

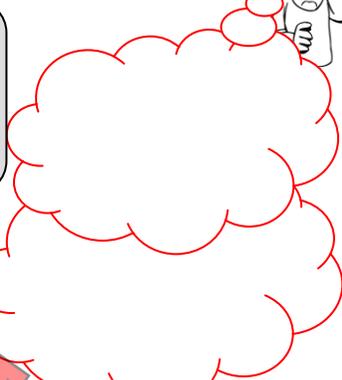


ARE YOU A **WORRY WART?**



If I didn't have God's peace, I'd be worried about all sorts of things.
What sorts of things do you worry about?

How do you feel when you worry?



Philippians 4:6 - 7

1. Instead of worrying, what two things should you do? p_____ and be th_____
2. When you do these two things, what will God give you? p_____
3. How will this help you stop worrying? _____

These two Scriptures help us find peace within ourselves

Matthew 6:25-33

4. What important things did you learn from this Scripture? (In particular, verse 33)



Who else can we live at peace with?



LET GOD'S PEACE GUARD YOUR HEART and MIND

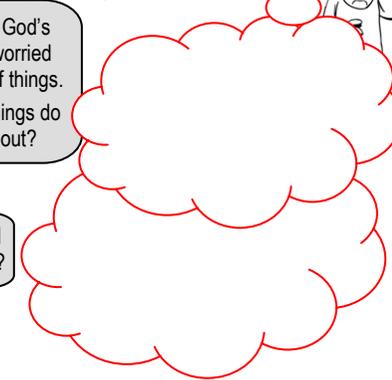


ARE YOU A **WORRY WART?**



If I didn't have God's peace, I'd be worried about all sorts of things.
What sorts of things do you worry about?

How do you feel when you worry?



Philippians 4:6 - 7 (NIV)

Instead of worrying, **PRAY** and be **THANKFUL**
SO GOD'S PEACE CAN GUARD YOUR HEART and MIND



HEART and MIND



Matthew 6:25-33 (especially verse 33)

Put _____ and _____ him and he will _____ your _____



(Romans 5:1)

Who can we live at peace with?
Use the letters in the orange quarts to write a word to finish the sentence.



(Romans 12:18 niv)

AIM For children to learn more about the fruit of the Spirit – peace and to understand that the peace that comes from the Spirit of God is a protection for our hearts and minds.

INTRODUCTION OR



POWERPOINT PRESENTATION that refers to this page is: PowerPoint Disc – [Page 21](#)



- The fruit of the Spirit that we will be learning about today is peace.
- Can anyone explain what peace is? (Accept responses). We're not talking about a piece of pizza or a piece of a puzzle.
- Peace can mean to be free from fighting or war, or to be free from worry. It can be described by using words like: quiet, still, calm.
- I want you to think about how you feel when you're fighting or arguing with friends or family. Your heart can be filled with hurt and anger and your mind can be filled with thoughts of hate and revenge.
- What about when you are worried about something, what feelings and thoughts do you have then? Worry can make your heart feel heavy and miserable. Worry will also fill your mind with doubt and fear.
- All of these thoughts and feelings are not good for us. In fact they can actually make you physically sick. They can cause you to feel sick in the stomach and to have headaches.
- The Bible says that if we will talk to Jesus about our problems and find something to be thankful for, God's peace will guard our hearts from hurt, anger and worry, and it will guard our minds from bad thoughts, doubts and fears.
- You will find out more about God's peace and how to find it in your activity books.

ARE YOU A WORRY WART

Children are to read the Biblical Dude's comments which ask the children –

- What sorts of things they worry about, and
- How they feel when they worry.

Children can write their answers to these questions in the red thought bubbles.

Allow time for the children to share their answers.

PHILIPPIANS 4:6-7 (NIV) (CEV)



Answers to questions are as follows:

1. Instead of worrying, what two things should you do? **PRAY** and be **THANKFUL**
2. When you do these two things, what will God give you? **PEACE**
3. How will this help you stop worrying?



GOD'S PEACE WILL GUARD YOUR HEART & MIND (from NIV)
GOD'S PEACE WILL CONTROL THE WAY YOU THINK & FEEL (from CEV)

MATTHEW 6:25-33 (In particular v. 33)

4. What important things did you learn from this Scripture (in particular verse 33)?
 - Put God's work first and do what he wants, then God will provide other things like what to eat, drink and wear. (This means we don't have to worry about these things.)



PHILIPPIANS 4:6-7 (NIV) (CEV)

Children are to trace over the two words in **BOLD** and colour the rest of the paraphrase of this Scriptures as follows:

Instead of worrying, **PRAY** and be **THANKFUL** so God's peace can guard your heart and mind.

MATTHEW 6:25-33 (In particular v. 33)

Children are to use the first letter of the word for each picture to fill in the missing words as follows:

Put **GOD FIRST** and **OBEY** him and he will **LOOK AFTER** your **NEEDS**.

WE CAN LIVE AT PEACE WITH...

Children are to read [Romans 5:1](#) and [Romans 12:18](#) (NIV) so they can finish the questions as follows:

- We can live at peace with **GOD** (Romans 5:1)
- We can live at peace with **EVERYONE** (Romans 12:18 NIV)
- Encourage the children to share ideas about how they can live at peace with everyone.
For example: be prepared to apologise; forgive others, even if they don't apologise; don't hold on to grudges; be prepared to listen to other people's ideas and opinions; don't always assume you are right; and sometimes you just have to agree to disagree.

PRAYER FOCUS



- Ask children to keep their activity books open for prayer time.
- Have children sit in a circle, but facing outwards.
- Instruct children to pass an orange candle around the circle. (Use more than one candle for large groups)
- When the candle is passed to them, they are to use what they have written in the thought bubbles at the top of the activity book page as their prayer.
- Encourage the children to pray silently :
 - Telling God about the things that worry them and how they feel.
 - Think of at least one thing they can thank God for.
 - Allow God's peace to rest on them.
- Conclude the time of prayer by praying for the whole group. Tell fear and anxiety to leave and thank God for his amazing peace.

MEMORY VERSE ACTIVITY - Pictionary



- This memory verse is a combination of the CEV and NIV versions of Philippians 4:6-7 as follows:

*Don't **worry** about anything. Instead, **pray** about everything and be **thankful**.*

*Then God's **peace** will **guard** your **heart** and **mind** and **control** the way you **think** and **feel**.*

- Use [Template No. 22 \(a\)](#) (Resource Disc) which has each of the main verbs and nouns of this verse on individual pieces of paper (Words in bold above).
- Divide children into teams. Each team is to nominate a different person to be the "drawer" for each word.
- The drawers from each team are given the same word to draw and the aim is for their team to be the first to work out what the word is from the drawing.
- **OR;** use [Template No. 22 \(b\)](#) (Resource Disc) and choose a memory verse activity from [Appendix 2](#) of this manual

WE CAN LIVE AT PEACE WITH...

Children are to use the letters in the orange segment to complete the sentences as follows:

- We can live at peace with **GOD** ([Romans 5:1](#))
- We can live at peace with **EVERYONE** ([Romans 12:18](#) NIV)

Encourage children to read the Scriptures from the back of their activity books.



FRUIT OF THE SPIRIT POSTERS



- Throughout the Fruit of the Spirit sessions, allow children to make a poster on each fruit of the spirit.
- Add a creative touch and make each poster the shape of each fruit used in the activity book. For example, enlarge the orange shape for the "Peace" poster. ([Template No. 21](#) – Resource Disc).
- Encourage children to use pictures and words they have used in their activity books.
- They could make individual posters that they can take home.
- Or, they could make a group poster that can be used to decorate the walls of your church.
- This is an activity that even the young children can take part in.

Notes . . . 



VIEW
SAMPLE
ONLY

