles, illustrated by George Ford.

<https://www.youtube.com/watch?v=pfXngHxD4Ak>

For family discussions:

Background for this story:

- This is a true story.
- It happened about 60 years ago.
- That is a long time ago. Many things have gotten better since then, but some have not. There are still many problems with how people treat each other.
- Ruby is now a grown up. She talks with children around the world as she works to end racism.

Feelings about this story:

- How do you feel about how Ruby was treated by the crowds?
- Have you ever been treated badly by others?
- Have you ever treated someone badly?
- Who were the kind people in this story?

God's gift of courage:

- Ruby was courageous. Do you think that praying helped her?
- Can you think of a time you have been courageous?
- Name two people that you think are courageous.

God's Presence and Prayer:
Use this quote from Ruby's mother:

"We wanted our children to be near God's spirit. We wanted them to start feeling close to Him from the very start."

- What were Ruby's family's prayers during the time of this story?
- Do we pray as a family?
- If so, how, where and why do we pray?

#2 The Courage and Kindness of Superheroes

As a family, view this video. It will enable families to talk in a general way about facing challenges, courage, bullying, kindness, differences and similarities. While it may be a little too long for the very youngest children, it is uplifting and concrete and will touch on topics of importance to all ages.

[The courage and kindness of superheroes | Annabelle Williams | TEDxBlighStreet](#)

RAISE YOUR VOICE

As a family, make a list of friends and family. Using email or social media, ask them to share a story of courage and/or a story of feeling God's presence.

BE A GLOBAL NEIGHBOR

You can make a difference by supporting Br. John Beeching's work in Thailand with students from Thailand, Cambodia, Vietnam and Myanmar. Find out how you can make an impact at Maryknollsociety.org Project English Education.

ENGAGE YOUR FAMILY

See the rest of Step 4.

NEXT ISSUE COMING Fall 2021