

Bowwow Barker Training 011: Tactical Trust

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Biblical Integration

“When I am afraid, I put my trust in You.”

Psalm 56:3

Objective

Using the superhero qualities of bravery and trust, work with a teammate to complete three challenges. These challenges will test your skills of listening, following directions, and cooperation.

Vocabulary

- **Trust:** feeling that somebody or something can be relied on
- **Bravery:** doing something even when we are scared
- **Courage:** making good choices when facing fear or obstacles
- **Teamwork:** cooperating with others to achieve an end goal

Materials

- An item to use as a blindfold (bandana, scarf, etc)
- Items to use as obstacles (pillows, stuffed animals)
- A group of six small but physically varied objects (example: one Lego, one book, one ball, one stuffed animal, one action figure, one building block)
- A two-minute timer
- Pencil
- Data sheet

Lesson: Tactical Trust

Superheroes face many dangerous and scary obstacles. Heroes must show **bravery** and **courage** despite their fears. They must trust that their skills and tools will help them overcome their obstacles.

As Christians, we have the ultimate superhero to lean on and **trust** as we walk through circumstances which makes us afraid. Psalm 56:3 encourages us to trust God when we are afraid. He is always ready to help us and will provide tools such as faith, bravery, and courage. With Him, we can conquer any fear.

Today, you will use a blindfold and a partner to practice trust, listening, and following directions.

Challenge Parameters:

Note to parents, guardians, and teachers:

When conducting these challenges, you may pair children together. However, please ensure the seeing partner is trustworthy and helpful. Someone who will sabotage the blindfolded child to make them mess up on purpose is not a good candidate for the exercise.

Procedure

#1. Answer questions 1-2 on the data sheet.

#2. Challenge 1: Follow and Trust: You need a blindfold and a partner. Answer question 3 on the data sheet. Put on the blindfold.

#3. Allow your partner to lead you around the room. Answer question 4 on the data sheet.

#4. Challenge 2: Listen and Follow Directions: You need the small objects, pillows, blindfold, and the same partner from Challenge 1. Put on the blindfold. Your partner places pillows on the floor to make an obstacle course.

#5. Your partner guides you through the course with voice directions only. They can say things like, "Take two small steps" or "Walk forward slowly until I say stop." Rely on their instructions, not your own feelings about which course is best. Answer question 5 on the data sheet.

#6. Challenge 3: Feel and Listen: You will need the six small objects, blindfold, timer, and the same partner from the previous challenges. Put on the blindfold. Your partner places six objects in front of you, then one in your hand. Start the timer.

#7. Guess what the object is by feeling the object. Without your sense of sight, you may need help. Say “clue” and your partner will give you a 1-2 word clue describing the object without saying what it is.

#8. See how many objects you can correctly identify before time runs out. You can repeat this challenge with more challenging objects if desired. Answer question 6 on the data sheet.

#5. Answer questions 7-8 on the data sheet.

#6. Read the Bible verse together. Answer question 9 on the data sheet.

Data Sheet

- 1) What does bravely or courage mean to you? If needed, discuss the definition with a parent or friend. Check your definition against the definition in the Vocabulary section.

- 2) What does trust mean to you? If needed, discuss the definition with a parent or friend. Check your definition against the definition in the Vocabulary section.

- 3) Every superhero has at least one person they trust. This person often provides helpful information or works alongside the superhero as they save the day. If the superhero doesn't trust their helper, disaster could strike and victory could be out of reach. Who is your partner in this challenge? Do you trust them? What makes them a person you can trust?

- 4) Was it difficult to trust your partner during the challenge? How did you show trust, bravery, and courage?

- 5) Trust grows the more you work, play, or talk with a person. What was it like to work with the same partner on a more difficult challenge? Did you have to trust them more than Challenge 1? Was it difficult?

- 6) Sometimes, a superhero is injured or loses a critical tool. Yet they must continue to fight. To do this, they must listen to their helpers for support and information to overcome the obstacles. As you completed the final challenge, did you need help from your supporters when you weren't sure about an object?

- 7) Do you believe it takes bravery and courage to be a superhero? Why or why not?

- 8) Why is teamwork important for a superhero?

- 9) When we face scary or difficult situations, what does the Bible suggest we do to get help?

Conclusion

Having completed all three challenges, we now know a superhero never acts alone. He or she has someone they trust to help them overcome obstacles.

It takes courage to both face challenges and ask for help. Asking for help isn't always easy, but it's always worth it.

A superhero must also use the skills of listening and following directions. In doing so, they trust their teammate to help them overcome their fears and beat the bad guys.

As Christians, we have the Holy Spirit living in us. The Holy Spirit is like our teammate who helps us when we need it. He also helps us to know right from wrong, so it's important to listen and follow His directions.

We are so blessed that when we're afraid or need help, we can call out to God—the ultimate superhero—for comfort, strength, and direction!

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