**Theme – Peace**

**Objective Summary**

Jesus gives us peace of mind and heart

**Resources needed**

Bibles

Paper to trace and colouring crayons (for the beginners & primaries)

Access to YouTube

Pencils/pens (older children)

Bible verses-

John 14: 27-28

Philippians 4:4-9

Memory verse -

**“**Peace I leave with you; my peace I give you.” John 14:27

Lesson

*Read as many Bible verses (see above) that a child can tolerate (the older the child, the more bible verses can be covered).*

Discussion

Have you ever been afraid? Of course, you have. We are all afraid at times. It is nothing to be ashamed of -- even adults are sometimes afraid. Some of us may be afraid of the dark. Some may be afraid of the thunder and lightning that comes with a storm. Here are just a few of the things that people are afraid of: bugs, bees, snakes, heights, dentists, doctors, dogs, cats, mice, and germs.

What do you do when you are afraid?

Take a deep breath and ask God to help you by saying a short prayer ” Lord let your peace replace my fear” let His peace cover all emotions of fear and worry. When you take a deep breath just imagine that God’s peace is filling you up. (For the younger children have an adult assist them)

(*Take another slow, deep breath. And repeat the above*)

“My peace I give you,” he says!

Taking a deep breath is your way of saying, “Thanks, God! I’ll take it!”

Jesus disciples also felt fear when Jesus was going to return to his Father….they wondered what would happen to them. Jesus knew they would have feared so he offered them words of comfort:

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid. Remember what I told you: 'I am going away, but I will come back to you again" John 14:27-28 (NIV)

Remember wherever you are God is always with you and if you stop and take a breath He will fill you with His peace.

Father, we thank you for the Holy Spirit who guides us and calms our fears. In Jesus name we pray amen.





