



LOW-ENERGY GAME

Three “Peaces”

[10 min]

Supplies

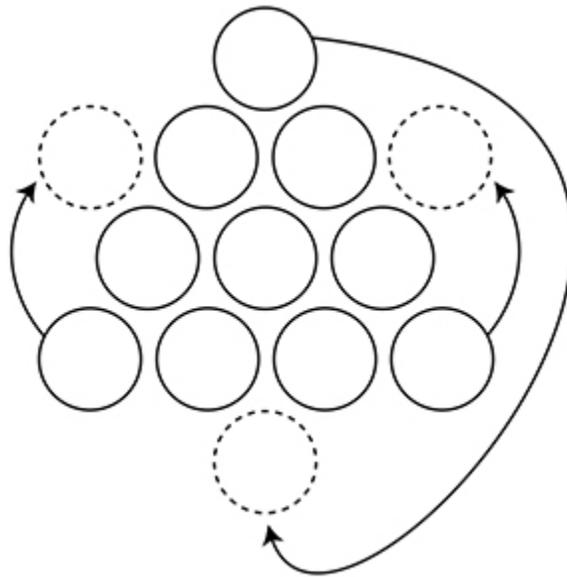
- pompoms (10 per child)
- “Triangle Challenge” handout
- painter’s tape
- upbeat music (optional)
- music player (optional)
- projector (optional)

Easy Prep

- Use painter’s tape to hang the “Triangle Challenge” handout on a wall where everyone will be able to see it, or project the image on a screen if you have that option.

Tips

- Here’s the key to solving the puzzle:



Try to Solve a Puzzling Puzzle

Say: **Today we’re learning that peace is a fruit of the Spirit, and that means we can have peace even if things are confusing and we’re not sure what to do. I have a fun brain-bending puzzle for you, and though it may boggle your mind at first, I promise you it can be solved. I want you to try to solve it on your own for a while, but if you’d like, you can ask me for some hints.**

- Give each child 10 pompoms, and have kids arrange them to match the first triangle on the handout you taped to the wall.
- The goal of the puzzle is to flip the direction of the triangle so it goes from looking like the first triangle on the handout to the second triangle.
- The catch is, kids can move only three pompoms.
- If you'd like, play upbeat music while kids think and try to figure out the puzzle on their own.
- Refer to the Answer Key to give kids small hints as they ask for them.

Talk About It

Ask: • **What was your strategy for solving this puzzle?**

• **What strategies have you found helpful to make peace when you're fighting with someone?**

Say: **It was fun trying to figure out how to solve the puzzle. But sometimes when we're in an argument, figuring out how to solve the problem is *not* fun. When our strategies don't work, we can always turn to God for help, because peace is a fruit of the Spirit.**



TALK-ABOUT VIDEO A Moment of Peace

[10 min]

Supplies

- “A Moment of Peace” teaching video

Discuss and Watch “A Moment of Peace”

Say: **We’re learning that peace is a fruit of the Spirit.**

Ask: • **Tell about something in your life that *doesn’t* feel peaceful.** Share your own story first.

Say: **Sometimes our lives are chaotic! We’re busy, or we don’t get along with our families, or things just don’t go our way. Let’s see how God can bring peace in those moments.**

Watch “A Moment of Peace.”

Ask: • **What parts of this family’s day seemed the least peaceful to you? What did they remind you of in your own life?**

- **What can you learn from how they regrouped and found peace?**

Say: **Even when life gets really crazy, God can bring us peace. That’s because peace is a fruit of the Spirit.**



DEEPER BIBLE What if I'm the Only One Willing to Make Peace?

[15 min]

Supplies

- Bibles
- "Peacemakers" handout (1 per child)
- pens

Have a Thumb War

Say: **Have you ever had a thumb war?** Have kids find partners, and show them how to link their fingers and then move their thumbs to try to pin the other person's thumb down. To begin a match, kids will say, "One, two, three, four; I declare a thumb war!" They'll begin trying to pin their partner's thumb immediately after the word "war." Have partners play a few rounds.

Ask: • **Who won?**

- **How did you feel while you were thumb wrestling?**
- **How do you feel when you're in the middle of a real-life fight or argument?**

Say: **In a thumb war, you and your opponent have conflicting goals: You each want to pin the *other* person's thumb. Real-life arguments are similar: You both want to be right! But making peace means letting go of the need to be right and instead ending the fight. It'd be like having a thumb war where one person just stopped trying to pin the other person's thumb.**

Have partners do another round of thumb wars, but this time, the older partner in each pair won't try to pin the other person's thumb.

Ask: • **What happened when you stopped trying to pin the other person's thumb?**

Say: **Making peace in life isn't always easy. Sometimes you try to stop the fight, but the other person is still fighting! So what if you're the only one willing to make peace? Let's dig in to that.**

Dig Deeper

Say: **There are a few verses in a row that give a lot of great ideas for how to make peace. Let's dig in to those verses and see what we can learn.**

Distribute a "Peacemakers" handout and a pen to each child.

Have a child read Romans 12:17 from the handout.

Ask: • **Think of a real-life feud you've had. How could you have applied this verse to that situation?**

Have kids write an example of how to make peace using the advice in verse 17.

Repeat the same process for verses 18, 19, 20, and 21.

When you've gone through all the verses, have kids read some of the examples of peace they wrote on their handouts.

Say: **Making peace is hard! These verses give us good ideas for how to make peace, but that doesn't make it easy. That's why it's good news that peace is a fruit of the Spirit. It means we don't have to try to make peace all in our own strength! We can turn to God for help when we need to make peace. Let's do that now.**

Have kids fold their hands to pray but wiggle their thumbs as if in a thumb war as you pray: **God, thank you that you are the ultimate peacemaker. Help us**

when we face situations where we want to fight. Give us ways to make peace instead, even if the other person doesn't want to make peace. Help us know when to just walk away like Isaac did. In Jesus' name, amen.



LIFE APPLICATION WRAP-UP

Run and Rest

[5 min]

Pray While Running

- Have kids run in place.
- As kids run in place, they can talk to God about stress or conflict in their lives. Maybe they're mad at someone or in the middle of a fight. Maybe they're around people who fight a lot.

Pray While Resting

Say: **Peace is a fruit of the Spirit. When we feel worn out from fighting with other people, God can help us make peace and find rest.**

- Have kids lie down.
- Allow a moment for silent prayer to ask God for peace.

Wrap Up

Pray: **Jesus, thank you for giving us peace as a fruit of the Spirit. Help us find your peace this week. In your name, amen.**

Thank kids for coming, and encourage them to come back next week.



ACTIVITY PAGES WITH A POINT

Practice Peace

[10 min]

Supplies

- “Fruit of the Spirit: Peace” Coloring Page
- pencils
- crayons

Older Kids: Do an Activity Page

Say: **Today we’re learning about the fruit of peace. When we follow Jesus, he helps peace grow in our lives. Because Isaac loved and obeyed God, he was able to keep the peace even when people kept taking his wells. Let’s see if *you* can stay peaceful as you take wells.**

Distribute the activity pages and pencils. Kids will pair up and play a game like Matchsticks, trying to get the last well in a row.

Ask: • **What did your partner do in this game that you didn’t like?**

• **How did you react when your partner did those things?**

• **What can that teach you about how to react when people make us mad or upset us?**

Say: **Peace is a fruit of the Spirit. We don’t always agree with others, but we can show them kindness to keep the peace.**

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: **Today we learned that peace is a fruit of the Spirit. Isaac kept the peace when people kept taking his wells. Let’s color that.**

Allow time for kids to color.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.