

Increase Your Peace Pt. 3 When Your World is Chaotic

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 does it look like to "make 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:

Why do you think it's hard for people to live in peace with one another sometimes?

Ask Your 3-4 Year Old:

Why do you think it's tough for friends to always be happy and play nicely together?

Here are 10 things you can do to help bring peace:

1. Share toys and games with your friends.
2. Say sorry and make up if you have a fight.
3. Listen to what others have to say and be a good friend.
4. Use kind words and not mean ones.
5. Help someone when they need it, like picking up something they dropped.
6. Smile and be friendly to make people feel happy.
7. Follow the rules and take turns when playing games.
8. Hug or give a high-five to show you care.
9. Be patient and wait your turn without getting upset.
10. Imagine how others feel and try to understand them.

5 scriptures about peace

1. Philippians 4:7 (NIV): "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
2. John 14:27 (NIV): "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."
3. Matthew 5:9 (NIV): "Blessed are the peacemakers, for they will be called children of God."
4. Isaiah 26:3 (NIV): "You will keep in perfect peace those whose minds are steadfast because they trust in you."
5. Romans 15:13 (NIV): "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."

These verses from the Bible emphasize the importance of seeking peace, both with God and with others, and how trust and faith play a role in finding and maintaining peace.