



My Promise, My Faith Worksheets

Print the below pages to complete the activities for the March 14, 2021 workshop.

Optional: Print each section on a different color piece of paper.

You will be invited to cut out sections of these worksheets to include in your
My Promise, My Faith Booklet.

Christianity & the Girl Scout Law

“Courageous and Strong”

Do Not Fear

Deuteronomy 31:6

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; God will never leave you nor forsake you."

1 Chronicles 28:20

"David also said to Solomon his son, 'Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. God will not fail you or forsake you until all the work for the service of the temple of the Lord is finished.'"

Psalms 31:24

"Be strong and take heart, all you who hope in the Lord."

Isaiah 41:10

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Love One Another

Matthew 22:36-40

"Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

Luke 10:30-35

Jesus said: "A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper. 'Look after him,' he said, 'and when I return, I will reimburse you for any extra expense you may have.'

Forgiveness

Ephesians 4:32

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Colossians 3:13

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Luke 6:37

“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.”

Courageously Defying Boundaries

On and on and on, the Bible presents heroic characters who vary from traditional gender roles, challenge ethnic stereotypes, and offer a richer understanding of God in this world.

Deborah the Judge (Judges 5:2-31 - Song of Deborah)

A great role model for all those called to lead, Deborah, “held court under the Palm of Deborah...and the Israelites went up to her to have their disputes decided.” (Judges 4:5). As the only female judge mentioned in the Bible, Deborah is known for being a compassionate leader (of which there weren't many in Biblical times). One of the hallmarks of Deborah's leadership is her willingness to follow God's call and to give God the credit rather than leading out of her own strength. The song of Deborah reminds us that in the battles of life, we are not alone or unaided.

The churches in Rome (Romans 16:1-16); Euhodia and Syntyche (Philippians 4:1-9)

Pairs of female emissaries like Tryphaina and Tryphosa (Romans 16:12) and Euhodia and Syntyche (Phil. 4:1) who preached the gospel, to Phoebe, a deacon who also financially supported Paul and others in ministry, to Andronicus and Junia who were imprisoned for their faith, women were engaged in ways that were usually reserved for men.

Mark 7:24-35 – Jesus and the Syrophenician woman

“Lord,” she replied, “even the dogs under the table eat the children's crumbs.” (Mark 7:28) This is a remarkable story of ethnic and cultural boundary crossing, courage, and vulnerability that not only heals a woman's daughter but transforms Jesus' understanding of his own ministry!

Strong Women

From positions of power and from the margins, from the young and from the old, there are numerous examples of women in the Bible who demonstrated strength and courage in the face of social, cultural, and religious traditions and norms that left them vulnerable.

Queen Esther

“For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father’s family will perish. And who knows but that you have come to your royal position for such a time as this?” (Esther 4:14)

Esther rose from an orphan to queen. To become queen, she needed to hide her Jewish identity. She overcame fear, risked her position and privilege, and found the courage to advocate and save her people from genocide.

Ruth

“Where you go, I will go; where you lodge, I will lodge; your people shall be my people, and your God my God. Where you die, I will die—there will I be buried.”
(*Ruth 1:16-17*)

Ruth refused to leave her mother-in-law Naomi after her husband and his brothers and father died. It was almost certain that staying with Naomi would lead to both of them living in poverty, and yet she refused to leave Naomi to suffer alone. Ruth was humble and kind, but also bold and strong. She is praised for her great loyalty, faithfulness, and love.

Mary of Nazareth (Luke 1:46-55 - Mary’s Song)

Mary’s all-important role in the Bible goes without saying - she was the mother of Jesus, but it was her faith and courage, from the first encounter with the angel Gabriel to her final moments with Jesus at the cross (Matthew 27:56) and with the apostles in the upper room as they discerned what was to come (Acts 1:14) that is so captivating. Her song speaks of a God not of the powerful and well connected, but of the marginalized and struggling.

Anna (Luke 2:36-38)

An 84-year-old prophetess, Anna recognizes Jesus as the Messiah and became one of the first Christian missionaries, going forth to share the good news of Jesus. In just three sentences, the life of Anna is shown to be an extraordinary journey of trust and devotion, overflowing with her love for God. She devoted her whole life to trusting in God’s provision and her long years of waiting were rewarded by being able to gaze upon the face of Jesus.

Hymn of Courage and Strength

Lift Every Voice and Sing by James Weldon Johnson and J. Rosamond Johnson
The hymn is a prayer of thanksgiving that evokes images of the biblical Exodus from slavery into the freedom of the "promised land" and is sung in churches across North America. It is often called the Black National Anthem.

Lift Every Voice and Sing

Lift every voice and sing
Till earth and heaven ring
Ring with the harmonies of Liberty
Let our rejoicing rise
High as the listening skies
Let it resound loud as the rolling sea

Sing a song full of the faith that the
dark past has taught us
Sing a song full of the hope that the
present has brought us
Facing the rising sun of our new day
begun
Let us march on till victory is won

Stony the road we trod
Bitter the chastening rod
Felt in the days when hope unborn
had died
Yet with a steady beat
Have not our weary feet
Come to the place for which our
fathers sighed?

We have come over a way that with
tears has been watered
We have come, treading our path
through the blood of the slaughtered

Out from the gloomy past
Till now we stand at last
Where the white gleam of our bright
star is cast

God of our weary years
God of our silent tears
Thou who has brought us thus far on
the way
Thou who has by Thy might Led us
into the light
Keep us forever in the path, we pray

Lest our feet stray from the places, our
God, where we met Thee
Lest, our hearts drunk with the wine
of the world, we forget Thee
Shadowed beneath Thy hand
May we forever stand
True to our God
True to our native land
Our native land

Quotes about being Courageous and Strong

"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently." ~ Maya Angelou

"You may not control all the events that happen to you, but you can decide not to be reduced by them."
~ Maya Angelou

"Scared is what you're feeling. Brave is what you're doing."
~ Emma Donoghue, Room

Courage is "to tell the story of who you are with your whole heart."
~ Brene Brown

"Vulnerability sounds like truth and feels like courage. Truth and courage aren't always comfortable, but they're never weakness."
~ Brene Brown

"Courage is contagious. Every time we choose courage, we make everyone around us a little better and the world a little braver."
~ Brene Brown

"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"
~ Mary Anne Radmacher

"Kind people are brave people. Brave is not something you should wait to feel. Brave is a decision. It is a decision that compassion is more important than fear, than fitting in, than following the crowd."
~ Glennon Doyle

"Brave is not asking the crowd what is brave. Brave is deciding for oneself." ~ Glennon Doyle, Untamed

"You will never change the fact that being human is hard, so you must change your idea that it was ever supposed to be easy."
~ Glennon Doyle, Untamed

There is always light, if only we're brave enough to see it. If only we're brave enough to be it."
~ Amanda Gorman

“Have the courage to say what you need in the moment. Most people aren’t mind readers. Two things will happen: You’ll either get what you need or realize that the source you are asking doesn’t have the capacity to deliver. Both are gifts.”
~ Jada Pinkett Smith

“We can do hard things.”
~ Glennon Doyle

“Brave doesn't mean you're not scared. It means you go on even though you're scared.” ~ Angie Thomas, *The Hate U Give*

“Nothing is impossible. The word itself says, ‘I’m possible!’”
~ Audrey Hepburn

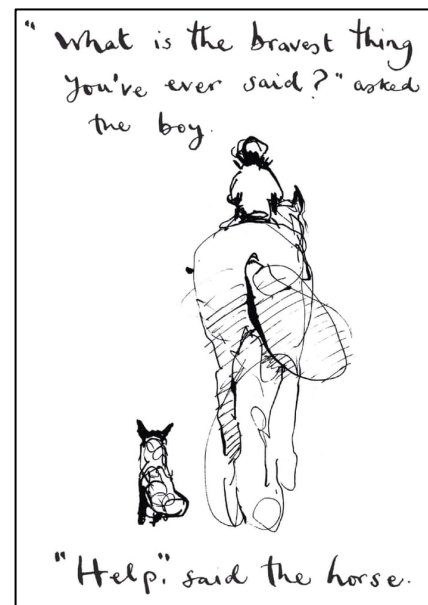
“A woman is like a tea bag—you can’t tell how strong she is until you put her in hot water.”
~ Eleanor Roosevelt

“We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends.”
~ Mary McLeod Bethune

“Never grow a wishbone, daughter, where your backbone ought to be.”
~ Clementine Paddleford

“I have learned over the years that when one’s mind is made up, this diminishes fear; knowing what must be done does away with fear.”
~ Rosa Parks

“I can take the lead
Yeah I’m running down this road
I’m stronger everyday and I want
the world to know
I’m not afraid to stand in the light
Yeah I’m young and brave
So just watch me shine”
~Girl Scout National Anthem: Watch Me Shine by Emily Shackelton



~Charlie Mackesy, *The Boy, the Mole, The Fox and the Horse*

Ways to be Courageous and Strong

Use these suggestions or write your own!

Say I'm sorry	Sing in front of others	Stand up for a friend who is being teased
Try something again that was challenging	Tell the truth even if I might get in trouble	Say I made a mistake
Invite a new friend to play	Tell my parents how I am feeling	Ask for help
Speak up when something isn't right	Dance in front of others	Try a new sport or activity
Suggest a new game to play with friends	Raise my hand	Speak in front of a group
Try a new food	Ask for clarification if I don't understand something	Talk to a counselor at school or in my community
Be authentically me!	Work to overcome a fear	Be an advocate

Superhero Comic Strips

Print any or all of the below pages to make your own comic strip starring yourself as a superhero. (Or make your own comic strip shapes!)

Cut your comic strip out to make a bookmark or paste it into your My Promise, My Faith booklet.

As you design your comic strip, think about:

What makes you a superhero?

How do you show courage and strength?

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