

WHAT IS PEACE?

Peace is not the absence of conflict, but rather the awareness of the sufficiency of God in every circumstance. Peace is found as we rest and rely on Him. Worry and anxiety often come as we take our eyes off our all-sufficient God. We can have peace even in times of trouble.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

JOHN 14:27

PARENTS / KIDS

BEST USE

A family time activity to talk about peace

ADVANCE PREP

A Bible, balloon and a hair dryer

Step One

Read John 16:33. Jesus is telling His followers that there will be trouble but that we can trust Him for peace because He is in control.

Step Two

Blow up a balloon and tie it off. Have someone hold the balloon stem below the knot and tell them the objective is for them to hold the balloon very tightly and keep it still while the hair dryer or family member blows air on it. They will not be very successful. Tell them to hold on tight to try to control the balloon so it stays "peaceful in the storm."

Step Three

Now, have someone hold the balloon by gripping the top of it. Try blowing the balloon now. (Blowing on it should not be able to affect the balloon.) This illustration represents the peace that God can bring when we allow Him to be in control. The circumstances may not change, but who we are trusting for peace does.

Step Four

Peace greatly involves letting go of control and allowing God to be our ultimate peace. As a family we can create an aroma of peace in our home as we team up with God and seek peace in Him.

Step Five

Allow each person to share one thing that they feel worried or "not-at-peace" about. Pray together specifically for those items shared. Thank God that He is in control and ask that He would give peace in each situation.

PARENTS / TEENS

BEST USE

An activity with older children/teens used to discover and understand peace from a Biblical perspective

ADVANCE PREP

A Bible or device that has a Bible, paper and something to write with

Step One

What comes to mind when you hear the word peace? Does peace always have to do with the absence of war or conflict?

Step Two

Read Philippians 4:6-7. God does not desire that we are worried or anxious about anything. The spiritual fruit of peace is the opposite of worry. Peace comes from God. We can tap into the peace that passes all understanding through prayer.

Step Three

Have each person make a list of things that cause him or her anxiety or worry. Discuss each one and the reasons behind them. It is important to not dismiss anything from a person's list, which could be easy to do if one does not have the same worry or anxiety.

Step Four

Take turns praying for one another's worries, asking God to bring peace to that area of each other's lives.

Step Five

During the next week check in with one another either at dinner or through a text message asking if they are worried or anxious about anything. Pray for one another on the spot or through text based on their response.