

Increase Your Peace Pt. 1 When You Are Restless.

Circle Up

Use this time to get your family together in the living room or an open space.

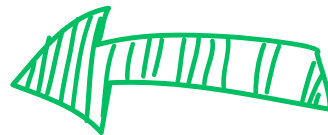
Say This:

Today's Main Question: What activities steal your peace?

This week's verse: Colossians 3:15 "And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful."

Watch

Watch this week's lesson on Youtube by scanning the QR code below!



Ask

Ask you K-5th Grader:

When do you feel like you just need Jesus to blanket you in peace?
Who can you reach out to for help when you need peace?

Ask Your 3-4 Year Old:

When do you ever feel like you want Jesus to wrap you up in calmness like a cozy blanket? Who can you talk to when you need help to feel peaceful and happy?

Ways to Help



Finding peace can be hard sometimes in a world full of uncertainty let alone in a world that often is far from Jesus. Here are some ways to help with that throughout your week.

1. **Talking to Jesus:** You can talk to Jesus like you talk to a friend. Share your feelings and worries with Him. It can make you feel better.
2. **Reading Stories:** You can read stories about Jesus from a special book called the Bible. These stories can help you learn good things and feel peaceful.
3. **Praying:** Praying is like talking to Jesus. You can close your eyes, fold your hands, and say nice things to Him. This can make you feel safe and calm.
4. **Singing Songs:** Singing happy songs about Jesus can make you feel joyful and peaceful. It's like music that makes your heart feel good.
5. **Being Kind:** Jesus liked when people were kind to each other. When you're kind and helpful to others, it can fill your heart with peace.
6. **Being Thankful:** Say thank you to Jesus for the good things in your life. This can remind you of all the wonderful things and help you feel peaceful.