

PEACE / Week 4

An untroubled heart that comes from trusting God



MISSIONS

"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." JOHN 14:27

PARENT DEVO

(Parents, this is for you to do ahead of time as you prepare your hearts to lead your kids.)

READ Acts 20:17-24 and John 16:33. How does Paul's life show he believed the truth that Jesus spoke of in John? How do you think Paul's friends felt as they heard this message from him? Where did Paul's peace come from? Do you think this peace is possible in your own life? Why?

DID YOU KNOW? Paul most likely wrote Philippians while under house arrest in Rome. He had visited Philippi on his second and third missionary journeys. Paul & Silas also spent a night in prison there (Acts 16) before going to Thessalonica.

REFLECTION: Phil 4:6-13. What in your life is a source of anxiety? How can you pray with thanksgiving about it? Why is it easy to trust God in some circumstances but not in others? How can remembering the truth of John 16:33 help you have peace in both plenty and want?

PRAY: Thank God for overcoming the world and His peace that surpasses understanding. Pray for specific things that cause you to worry and hand them over to God. Thank Him for the times He gave you peace when you trusted Him.

HELPFUL HINTS BEFORE YOU START:

- The Finish Line is the key teaching point of the lesson
- Everything in **BOLD** is meant to be read out loud. The rest is either answers to questions, instructions, or suggestions for supplies
- You will need a Bible, a sheet of paper, pen or marker, shield (use a toy shield or draw one on paper)

FINISH LINE: *TRUSTING GOD GIVES US PEACE IN ANY CIRCUMSTANCE*

READ JOHN 16:33

- Have kids summarize what Jesus said in their own words.
- **Did Jesus promise our lives would be easy?** No
- **What DID He promise us?** He promised we would have trouble, BUT He is bigger than and can defeat anything we face.
- **Does God always keep His promises?** Yes!
- **How does this verse encourage you?**

Let's look at the life of a man who trusted what Jesus said and had peace from God in every circumstance. We're going to read Paul's farewell to his friends at the church in Ephesus. Paul was going to go to Jerusalem, but he didn't know what would happen when he got there. Some people wanted to arrest him for preaching about Jesus. Paul left knowing he might be put in jail.

READ ACTS 20:16-24

- **What are some things you already know about Paul?**
- **What were some of the hardships he faced?** People plotted to attack him and hated what he taught, he had been in prison, beaten, etc.
- **Did Paul let his troubles discourage or worry him?** No
- **How did he show he really trusted what Jesus said in John 16:33? See verse 22.** He was willing to go to Jerusalem because God wanted him to, even though he didn't know what would happen.
- **Reread verse 24. What was the most important thing to him?** Being obedient to talk about Jesus with everyone he met.
- **What do you think Paul trusted was true about God?**

When he arrived in Jerusalem, Paul was arrested for preaching the Gospel and sent to Rome for trial. While under arrest in Rome, Paul wrote a letter to his friends in Philippi. Let's see what he said about God's peace in the middle of a hard circumstance.

READ PHILIPPIANS 4:6-7, 11-12

- **What did Paul think about his circumstances? Was he still trusting in God and what Jesus promised in John 16:33? Is God always trustworthy?**
- **Would you write a letter like this to your friends if you were in prison? Why or why not?**
- **Reread verse 6. What can we do when we're tempted to worry?** We can pray and thank God for the good things He has done and given us.
- **When you are thankful, is it harder to worry? Why do you think that is?**
- **Reread verse 7. Where did Paul say his peace comes from? Did he make himself feel peaceful?** All his peace came from God. We can't give ourselves real peace.
- **What do you think Paul meant when he said the peace of God will "guard our hearts and minds"? What is it guarding against?** It can guard against worry, fear, doubt, lies, or anything that tries to steal our peace and take our hearts and minds away from God.
- **Look at verse 12. In which circumstances can God give us peace?** Any circumstance!
- **Why can we have peace in ANY circumstance?** God is the same, no matter what. He never changes. He always keeps His promise and He promises to give us peace when we trust Him.
- **When is it easier for you to have peace with your circumstances? Why?**
- **When is it hard for you to have an untroubled heart?**
- **What can you remember is true about God in times like that? Look back to John 16:33.** Jesus promised that He has overcome the world. He is always in control, loves us unconditionally, and will never leave us!

ACTIVITY – Shield of Peace

Supplies: Shield, verse pages, blank paper, markers

Directions:

- **FIRST** grab a toy shield or create a shield of peace by drawing one on paper.
- Take your shield and write down words that describe God or verses from God's Word that help you have peace in any circumstance.
Examples: Psalm 29:11, Isaiah 26:3, Romans 5:1, Philippians 4:6-7, Colossians 3:15, 2 Thessalonians 3:16, 2 Peter 1:2
- **NEXT**, give kids a blank piece of paper and let them write down something that worries them. It could be a place, person, or circumstance. Parents, you can share one of yours as an example. Let your kids share theirs if they want to.
- **FINALLY**, hold the shield for your kids, have them wad up their worries, and throw it at the shield of peace.

Follow Up Discussion:

- Did your worry go through the shield?
- When you are troubled, what can you remember about God that gives you peace?
- When this world tries to trouble us or make us worry, we can stand firm behind God's truth. We can trust that God will protect us because He is faithful. He always keeps His promises and never changes.