

Come Follow Me FHE

# About This Download

## PRINTING

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# Cup of Courage

Exodus 1-2

## SUPPLIES

styrofoam cup  
markers  
slips of paper

## DIRECTIONS

Without the courage of Pharaoh's daughter, Moses wouldn't have been kept safe and wouldn't have been able to lead Israel. Before starting this activity, use a marker to write "COURAGE" on the styrofoam cup. This is going to be your Cup of Courage. Cut blank slips of paper for your family to write or draw on.

After discussing the courageous women in Exodus 1 and 2, show the empty Cup of Courage. Explain that we must be filled with courage, just like these faithful women. Ask your family, "How can you be courageous?" We are going to fill this Cup of Courage with ways that we can be courageous. Take turns writing or drawing ways each person can show courage today. For example, inviting a friend to church, standing up for what you believe in, telling the truth when it's hard, or being kind when others aren't kind. Once you've written or drawn your answers, fold them in half and place them in the cup.

Continue until the entire cup is filled. Then, share a time when you had courage to do what you needed to. Challenge your children to be courageous this week and discuss it each night at dinner.

