



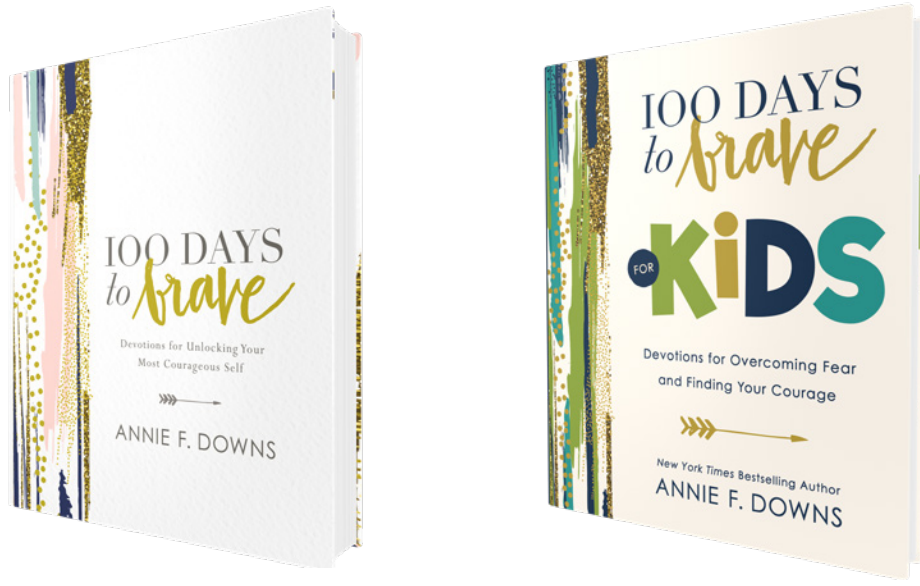
100 DAYS  
*to brave*

Family Discussion Guide



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## HOW TO USE THIS GUIDE

- 1. Put it on the calendar.** Each week, meet as a family to talk about *100 Days to Brave* and *100 Days to Brave for Kids*.
- 2. Make it fun.** Use the discussion prompts at dinner, before bed, over Saturday morning pancakes, or any time that provides a fun, low-key time to connect as a family.
- 3. Start the conversation.** Read the provided conversation starters and ask the questions. Take turns answering, or let every family member give their answer to each—we've given you hints along the way. You may want to keep a family journal so you can look back on your discoveries!
- 4. Pray.** Close your time of discussion with prayer, asking that God will help each of you be brave and walk in the very special purposes He has for you!

## BRAVE PEOPLE STEP OUT IN FAITH BECAUSE GOD IS WITH THEM

**H**ow does a person start to be brave? Being brave doesn't mean you're never scared—it's all about how you respond when you are. It's feeling afraid but remembering: "God made me on purpose for a purpose."

Isaiah 41:13 says, "For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you." Real bravery comes from the Lord.

- Why do you want to be brave?
- Who helps you be brave?

God created you with the ability to be brave. He goes with you and shows you the way. Have you ever noticed that seeing other people be brave makes us want to be brave too?

- When have you seen a friend or family member be brave?
- How did their courage affect you?

One thing that can stop us from being brave is Satan's lies and the labels others put on us. We have to stop listening to Satan's lies about us so we can hear the truth. The truth that sets you free is God's Word. Truth helps you be brave.

- What "label" from God's Word can help you be brave today?  
(Examples: *Chosen, forgiven, loved, saved*)

DAYS 8-14

## BRAVE PEOPLE ARE TRUE TO WHO THEY ARE

God doesn't make mistakes. God sees you not as you are but as who you can become. Describe the "you" God made.

Have every family member answer the following questions:

- What are three of your best qualities?
- What is your favorite talent or ability?

God knows your heart inside and out and loves you deeply. Let Him lead you as you lead others. Our feet can take us down the path God has for us and lead others in good directions.

- Make a list of people who may look up to you as a leader.
- How can your words and actions lead them toward God?

You are one of a kind! God can give you courage to be true to who you are instead of worrying about what others think of you. God created you and each of your family members to be totally unique so everyone can bring Him glory and shine a spotlight on how awesome He is.

- What is something you really like?
- What is a special quality you see in one of your family members?

DAYS 15-21

## BRAVE PEOPLE FOLLOW GOD'S VOICE

God loves you deeply and calls you to be courageous. Don't be afraid to ask God hard questions, like, "What is Your plan for me?" Knowing that God is trustworthy and works for your good can chase away fear. God is always with us, which is another reason to be brave.

- Describe a time in your life when God was with you.
- What is a question you have for God?

When you need to be brave, you can hear from God. You can listen to God's voice by reading His Word, the Bible. Prayer connects us directly to God. When we pray, we remember how powerful God is and that He cares for us.

Have every family member answer the following questions:

- What are some of the ways you hear God speaking to you?
- Describe a time when God answered your prayer.
- What is something you're praying for right now?

DAYS 22-28

## BRAVE PEOPLE KNOW GOD'S CHARACTER

One of the best things about spending time with God is that you get to hear who you *really* are. God cares about our hopes and dreams—what we want to do and be in this life. You can share those dreams with your heavenly Father.

- Who does God say you are? (Examples: loved, saved, secure, forgiven, accepted, made for a purpose, etc.)
- What hopes and dreams do you have for your future?

As you are taking brave steps in life, it's important to remember God's character. He is kind and His love is unfailing. You can't run away from His love or lose it. You never have to earn God's love, and when you ask for forgiveness, He forgives you completely.

- How do God's characteristics of love, kindness, and forgiveness make you brave?
- How can you show these characteristics to others?

God loves to hear from you! If you need help or want to talk about something that's important to you, He's right there. You can also listen to Him. He often speaks in quiet and gentle ways. It may take some time for you to get to know His voice.

- What does God's voice sound like in your life?

## BRAVE PEOPLE TRUST THAT GOD IS AT WORK IN THEIR LIVES

Have you ever wondered if God is working in your life? Maybe you've wondered if He really cares about you. The truth is He is always working in our lives, whether we see it or not. And believing that God is doing something great when we can't see it yet is very brave.

Have every family member answer the following questions:

- Think of a time when you saw God working in your life. What did He do?
- How did He answer your prayer?

Trusting that God is always in control takes a lot of courage! When we see all the hard things going on in the world and in our lives, we may wonder if God is still on His throne. But we can have confidence that even when life isn't fair, things will turn out right because God is just.

- Is there an area of your life where knowing God is in control makes you feel better about the situation?

Whether you're a young child, a parent, or a grandma, you were born to do great things for God in this world. God has a great plan for you—more incredible than anything you could dream up on your own. You can be brave because God will lead you and open doors for you.

- What is something God might be calling you to do or an open door you could walk through?

## BRAVE PEOPLE DREAM BIG AND WORK HARD

Your dreams aren't silly or impossible—nothing is impossible with God! Telling someone about the dreams you have for your life can help you be brave. Your dreams are precious, so remember to tell them to people you trust! Your family members are the people who know you best.

Have every family member answer the following questions:

- Talk about a dream you have. What fears do you have?
- What will it take to achieve your dream?
- What is a dream we have as a family?

Think about what you were created to do. As Christians, we are all called to love God and love others. You can do those things using your unique personality and gifts, but it will require some effort. Working hard pleases the Lord and wins favor with people.

- What are some things you can work hard at right now?
- When did you see a reward come from working hard?



## BRAVE PEOPLE HAVE GOOD PEOPLE IN THEIR LIVES

To be brave, you need brave people in your life who love God and can help you. Your family is the perfect place to start. God gave you your family—parents, siblings, grandparents, and more—to be your built-in support. When we are brave, we can love our families even when things aren't perfect and forgive each other when we make mistakes.

Have every family member answer the following questions:

- How do you show love to your family members?
- Talk about a time when you had to show forgiveness or ask for forgiveness. What happened?

You need friends, and they need you! God created us to be together, cheer one another on, and help each other. Church can be a great place to meet friends who know and love God. Sometimes friendship requires you to be brave by introducing yourself to someone new or inviting someone to join your group.

- Who are two friends you can talk to about brave things?
- Who is a person you could reach out to or invite to join your group?

## BRAVE PEOPLE HANDLE CHANGE GRACEFULLY AND DON'T GIVE UP

Have you ever noticed life keeps changing, just like the weather? But we can be sure that through every change, God is in control and working for our good. The good news is, God never changes. We can always depend on Him, which helps us be brave.

- What changes in your life are you dreading? What changes are you excited about?
- How can you prepare for changes you see coming in the next few months?

It's brave to make small decisions with the big picture in mind. Small decisions can add up to big changes over time! Don't be afraid to say yes and try new things that stretch you and make you a better YOU.

Have every family member answer the following question:

- What is one small decision you can make today to make your future better?

Just like change, life is also full of waiting. Brave people wait patiently through Christ. When you are in a waiting season, God will help you persevere and not give up.

- When is it hard for you to wait?

## BRAVE PEOPLE WALK THROUGH HARD TIMES WITH GOD'S HELP

Letting go is part of life. It's okay to feel sad when you're letting go of something. Remember that when you do let go, you free up your hands to take hold of something new. Letting go takes courage, especially when you don't see what new thing is ahead.

- Is there something you need to let go of now?

When life takes unexpected turns, you don't have to like it. But you can walk through upsets and failures with grace because God promises that all things—even our mistakes—will work together for good for those who love God. Sometimes life is hard, but in Christ there is always hope. You can trust life will get better and joy will come again.

Have every family member answer the following questions:

- What is one way life has been hard recently?
- How have you seen God at work in this experience?

Brave people don't run from their pain—they face it. When you look at your pain and talk about it, you will begin to experience healing. Bring your pain to God. Share it with your family. If someone has hurt your feelings or hurt your body, ask God for the courage to talk to someone you trust about what has happened.

- What pain is weighing you down right now?

DAYS 65-71

## BRAVE PEOPLE PERSEVERE THROUGH TRIALS AND DETOURS

**D**etours happen all the time in our lives. Divine detours—the ones God sets up—are a change of plans you didn't ask for but take you where you need to go. That could be a move, an injury or illness, or a crisis at home. When these detours occur, you can be brave and trust in the story God is writing, even when it takes a surprise turn.

Have every family member answer the following question:

- What is a plan you had for your life that suddenly changed?

Courage grows when we persevere—when we continue doing something despite difficulties. Perseverance produces good character and points us to the hope we have in Jesus. Persevering and building healthy rhythms into your life is like planting seeds. The fruits that grow from those seeds are blessings in your life. That fruit only matures when you keep going and don't give up!

- Is there something you feel like walking away from? Would it be better to persevere? Why or why not?
- What fruit do you see growing in your life as you practice healthy rhythms?

## BRAVE PEOPLE TAKE CARE OF THEMSELVES AND OTHERS

There are many ways to worship God with your physical body. Exercise is one of them. Moving your body helps you stay healthy and strong so you can do all the things God calls you to do. Another way you can honor God in your health is by eating nourishing foods like protein and vegetables and drinking lots of water. When you feel good, you will have more energy to love God and the people around you.

Have every family member answer the following questions:

- What do you like to do for exercise?
- What is one way our family could honor God with our bodies?

As humans, we are created to rest. If we want to be brave, we must also be well rested. So make time for sleep, especially as your body is growing and changing! As a family, maybe you could choose a day that could be a “Sabbath”—a day of rest—in your home.

- Describe what a day of rest and worship looks like for your family.

Brave people spend their lives loving God and others. Part of this involves using words to heal and bring life and hope to the people around you. You can change someone’s day by the way you speak to them; you can change your day by how you speak to yourself.

- What are some good messages you can speak to yourself and to others?

DAYS 79-85

## BRAVE PEOPLE BLAZE A TRAIL AND ARE GENEROUS WITH WHAT THEY HAVE

**Y**ou, brave human, are blazing a trail for the younger ones coming behind you. You are making a way for them and saving them some trouble by going first! Being a trailblazer takes a lot of courage, but it makes a big difference in the lives of other people.

- What is one area where you are blazing a trail for others?
- Who is a leader you look to as a trailblazer?

Everything you have belongs to God. You are His and He has entrusted you with time, money, and talents that can show the world His generosity and love! God has given you amazing gifts you can share with others.

Have every family member answer the following questions:

- How can you be generous with your time?
- What is a topic you know a lot about that you can share with others?
- What is one way our family can be generous with our money or belongings today?

## BRAVE PEOPLE ARE WORLD CHANGERS

**N**ot only do brave people share the things God has given them, they put others first. Thinking of others more highly than ourselves takes thoughtfulness and practice. You must be brave enough to put yourself and your wants in second place, so God can shine His light through you everywhere you go. God has placed you in your exact family, in your exact city, and even at your exact address to make a difference in this world!

- How do you dream of making a big and bold impact on the world someday?
- How can you show God's love and kindness to your neighbors and those in your city?

A sacred space is a place where you can spend time with God. For you, that place may be outdoors in His beautiful creation. Going outdoors can remind you of God's mighty power and tender care. Or maybe your sacred space is a quiet reading nook or a fluffy rug on your bedroom floor.

Have every family member answer the following questions:

- Where is your "sacred space"?
- If you don't have one, spend time as a family brainstorming possible locations.

## BRAVE PEOPLE LOOK TO JESUS AS THEIR EXAMPLE

**J**esus was brave. Remembering that Jesus did some brave things on earth can give us courage as we follow His example. The best news is that Jesus is alive and with us today! He can help us be brave in our homes, schools, communities, and the world.

Have every family member answer the following questions:

- What are some of your favorite brave things Jesus did on earth?
- How can Jesus help you be brave?

You have finished all 100 days to brave! Making brave choices in your life is going to change the world. Making brave choices as a family is going to change your home, which will change others. Keep going. Don't give up! Jesus is with you.

As you flip back through the pages:

- What truths about being brave meant the most to you?
- How has God helped you be brave these last 100 days?
- What brave thing will you do next?

**Optional:** We want to hear from you! Share any cool stories, thoughts, or photos you have after going through *100 Days to Brave* together as a family.