

# Courage

To add-

Hebrew

Courage cards, bedtime ritual

We invite you to use the learning and activities below to further your own understanding of courage and *ometz lev* that will allow you to have deeper conversations with other people, no matter their age!

What does it mean to have courage? People can be courageous when they have a sleepover for the first time, stand up for something they believe in, try something new like a new food, try out for a part in the play even though they didn't get it the first time, and when they are scared and try it anyway. Each and every day, we have the opportunity to be courageous. Courage is the ability to do something that frightens one or to have strength in the face of pain or grief. The Hebrew word for courage, *ometz lev*, has two words. *Ometz* means "bravery, courage, and valor" while *lev* means "heart." By combining the two words, having courage it is in your heart. It is not just an action or something you do, it influences a lot of decisions you make and how you view a problem.

## Characters with Courage

**Moses** lived in a small town and worked as a sheep herder when God approached him to lead the Israelites out of Egypt. Moses' initial response was "no way," but eventually Moses came around to the idea. He was most nervous about speaking in public because he said he was not good with words and some believe he had a speech impediment. Moses was scared, but God convinced him that he should take on this challenge and the story of the Jewish people is changed by this single event.

**Yocheved**, Doing what she thought was right Pharaoh ordered that all newborn Israelite male babies should be put to death, but Yocheved had a different plan. She was a prominent nurse in the Israelite community and was instructed to make sure that the Israelites killed the male babies but instead she helped them, giving the poor mothers necessary goods to raise the baby. When she had a male baby of her own, she knew she could not keep it. Instead, she constructed a basket and placed the baby in the water of the Nile to float away. Yocheved risked her life to help other families save their male babies because she felt it was the right thing to do.

The **Scouts entering Israel** had a serious job because going to a place for the first time takes courage. Moses told 12 scouts to go into the land of Canaan, the land God said was promised the Israelites, and report back on the what the land looked like. The spies went in and saw massive castles and giants much larger than they were. They were all scared that they would not be able to conquer the land. When they made it back to Moses, most of the scouts immediately said how scary it was. Two of them remained hopeful and said while it might be difficult, they should try anyway.

### Table Talk

- How do each of these "courage connoisseurs" show courage?
- What does it mean to be courageous?
- Describe at least one time you were courageous.
- How do we find courage?
- What Jewish holidays do we celebrate as a result of someone being courageous? What can we learn from them?