



LESSON 23 | Peace

Bible Basis: 1 Kings 3:1–15; 4:20–25; Mark 4:35–41

Key Verse: Philippians 4:6–7: “Don’t worry about anything ... God’s peace will watch over your hearts and your minds.”

Key Question: Where do I find strength to battle worry and fear?

Key Idea: I am not worried because I have found peace with God, peace with others, and peace with myself.

Resource: *Believe Storybook Bible*, Chapter 23, “Peace” or story script (below)

Master Supplies List

- Believe Storybook Bible* (optional)
- Flower template
- Scissors
- Marker
- PowerPoint slides or printable posters of illustrations
- Family Page (one per child)

Optional Supplies

You will need the following supplies based on which option(s) you choose in **STEP 3 | Explore More:**

- OPTION 1:** Blue construction paper (one sheet per child), nontoxic washable white paint, small triangles cut from yellow construction paper (one per child), black crayons, baby wipes
- OPTION 4:** Crayons or markers, Let’s Color! sheet (one per child)
- OPTION 6:** Two puppets

STEP 1 | Come Together (10 min)

Supplies: Flower template, scissors, marker

Teacher Prep: Print and photocopy the Flower template (one flower per child), then cut out the flowers. On each flower–s, write an idea to help someone stay peaceful when feeling worried or afraid, such as talk to a friend, play a game, pray, sing a hymn, dance, listen to worship music, draw a picture, go outside, etc. These ideas will be acted out by the children.

PEACE

- GATHER the children.
- SAY, Today we are going to talk about peace. Do you know what peace is? Can you think of a time when you feel peaceful? (Sleeping, hugging a parent, being inside our house during a storm, playing with friends at school, etc.)
- SAY, Peace is that calm and happy feeling you have when you know you are safe. Jesus is called the Prince of Peace, and he wants to give us his peace when we feel worried or afraid.
- ASK, Do you ever feel worried or afraid? (Take responses)
- SAY, Jesus is the Prince of Peace, and he wants us to feel safe even when there are things in our lives that might make us feel afraid or worried.
- SAY, One of the ways you can feel peaceful whenever you are worried and afraid is to pray. Praying is simply talking to and listening to God. Spending time praying each day can help you feel less worried or afraid of things that bother you.

STAYING PEACEFUL

- ASK the children to come up one at a time and choose a flower.
- READ aloud to the class the tip for staying peaceful.
- INSTRUCT each child to act out what is written on their flower. You may need to prompt younger children with suggestions.
- SAY, In today's story, we will learn more about peace and how trusting in God gives us peace.

REVIEW

- SAY, So far today we have learned that God wants to give us his peace when we feel worried or afraid. We will learn about people in the Bible who tried to stay peaceful even when things around them were hard or scary.

KEY VERSE

- REVIEW this week's Key Verse. You may want to repeat the verse slowly a few times until the children are able to say it from memory.
- **NOTE:** You may also choose to review last week's Key Verse together.

Philippians 4:6–7

Don't worry about anything. . . *(Shake a finger back and forth in a "no" motion)*

God's peace will watch over your hearts *(Lay folded hands over heart)*
and your minds. *(Lay hands on the side of head)*

STEP 2 | Hear the Story (15 min)

Supplies: *Believe Storybook Bible* (optional), PowerPoint slides or printable posters of illustrations

INTRODUCTION

- TELL the children that they will be learning more about the peace of God.
- SAY, We already learned that God wants us to be peaceful instead of worried.
- CONTINUE, We'll also learn how Solomon and Jesus helped others feel peaceful.

READ CHAPTER 23

- READ aloud the story script below or chapter 23, "Peace," from the *Believe Storybook Bible*.
- SHOW the illustrations included with this curriculum on PowerPoint slides or printable posters.

THE STORY OF SOLOMON

- Everyone feels worried or afraid sometimes. Some fears are even good! It is good to be afraid of touching a hot stove. But God does not want us to live in fear. He wants us to have the good, calm feeling of his peace. We can have peace by knowing that God is in control, even when we feel worried or afraid.
- King Solomon had a lot to worry about. He had to rule over a whole kingdom! But he trusted God to give him wisdom. God's people had a long time of peace while he was king.

- King Solomon loved God. He prayed every day and obeyed God's laws. He wanted to be friends with all the kingdoms around him. One night, God spoke to Solomon in a dream. He said, "Ask for anything you want. I will give it to you."
- What would you ask for? New toys? A big pool? Solomon did not ask God for things. He thanked God for the many things he already had. Then he asked for a good, wise heart. He wanted to be a good king. God was very happy with Solomon. He gave Solomon the gift of wisdom. He also made him very rich and powerful.
- While Solomon was king, God's people had everything they needed. There was plenty of food to eat. They were safe from enemies. They knew that God was taking care of them.

THE STORY OF JESUS CALMING THE STORM

- Have you ever been through a big storm? Maybe there was thunder and lightning. Maybe strong winds blew the branches off trees. You were probably glad to be safe inside your home during the storm. But what if you were outside? What if you were on a boat in the middle of a lake? That's just what happened to Jesus and his disciples one night.
- Jesus was tired from teaching all day. He fell asleep in the back of the boat. While the disciples rowed, the storm got stronger. The sky was dark. Waves crashed over the sides of the boat. The disciples couldn't believe Jesus was asleep!
- They were afraid so they woke Jesus. "We are going to drown," they cried. "Don't you care about us?"
- Jesus stood up. He shouted to the storm, "Peace, be still!" Right away the storm stopped. The disciples saw that Jesus is the Prince of Peace. He can calm a storm and he can calm our worries and fears. God wants us to live in peace. We can always have peace by trusting in Jesus and talking to him.

REVIEW SOLOMON

- ASK, What was Solomon's kingdom like while he was in charge? (His kingdom was peaceful)
- ASK, What did Solomon ask for when God said he could have anything he wanted? (He asked for a good, wise heart so that he could lead his kingdom in a peaceful way)

REVIEW JESUS WALKING ON WATER

- ASK, Who is called the Prince of Peace? (Jesus)
- ASK, How did the disciples feel when the big storm hit while they were in the boat? (They felt afraid)
- ASK, What was Jesus doing while the disciples were scared? (He was sleeping)
- ASK, What did Jesus do about the storm? (He told the storm to stop, and the wind and waves obeyed his voice and became calm)
- PRAY, God, please help us to remember that just as Jesus calmed the storm on the sea, he can give us peace when we are worried or afraid.

STEP 3 | Explore More

Choose from these activity options, depending on your available time frame, to help the children explore the lesson further.

Option 1: Peace Dove (10 min)

Supplies: Blue construction paper (one sheet per child), nontoxic washable white paint, small triangles cut from yellow construction paper (one per child), black crayons, baby wipes

Teacher Prep: Before class, cut out small yellow triangles for your peace doves' beaks (one per child).



- SAY, Today we learned about peace and how God wants to give us his peace when we feel worried or afraid. Often in the Bible, a dove reminds us of peace.
- SAY, Today we are going to create our own peace doves to remind us how God wants us to have his peace and to live at peace with others.
- PASS out materials to the children. Write each child's name on the back

of their blue construction paper. Then paint the palm of one hand of each child with a coat of white paint (one child at a time), being sure to cover the entire palm and every finger.

- **INSTRUCT** the children to spread their fingers and carefully lay their hand on the blue paper to create a white handprint. Immediately wash off their hand with baby wipes.
- **INSTRUCT** the children to glue the yellow triangle on the thumb (the dove's head) for a beak and to use black crayon to create the eye.
- Write the words "Peace Dove" on the bottom of each child's paper.
- **ENCOURAGE** the children to hang up their peace doves in a place where they can see them often to be reminded of how Jesus gives us his peace.

Option 2: If You're Peaceful and You Know It (10 min)

- **SAY**, Another way to be peaceful when you are worried or afraid is to sing a song. Singing songs about Jesus will help you remember that Jesus is the Prince of Peace.
- **SAY**, If you are worried or afraid, you can sing this song to feel better and focus your heart on Jesus, rather than on what you are worrying about.
- **NOTE:** Feel free to come up with additional verses to make this activity last longer.

If you're peaceful and you know it, *(bow head and fold hands)*
bow and pray

If you're peaceful and you know it, *(bow head and fold hands)*
bow and pray

If you're peaceful and you know it *(make a peace sign, point at your head)*

Then your heart will surely know it *(hold both hands over heart)*

If you're peaceful and you know it, *(bow head and fold hands)*
bow and pray

If you're peaceful and you know it, *(hug self or other students)*
give a hug

If you're peaceful and you know it, *(hug self or other students)*
give a hug

If you're peaceful and you know it *(two fingers peace sign followed by pointing at your head)*

Then your heart will surely show it *(hold both hands over heart)*

If you're peaceful and you know it, *(hug self or other students)*
give a hug

Option 3: Sometimes I Get Worried Game (10 min)

- SAY, We are going to play a game that will help us remember that no matter what is bothering us, God will always take care of us. He will give us peace to take care of whatever we are worried about.
- EXPLAIN to the children that one child at a time will come up to the front. Everyone will clap together to set the beat. Do the following chant in rhythm:

Child in front: Sometimes I get worried.

Group: Sometimes we get worried.

Child in front: But God takes care of me.

Group: Yeah, God takes care of us!

- CONTINUE the game until each child has had a chance to be the child in front.
- SAY, This game is a reminder that you are loved by a God who saves you and will not leave you alone. When you are scared or worried about anything, remember to ask God for help and he will hear you.

Option 4: Let's Color! (10 min)

Supplies: Crayons or markers, Let's Color! sheet (one per child)

Teacher Prep: Print and photocopy the Let's Color! sheet (one per child).

- GIVE each child a Let's Color! sheet.
- PROVIDE a selection of crayons and/or markers for the children to share.
- DISCUSS this week's Key Idea as the children color.

Option 5: Praise and Worship (15 min)

“I've Got Peace Like a River” by Jeffery Rickard

Public Domain

CCLI #2154963

“He's Got the Whole World in His Hands” by Ken Barker

Public Domain

CCLI #3272325

Option 6: Act It Out (10 min)

Who's Afraid of the Dark?

Use two puppets to act out the following short skit.

Characters

Miles
Annie

Props: Two puppets

Miles: Are you having fun camping?

Annie: Well, I was ... but not really anymore.

Miles: Oh no! Why not? What's wrong?

Annie: Well, I know in a little while they are going to put out the fire and turn off the lanterns.

Miles: So what? You didn't think you'd get to stay up all night at the camp-out did you?

Annie: No, but I forgot something.

Miles: What? Your pillow?

Annie: I can't tell you. I'm embarrassed.

Miles: You can tell me. I'm your friend.

Annie: I forgot that I'm afraid of the dark.

Miles: Oh! I see.

Annie: Please don't tell anyone. I don't want people to know. It's embarrassing.

Miles: I won't tell anyone, but you shouldn't feel embarrassed. A lot of people are afraid of the dark until they know the secret to not being scared.

Annie: The secret?

Miles: Sure! The secret way to deal with things when you feel afraid.

Annie: What's the secret?

Miles: Jesus!

Annie: How is Jesus the secret?

Miles: Jesus is the Prince of Peace, and he can give you peace, no matter what you're scared of. The Bible tells us that God made light. God isn't afraid of the dark! He's more amazing than a superhero! He can see everything in the dark as if it were the daytime. It's like he has these special eyes or something.

Annie: So he can see if I am ever really unsafe? He can see the things that crawl around in the dark? He can see the monsters under my bed and under my tent?

Miles: Yeah, he can! Our God is the "God who sees." So if you feel scared, you can ask him to protect you.

Annie: Really? God would protect me when I'm in the dark?

Miles: Yeah. God would protect you in the dark and in the light. God is with you all the time, and he wants you to tell him when you're scared. *(pause)* Hey, Annie, can I pray for you? I know praying or talking to God always makes me feel better.

Annie: Sure.

Miles: Dear Jesus, the Bible says that you love and care about your children. Please protect us tonight while we sleep, and give my friend Annie peace. Help her to feel safe because you are with her. Amen.

Annie: Thanks, Miles. I feel better already.

Miles: Cool. Now how about some more s'mores, get it? S'more s'mores!

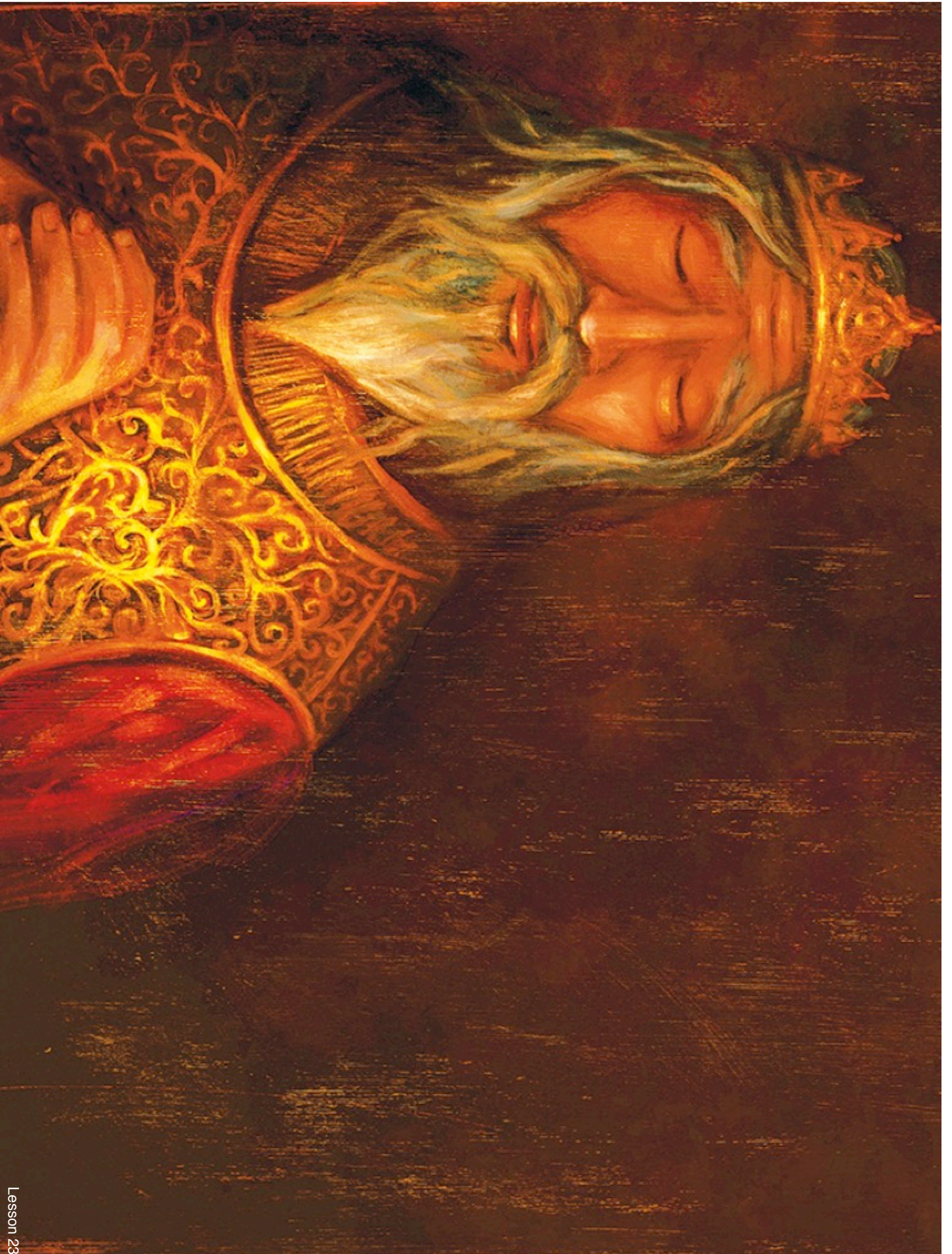
Annie: Ha ha! Yes!

STEP 4 | Going Home (5 min)

Supplies: Family Page (one per child)

Teacher Prep: Print and photocopy the Family Page (one per child).

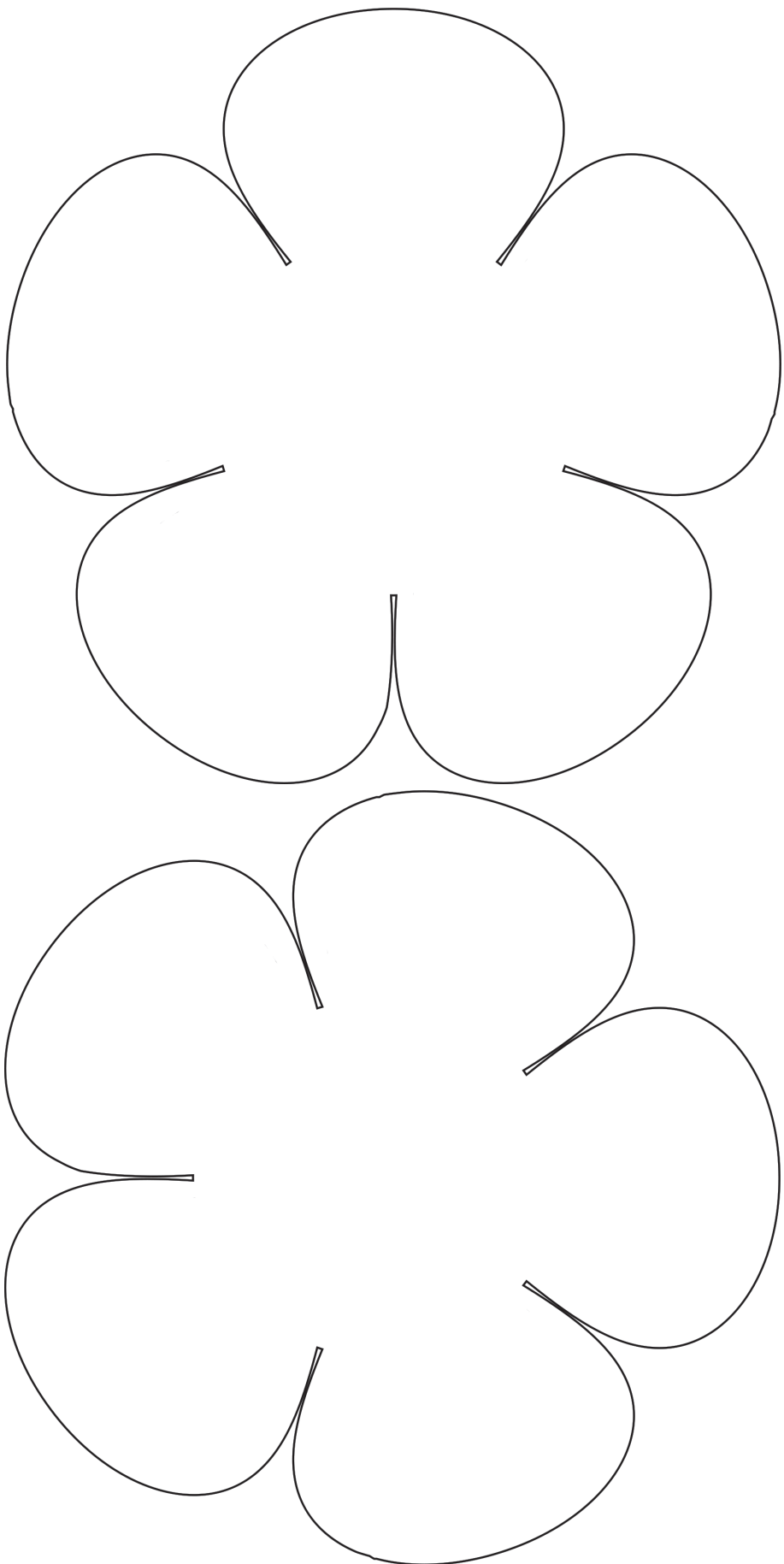
- GIVE each child a copy of this week's Family Page.
- SAY, Give this page to your family when they pick you up. It will remind you to tell your family what you learned today about peace.
- HAVE the children practice telling you the story of Jesus calming the storm.
- REVIEW this week's Key Verse as well as today's story and Key Idea from the *Believe Storybook Bible* as you wait for the children to get picked up.
- MAKE sure each child remembers to take home any activity sheets or craft projects and the Family Page.











Let's Color! Name: _____



FAMILY PAGE | Lesson 23: Peace

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Key Verse: Philippians 4:6–7: “Don’t worry about anything . . . God’s peace will watch over your hearts and your minds.”

Key Question: Where do I find strength to battle worry and fear?

Key Idea: I am not worried because I have found peace with God, peace with others, and peace with myself.

Resource: *Believe Storybook Bible*, Chapter 23, “Peace”

How to Use This Page

This week, your family can either read the story from the *Believe Storybook Bible* or read the Bible Basis passages from your Bible to help your child remember the lesson. Use the Table Talk questions below to start a discussion around the dinner table, while driving in the car, or just about anywhere. The Living Faith activity is designed to remind your child of the Bible lesson through a drama or other engaging activity. The Extra Mile idea provides interactive ways for your child to connect with the story.

Table Talk

1. What is peace? (Peace is offered by Jesus to those who believe in him; it helps us be calm and trust in him despite what we are scared of or worried about)
2. Does our home feel like a peaceful place? What about school, church, or other places you go regularly? If not, how could you ask Jesus to bring peace into those places? (Pray)
3. When do you have the most peace?
4. Do you think you can tell your friends and others in our family that Jesus is the Prince of Peace?

Living Faith

Option 1

You can reenact Jesus calming the storm by allowing your child to use a bed or couch as a ship. Take turns with your child either being Jesus or one of the disciples. Make sure your child remembers the words “Peace! Be still!” during

the part of the story when Jesus speaks to the storm. Encourage your child to use these words when he or she is feeling worried or afraid.

Option 2

Help your child develop a sense of peace by creating a list of things the two of you can do together when your child is feeling worried or afraid. Your list can include activities such as praying together, sitting and cuddling, going for a walk, singing praise songs and hymns, etc. Include pictures as well as words so your child can really visualize these things. Post this list where your child has easy access to it.

Extra Mile

- Some children have specific issues that bring them a lot of fear or anxiety, such as being afraid of the dark or dogs or making new friends. Pinpointing these issues and helping your child address them is important for their spiritual growth. With your child, come up with specific ways your child can look for God's peace when afraid. Some ideas include praying to God (listening to and talking to God), reading a favorite verse or story in the Bible, drawing a picture or doing some other art, going outside into nature, etc.
- Many families experience certain times of the week that are less peaceful at home, such as mornings when everyone is rushing about before school or work. Have a family meeting to discuss these chaotic times and to create a "family peacefulness plan," which can help everyone remain peaceful during those stressful periods. Be sure to include your child in the planning. Listen to your child's ideas and validate them by including them in the plan.
- During family prayer time this week, remind your child that Jesus is the Prince of Peace. Help your child bring all fears and worries to Jesus. Spend time with your child picturing Jesus taking away those scary things and bringing peace in their place.