Engage: Read Sheila Rae the Brave by Kevin Henkes. A read-aloud video is available on YouTube for families at home or Zoom gatherings. Unfortunately, using the video in a worship video may result in a copyright strike from YouTube. However, reading the book aloud yourself on video is permissible by fair use copyright laws.

Explain: This is a long, hard week for Jesus. Today we remember the protest parade he led. On Thursday we’ll remember the dinner Jesus had with his friends and how one of those friends betrayed him. On Friday, we’ll remember how Jesus was arrested and sentenced to die even though he didn’t do anything wrong. Jesus knew this is how the week would end, and so he had to be very brave. Sometimes God needs us to do hard things, but the good news is that God also gives us courage. And when we don’t have enough courage ourselves, we can borrow it from others, just like Sheila Rae had to borrow some courage from Louise when she was scared. That’s why whenever we protest like Jesus to stand up for what’s right, we do it together. We help each other to be brave when we have to do something hard.

Pray: Dear God, thank you for the courage to do hard things. Help me to be brave even when I am scared. In Jesus’ name, Amen.

Play: For an extension activity, have children act out scenarios where they might need courage. Begin by asking children to tell you some situations they (or friends/siblings) find scary or difficult, then write those on slips of paper to draw out of a basket. Some examples might be visiting the dentist or doctor, flying on a plane, standing up to friends, or sleeping over at a friend’s house. Have children take turns acting out how they can be courageous when faced with that situation, whether that’s facing the fear directly or removing themselves from the situation. (If they’ve read or seen the Harry Potter series, you might compare this exercise to defeating a boggart!) Tell them that if they need a friend, they can ask for help. Remember to assure children that they are in a safe space and can take a break if they are feeling overwhelmed, and remind children that courage sometimes looks like walking toward fear, and sometimes it means walking away.

https://sanctifiedart.org/blog/again-and-again-childrens-lessons