



LOW-ENERGY GAME

Parachute Peace

[10 min]

Supplies

- parachute or large bedsheet (1 for every 15 kids)
- upbeat music
- music player

Play With a Parachute

Say: **Today we're talking about peace because peace is a fruit of the Spirit. It's easier to understand peace when we can feel it. So let's do something to help us think about that.**

- Have each child grab on to an edge of the parachute.
- Start the music, and encourage kids to move the parachute around wildly.
- After a few seconds, stop the music and ask kids to be as still as possible.

Say: **When we're crazy with our parachute, it doesn't feel very peaceful. But when we stop and hold it still, we can feel a little bit of what peace is like. Let's do it again and see how fast we can get peaceful.** Continue alternating between wild movement and stillness. Begin to count slowly each time you stop the music to see how long it takes kids to be still. See if they can get faster and faster at becoming still.

Talk About It

Say: **It's fun to be wild and loud sometimes, but it's also nice to be calm and quiet. Sometimes we want to be peaceful, but there's too much going on around us. That's when we can remember that God puts his peace in our hearts, and peace is a fruit of the Spirit. God can help us feel peace even when things around us aren't peaceful.**



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 Digging Deep

[15 min]

Supplies

- Bible
- dish tubs or medium-size plastic bins (1 for every 2 or 3 kids)
- shredded brown tissue paper (enough to fill tubs $\frac{3}{4}$ full)
- blue construction paper

Easy Prep

- Cut one 1-inch diameter circle out of blue construction paper for each dish tub. Place a circle in the bottom of each tub, and cover the circles with shredded tissue paper. Put half of the tubs on each side of the room.

Dig Some Wells

Have kids sit in groups of five or six, each around a tub at one end of the room. (They'll use the tubs on the opposite side later.) Say: **Today we learned about Isaac digging some wells. Things didn't always go the way he planned. But Isaac was peaceful because he had God's peace in his heart—peace is a fruit of the Spirit. Let's be like Isaac and dig some wells of our own. When I say "go," dig for water in your tubs.** Say "go," and have adult or teen helpers lead kids to keep the "dirt" in the tubs. Helpers will point out the "water" when the blue circles are revealed. If kids become frustrated, helpers can remind kids that Jesus helps them have peace.

When a group finds water, immediately take it and say to that individual group: **In the Bible story, Isaac's neighbors said the water was theirs. They wouldn't let him have it, even though he found it!** Do this each time a group finds water.

After all the water in the tubs on that side of the room has been found, say: **Looks like no one could keep their water. Let's move somewhere else like Isaac did and look for some more.** Lead kids to the other set of tubs, and encourage them to start digging. Take the water from them as before, reminding them how Isaac's new neighbors wouldn't let him keep his wells, either.

Talk About It

Say: **It's hard to be peaceful when people aren't nice to us. Sometimes we get angry. We may want to yell at them or do something mean. But God shows us to make peace, like Isaac did. Peace is a fruit of the Spirit. That means God puts his peace in our hearts so we can share his peace with others.**

Share about something that makes *you* angry and how you would like to respond. You may get mad when people cut you off in traffic and want to honk at them, or you might get angry when your kids don't do what you ask and you want to yell at them. Share how you could respond *peacefully* in that situation, like letting the car go on ahead of you or reminding your kids calmly what they were supposed to do.

Ask: • **What's something that makes *you* angry?** Kids may say they get mad when someone takes a toy they were playing with or cuts in front of them in line. Encourage them to think of peaceful ways to respond to the situation.

Say: **Being a peaceful person like Isaac can be really hard. I imagine sometimes he wanted to fight to get his wells back. But because he was a friend of God, and peace is a fruit of the Spirit, God put *his* peace in Isaac's heart. In the Bible, Jesus promised to give *us* his peace.** Read aloud John 14:27.

Say: God helped Isaac make a peaceful choice. He can help us make peaceful choices, too.



LIFE APPLICATION WRAP-UP

Speak Peace, Make Peace

[5 min]

Learn an Action Play

Say: **Today we learned that peace is a fruit of the Spirit. We practiced being peaceful with others. Let's learn something that'll help us remember to be peaceful.**

Teach kids the following words and motions.

I'm God's friend, and I can make peace. (*link fingers, switching direction once*)

Use your fist for a fist bump, please. (*hold up fist, then bump with someone else*)

Use your elbow to link arms—that's peace. (*hold out elbow, then link arms with someone else*)

Say "God loves you," and fighting will cease. (*hug someone*)

Explain that *cease* means to stop, and help kids understand what it means in the final line of the action play. Repeat as time allows.

Pray

Say: **It's not always easy to keep peace when someone hurts us, but when we're friends with God, he helps us. Peace is a fruit of the Spirit, so let's ask God to be with us and help us show peace to others and feel peace in our own hearts.** Lead kids in a brief prayer.

Thank kids for coming to your class today, and challenge them to be peaceful this week. Ask them to come back next week and report on how they were peaceful.



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.