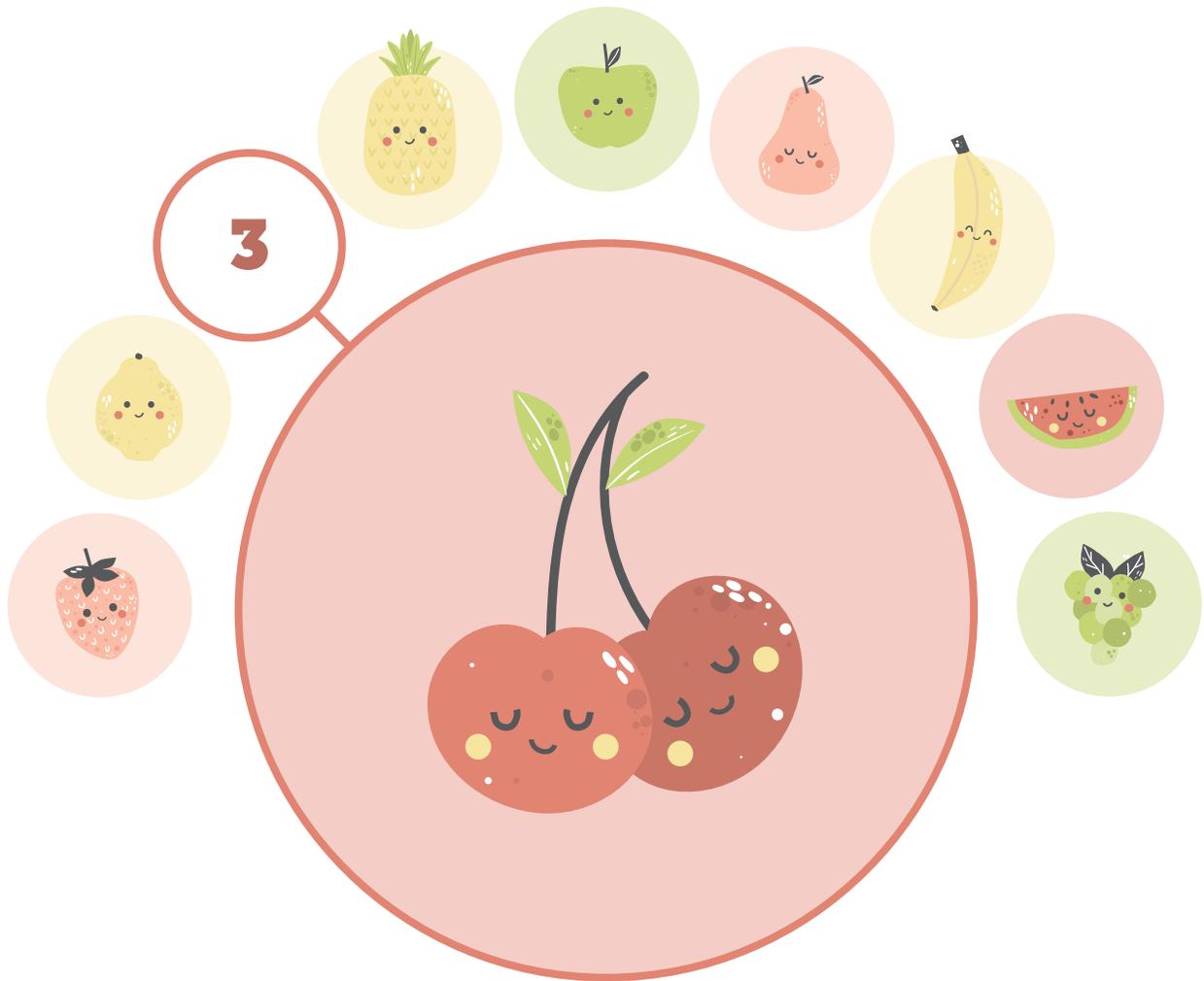


# LESSON THREE



**PEACE**

**BIBLE READING(S):***Philippians 4:4-9**Matthew 8:23-27***ELEMENTARY LESSON**

The Fruit of the Holy Spirit is also peace. Peace is the wholeness we have knowing we are loved and protected by God. We are at peace with God because of the price Jesus paid by dying in our place. Biblical peace is also the sense of God's being beside you and protecting you. Our passage today is from the book of Philippians. Paul is telling us how we can get this peace that comes only from God.

**— Read *Philippians 4:4-9***

This passage tells us that the "peace of God [that we can't always understand]... will guard your hearts and your minds in Christ Jesus." This peace will protect us from the things that threaten to break us. Jesus, who gave up peace on the cross, restores us by his grace to the peace of God--when we were supposed to die, He did it instead.

Just as He brings us love and joy, the Holy Spirit also brings us peace. In verse 8-9, Paul tells us that we can receive peace from the Holy Spirit by thinking about "whatever is pure, whatever is lovely, whatever is commendable [and excellent]." There are so many things we can think about! We can think about how God made an amazing ocean that is big, beautiful, and really fun to swim in. We can think about our moms and dads who we love, or our snuggly pets who were created by God. We choose what we think about, whether good or bad, and it's these good things that are pure, lovely, and commendable that can grow us in peace.

Another way that we can have peace is by thanking God. In verse 6, it says that we should make our requests known to God with thanksgiving. Thanksgiving just means that we are thanking God for all He has done. First and foremost, we can thank Him for giving us Jesus, our Savior. We can also thank Him for giving us our home, our family, our friends, and our church. If we really sit and think about it, there are so many things to be thankful for, and



when we spend time thanking God, it won't be long before we sense His peace.

The things of this world will never give us lasting peace because they are always changing, but God never changes. His love for us does not change if we're good, bad, anxious, or scared. We can ask the Holy Spirit to repeat to us what we mentioned in our Joy lesson: "I love you and I have saved you. You are safe." Because Jesus has completely paid for our sin by dying in our place, we are never, ever separate from Him, no matter what we do or say.

Jesus is a very peaceful person. Let's read in the gospel of Matthew about a time that He brought peace.

— **Read Matthew 8:23-27**

Jesus was not scared of the storm. In fact, He was sleeping while it was raging around Him! Can you imagine being in a boat and taking a nap during a big storm? Jesus was at peace during the storm because He knew that no matter what, His Father loved Him and was taking care of him. He also brought peace to the storm itself. The Holy Spirit can bring us this same peace.

## OBJECT LESSON

**You'll need: a clear bowl, a stir-stick (you can use the handle of a mixing spoon), and blue food coloring.**

Say: "Who knows what a hurricane is? A hurricane is a storm that spins rapidly in a circle. From the sky it looks like this." Show the kids a satellite picture of a hurricane. Say: "Look closely at this picture. See the very middle of the hurricane? That's called the eye. What's crazy is that the very middle of a hurricane is peaceful and calm while the storm swirls around it. Just like the peace we get from the Holy Spirit when things are scary around us. Let's make our very own little hurricane in this bowl."

Begin stirring the water in a circular motion. Once it's moving quickly, begin adding drops of food coloring to the "eye" of your hurricane. The drops will stay saturated in the "eye," but swirl out chaotically to the edges. Say: "The peace given to us by the Holy Spirit is just like this. We can have it even when the storm of life is swirling around us."



## **CLOSING PRAYER**

Dear God, thank you for giving us peace, even when the things happening to us aren't exactly peaceful. Holy Spirit, help us to know that we are loved and we are safe, always. Help us to have more peace in our hearts. Amen.

## **PEACE CHALLENGE**

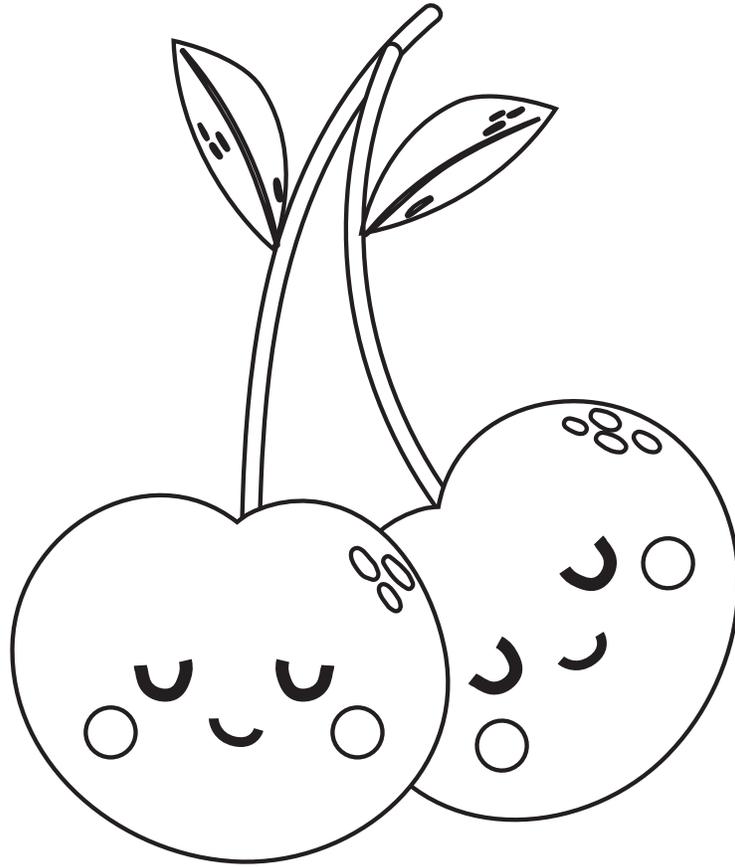
Take a video of yourself in the middle of a "storm!" Recruit a parent or sibling to make chaos all around you, running in circles and being crazy while you stay totally calm in the middle.

## **DISCUSSION QUESTIONS**

- What is one way we can invite in peace from God?
- Why wasn't Jesus afraid of the storm?

## **SONG RECOMMENDATIONS**

- "Peace Be Still" by The Belonging Co feat. Lauren Daigle
- "P E A C E" by Hillsong Young & Free
- "It Is Well" by Kristene DeMarco
- "Dancing on the Waves" by Bethel Music feat. We the Kingdom



***PEACE***