

PEACE

Bearing fruit at home

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 / 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.