

COURAGE AND CONFIDENCE

Objective: *To encourage a feeling of self confidence*

Key Words: *courage, confidence, struggle, conviction, obedient, armour bearer, pandemonium, outclassed, risk, Zoroaster, Goliath, Philistine, Bethlehem, Saul, Hebrews*

QUOTATION/THEME FOR THE WEEK

COURAGE BEGETS STRENGTH BY STRUGGLE WITH HARDSHIPS



DEVELOP THE COURAGE TO ACT ACCORDING TO YOUR CONVICTIONS.
TO SPEAK WHAT IS TRUE AND TO DO WHAT IS RIGHT

Zoroaster

Discuss who Zoroaster was and what he meant by these words.
Has anyone had an experience where these words were found to be true?

SILENT SITTING

Step 1 *(See page 40)*

Step 3 *(optional)*

Step 5: Breathe out any unpleasant and uncomfortable things that upset you ...
Know that you have the courage inside you to do what is right ...
People around you are not your enemies ...
The uncomfortable things you breathe out are your real enemies ...
See the feelings that upset you drift away ...
As they go you feel peaceful and loving to everyone and everything.

Step 6.

STORY TELLING

DAVID THE BRAVE SHEPHERD BOY

(An Old Testament story)

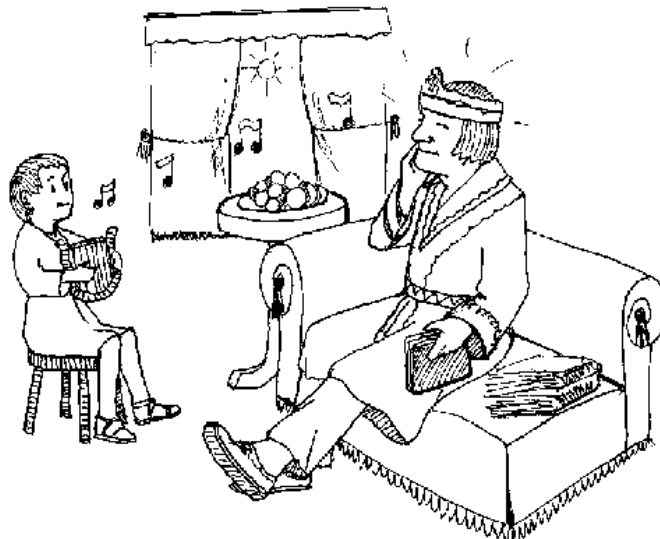
Goliath was a man of war -
The biggest giant you ever saw!
But he was full of boastful pride,
“Who dares to fight with me?” he cried.

David was just a shepherd boy,
But God was David’s strength and joy.
“I’ll fight Goliath,” David said,
And very soon the giant lay dead.

Once upon a time, long ago, in a small town called Bethlehem, lived a young boy named David. He spent his days looking after the family’s sheep which grazed on the nearby hillsides where he loved to wander. He often made up songs which he sang, his heart flowing with happiness, his face shining and tanned by the sunshine. When he came home in the evenings he would play the songs on his harp.

As David grew up his musical talents reached the ear of Saul, the king of the Hebrews, who often suffered from fits of depression. King Saul sent a message to David’s father, Jesse, asking that David come and play to him when he felt low. So David duly went.

He had a happy disposition and fitted in wherever he was, never complaining that he missed his family and carefree life. Saul liked him so much, he gave him the position of King’s Armour Bearer. David would play his harp when the king was feeling troubled and soon the king would be smiling again and feel peaceful. But this was not to last forever.



With time, comes change. Soon the country's enemies, the Philistines, were gathering an army at their borders. King Saul called his troops together. Among them were David's three older brothers. The two armies faced each other on opposite hillsides, with just a valley between them, waiting to do battle.

The Philistines had a champion called Goliath, who was a giant of a man. He wore a brass coat of armour and carried a great spear which weighed more than a normal man could lift. He had never lost a fight in his life. Indeed it was difficult to find anyone who would stay and fight with him. Goliath was proud of his strength and was very conceited and arrogant. He strode proudly up and down between the two armies. "Rather than everyone fighting and many getting hurt, send your champion to fight with me. If he kills me, my people will be your servants," he shouted to the Hebrews. "If I kill him, you will all be our servants. Come, choose your man."

But no one wanted to go and fight against him because it looked inevitable that they would be killed. He was such a frightening spectacle.

When King Saul had gone to prepare for battle, David, who was too young to accompany him, had taken leave to go home where he again worked as a shepherd boy. Soon the news reached him of the challenge of Goliath to his people and that no one was prepared to take up the challenge. Every morning and evening for forty days Goliath presented himself. In the meantime, as no one took up the challenge, the battle waged on.

After a few days, Jesse called David to take some food supplies to his brothers and their captain in the field. So David, who was a helpful and obedient youngster, set off early the next morning with some loaves and cheeses.

Reaching the camp he left the food with the baggage guard and ran off to find his brothers. As they were talking, Goliath came again with his challenge, and David, hearing the men talking of the reward offered for killing Goliath, enquired what it was. This angered his elder brother, who accused him of leaving the sheep unguarded in order to come to see the battle.

"What have I done now?" said David. "Can't I even speak?"

One of the messengers told of David's enquiries to King Saul, who then sent for David. He immediately volunteered to kill Goliath, but desperate as they were, David was surely too young! It would not be a fair match.

"Goliath has been a warrior from his youth", the king told him.

"Don't worry," David assured the king. "Once, when I was looking after the sheep, a lion and a bear came and stole a lamb. I killed them both and rescued the lamb. I had to practise using my sling to protect the sheep. The Lord that helped me then, will help me now."

King Saul gave David a coat of armour and a sword, but when he put them on they were very heavy and cumbersome.

“I’m not used to heavy armour. The Lord will look after me. I’ll go as I am.” So saying David picked some stones out of the brook and took his sling and staff and walked towards Goliath.

“Who are you?” roared Goliath in a scornful voice. “Do you think I’m a dog to chase away with your stick, curse you? Come here, and I’ll feed you to the birds.” And he let out a great thunderous laugh. As he did so David ran towards him and, taking a stone in his sling, aimed it at his forehead.



The stone hit the wicked giant and he died immediately. The Philistines could hardly believe their eyes. Pandemonium broke out as they took to their heels and fled.

QUESTIONS:

1. Who did David trust would help him to beat Goliath?
2. Why was David able to use his sling so well?
3. Can you think of a time when you did something brave despite being frightened?
4. What does this story mean to you?
5. What do you feel most confident about in yourself?
6. What did you feel when you heard this story?
7. Does it remind you of anything in your own life?

GROUP SINGING

YOU CAN, IF YOU THINK YOU CAN

*(music and lyrics by Stuart Jones
and Nicky Gilbert)*

If you think you're beaten, you are.
If you think you dare not, you don't.
If you'd like to win, but you think that you can't,
It's almost for certain you won't.

*Chorus: You can, you can, if you think you can
Never be afraid of defeat.
You can, you can, if you think you can
Then you stand on your own two feet.*

If you think you're outclassed, you are.
See the truth that is you and stand high.
Be sure of yourself, you're unique, a one-off
So wave your bad feelings goodbye.

Chorus: You can, you can, if you think you can ...

(Repeat chorus)

If you think you'll lose, then you're lost.
But why should you think that at all?
For success only ever begins with a thought
There's no reason for you to feel small.

Chorus: You can, you can, if you think you can ...

So make a decision from now.
Throw the negative feelings away.
Encourage yourself to be all you can be
And be happy in that every day.

*Chorus: You can, you can, if you think you can
Never be afraid of defeat.
You can, you can, if you think you can
Then you stand on
your own two feet.*

(Repeat chorus)

GROUP ACTIVITY

QUIZ: 'HOW I FEEL ABOUT MYSELF'

**Are you courageous and confident like David?
You can be, if you really want to!**

Answer the following questions honestly. You can always improve in some way if you want to, but you have to be honest with yourself first.

1. When you feel, "I can't do it":
 - a) do you give up immediately?
 - b) do you try, but if you fail, give up?
 - c) do you imagine yourself doing it successfully and try and try until you can do it?

2. Do you rely on yourself, as David did out in the hills looking after the sheep and keeping wolves and other animals away?

Do you:

Keep your own room clean?

Make sure you eat healthily e.g. fresh vegetables, brown bread, brown rice, fruit?

Or do you eat fast food: crisps, chocolate, chips, burgers?

3. When you have a *minor* discomfort, such as a slight headache, do you ask for some medicine to suppress the symptoms and stay up and watch television, or play loud music?
Or do you have faith that your body is capable of healing itself if treated properly and have an early night, determined to get better quickly?

4. Hate and prejudice indicate fear.

Do you feel threatened by people who are different and so put up barriers to feel safe?

Or do you know you are strong and secure in yourself and enjoy meeting someone different?

5. Do you voice your agreement about something you feel is a good cause and leave it at that?

Do you take some committed action to help and further any cause you believe in?

6. Are you always honest with yourself?
Do you make excuses to yourself if your conscience troubles you?
Do you exaggerate about yourself so you appear what you are not?
7. When you do something wrong, do you
- a) feel you are a bad person?
 - b) see your mistake was a wrong *action* and resolve not to do it again, knowing you are still an okay person?
8. If you fail at something, do you
- a) feel miserable and hopeless?
 - b) think it was just a lesson and next time you will know a bit more about it.
- 9) If you feel bored, do you
- a) mope about miserably?
 - b) blame a friend for not coming out with you?
 - c) blame parents for not giving you something you wanted?
 - d) know you have many choices:

To read,
tidy your room,
write a letter,
walk,
sing,
learn a musical instrument,
go swimming,

and make yourself do something useful, giving it your full attention?

Extension exercise/Links to Other Subjects:

David was a small boy and he took on Goliath, without physically touching him.

Risk Assessment. The children join in a class discussion about different risks in different situations. Talk about how they need to make a judgement and then decide on a responsible course of action.

Examples can be related to road safety, physical contact, talking to strangers, when to help and when to get help, etc. The teacher may choose to invite a visitor e.g. a policeman, to facilitate the discussion.

Flow diagrams can also be used to encourage children to develop clear decision making skills as well as looking at consequences and options.

