

LESSON OVERVIEW

Big Idea: God's peace makes your heart feel better

Key Question: What does God's peace feel like?

Memory Verse: His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:7**

Overview: We're continuing in our series called Don't Phlip Out. It's all about how to handle stress or worry. We all have things in our lives that cause us to worry but God doesn't want us to do that. Last week, we learned what God wants us to do. We found the answers in the book of Philippians. There are three things we should do when we're stressed: 1. Don't worry 2. Pray 3. Thank God. Isn't that great news! We don't have to be afraid or worried about stuff. We can pray about those things and trust God to take care of them. And, when we take time to thank God for what he's already done to help us, we'll have no doubt that he will help us again. Today, we're going to look at a special gift God gives us when we trust him with our worries. He gives us peace. We don't have to fill our minds with thoughts that make us worry and fear. Instead, we can fill our minds with thoughts that say, "God will take care of me." and "God loves me." We can be free from fearful frenzy and be filled with God's peace!.

CLASSROOM AGENDA

5 min **PLAY:** Begin working on Activity Page #1.

5 min **WARM UP:** Describe your most relaxing, peaceful day. Where would you be, who would you be with, what are you doing?

5 min **PREVIEW:** Write out the Big Idea and Memory Verse and Key Question on a whiteboard. Have the kids copy it down on Activity Page #1. (if applicable)

20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.

5 min **RECAP:** Read the **Lesson Overview** from the Teacher's Guide to the class and then **answer** the KEY QUESTION.

5 min **EXPLORE:** Read John 14:27. What gift does Jesus give us? Why is his peace better than what the world offers?

10 min **PLAY:** Do the group activity from Activity Page #2.

5 min **CLOSE:**

- What did you learn about God's peace?
- Share prayer requests and pray as a class.

TEACHER TIPS

Don't forget that you set the tone for your kids. Smile. Have fun. Pursue God together.

Allow each kid to share. The point: It's not fun to be stressed and worried all the time. It's way more fun to do relaxing things. This is what God's peace is like.

Answer: Confident that everything will be okay.

Here's the great news, we have God on our side. You know, the God of the universe! God created everything including us so he knows what to do! There is no problem or worry that God can't handle. When we give our worries to him, he will give us the gift of peace. His peace means we can be confident to tackle anything that comes our way because we know that God is right there with us.

Bonus Questions: Who do we have on our side? What gift does God give us when we give him our worries?

4-5th: Share a time God helped you when you were worried about something.

Jesus came to bring us peace. First, he came to make peace between us and God when he died on the cross to pay for our sins. Second, he offers us peace by promising to take care of us. He is always with us ready to help in times of need. His peace is better than anything the world has to offer because He's God! He knows everything and he can do anything.

Allow each kid to share. Encourage them to be specific.

ACTIVITY PAGE #2

Classroom Activities 2nd-5th

Option #1

God's Peace Paper Plate Craft

- Give each kid a paper plate.
- Give each kid a peace sign template (**page 5**).
- Using water colors, let the kids paint their plates to look like tie dye (**see image below**).
- Then, have kids tape their peace sign onto their plate (**see image below**).
- As they work, remind the kids that when they give their worries to God, he will give them peace.



Supplies needed

- paper plates, 1 per kid
- peace sign template (pg 5), pre cut, 1 per kid
- tape
- water color paints and brushes

Bonus Activity:

Play True or False

See who is the quickest to answer correctly.

1. God wants us to worry. (F)
2. God gives us peace. (T)
3. Our memory verse is from Colossians (F)

Option #2

Heads Up Seven Up Game

- Have teacher choose 7 kids to come stand in the front (If you have less than 7 kids in your class, just choose half to start the game).
- Kids standing up front say, "Heads down, thumbs up". Wait until all heads are down before you continue.
- Then have the 7 kids each go around and push the thumb down of 1 kid.
- Then have them come back to the front and say, "Heads Up, seven up!"
- Everyone whose thumb was touched gets to stand up and guess who pushed their thumb down. If they're right, they get to go to the front for the next round. Allow a new group of kids to start each round.
- Before each new round, ask the class one of the following questions.

Questions:

What was the Big Idea today?

What is the memory verse?

What book of the Bible are we studying in this series?

What does God give us when we give him our worries?

Supplies needed

- none

Bonus Activity:

Play Fast Facts.

See who is the quickest to answer correctly.

1. Stress is another word for ___(worry)
2. God gives us ____.(peace)
3. Our memory verse is from _____ (Philippians)

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. _____ means freedom from frenzy.
2. God's peace is _____ than our brains.
3. God's peace makes your _____ feel better.

2 Talk about it

Answer these questions together as a family.

1. Describe your most relaxing, peaceful day. Where would you be, who would you be with, what are you doing?
2. Do you relate to the frenzied thoughts mentioned in the video? What would you add to the list?
3. What does God promise to give us when we stop worrying?
4. Have you experienced God's peace in your life? Explain.
5. Read [John 14:27](#). What gift does Jesus give us? Why is his peace better than what the world offers?

3 Live it out

Memorize this week's Bible verse:

"His peace will guard your hearts and minds as you live in Christ Jesus."

Philippians 4:7

Bonus: Read these additional passages as a family this week

- Read [Psalm 62:8](#). Refuge is another word for peace. Why should we trust God?
- Read [2 Thessalonians 3:16](#). Is God's peace good for some situations or all situations?
- Read [Psalm 55:22](#). Who will take care of us?

Parent Signature _____



ACTIVITY PAGE #1

2nd-5th Grade

Kids

COLOR



BIG IDEA

KEY QUESTION

MEMORY VERSE

His _____ will guard your
_____ and _____ as you live
in Christ _____

Philippians 4:_____

PUZZLE #2



