Be Strong and Courageous



Challenge Course Guide

Sometimes God asks His people to do brave things. Courage is not the absence of fear–it is trusting God enough to obey Him even when something feels difficult. This challenge course gives families fun ways to practice courage together while remembering that the Lord is always with us.

Supplies Checklist: Blindfold, cushions, toys, laundry baskets, painter's tape, yarn/crepe paper, tape, covered box, mystery items (examples: cooked spaghetti, peeled grapes, baked beans, canned mushrooms, Jell-O, okra), new foods to sample.

The Challenges

1. Blindfolded Minefield

Gather soft household items such as pillows, couch cushions, stuffed animals, laundry baskets, and pool noodles. Scatter them around a room or down a hallway to create an obstacle course. Blindfold one player while their partner stands at the finish line and guides them through the course using only verbal instructions such as, "Take two small steps forward," "Turn to your left," or "Step over the pillow." The blindfolded player may not peek or touch the obstacles on purpose. When they reach the finish line, switch roles.

- Talk About It: Walking with God often requires trusting Him even when we cannot see what lies ahead. Just as you depended on your partner's voice to guide you safely, we can trust God's Word to guide our lives.

2. Laser Maze

Stretch yarn, crepe paper, or string across a hallway or doorway in a crisscross pattern, securing each end with painter's tape. Place some strands high, some low, and some across the middle so participants must crawl, duck, stretch, and carefully step through the "laser field" without touching any of the strings. If a string is touched, the player starts over or receives a time penalty.

- Following Jesus often requires careful choices, patience, and perseverance. God's path isn't always the easiest, but He promises to help us faithfully navigate each obstacle.

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3. Balance Beam of Courage

Create a balance beam by placing a strip of painter's tape along the floor or using a low, sturdy board resting flat on the ground. Walk heel-to-toe from one end to the other without stepping off. Repeat the course while walking backward, balancing a beanbag on your head, or carrying a lightweight object.

- Talk About It: God usually leads us one step at a time. We don't need to know the whole journey; we simply need to faithfully take the next step He gives us.

4. Taste Test Challenge

Gather several foods that are safe to eat but unfamiliar to your family. Include a variety of flavors and textures. For adventurous participants, offer unusual but edible foods such as roasted crickets. Take turns sampling each food and describing its taste before guessing what it is.

- Courage isn't only about facing danger. Sometimes it means trying something new or stepping outside our comfort zone. John the Baptist even ate locusts in the wilderness, reminding us that God's people are sometimes called to embrace unusual circumstances.

5. What's in the Box?

Place several mystery objects into separate paper bags or inside a covered box with a hand-sized opening. Without looking, reach inside and try to identify each object by touch alone. Good choices include cooked spaghetti coated with a little oil, peeled grapes, cold baked beans, canned mushrooms, gelatin, or slimy okra. Reveal each item after everyone has had a chance to guess.

- Many things seem frightening simply because they're unfamiliar. When we finally discover what they are, they're often much less scary than we imagined. Trusting God helps us face the unknown with confidence instead of fear.

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CERTIFICATE

Be Strong and Courageous Challenge Course Completion

We proudly give this certificate to

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.
Joshua 1:9

Date

Approved By

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