

The Fruit of the Spirit is Peace

(Galatians 5:22-23)

Pre-Session Warm Up

Have you ever faced a problem that you thought was too much for you? Maybe you've had to take a test at school. Or, perhaps you've been chased by a big mean dog. How did you feel?

[Teacher, place a tape line in the middle of the floor. Organize kids into two teams for an *unfair* game of Tug of War. Place all the bigger and stronger kids on one side of the line and the younger children on the other side.] We're going to play Tug of War. The team that drags any member of the opposite team across the tape line wins. Who do you think will win? Why? [Then join the younger, weaker team, and make sure they win!]

Did the game turn out the way you expected? Why not?

Sometimes we get worried when a problem seems too big for us or is beyond our control to change. We may panic if we forget that God is on our side.

This week we're going to learn about the third fruit of the Spirit, peace. True peace comes when we remember that God is on our team.

Opening Prayer

Father, teach us how to grow that seed of peace that You placed in our hearts the day we asked You to be Lord of our lives. We want to do all we can to live in peace with everyone so that they will come to know You and want to follow You all the days of their lives, too. In Jesus' name. Amen.

Memory Verse

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. (7) Then you will experience God's peace, which exceeds anything we can understand.

His peace will guard your hearts and minds as you live in Christ Jesus. (Philippians 4:6-7 NLT)

Lesson

We have been learning about the fruit of the Spirit which is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

The first fruit is **love**. Love is not just a feeling, it's an action word. And, if we truly have the fruit of the Spirit, we choose to love people with God's kind of love, even when they don't deserve it or even when it's inconvenient to us.

The second fruit is **joy**. True joy comes from having Jesus in your life and knowing that you will live forever with him in heaven. True joy comes from the inside out; not from something that happens to us.

The third fruit is **peace**. What do you think it means to have peace?

Peace is the quietness that Jesus gives you deep in your heart even when you're in the middle of a trial. Peace is being calm, relaxed or unruffled no matter what happens. When you put your trust in God to help you with a problem, you will have peace in your heart.

God's gift of peace is not a feeling any more than love or joy is simply a feeling.

Peace with God

First of all, you can only have true peace in your heart if you know you have peace with God.

Romans 5:1

Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

Because of what Jesus did on the cross, we are no longer at war with God. He took our punishment, so now we're on God's side. We are no longer His enemies. In fact, now He calls us His children!

Peace with Others

Now, because we are at peace with God, we should be at peace with everyone around us.

Romans 12:18

Do all that you can to live in peace with everyone.

This verse tells us that it is our responsibility to live in peace with everyone. But life isn't always peaceful, is it?

When might a kid your age need help to live in peace with others? (When someone says something mean. When someone cheats in a game.)

In life there *are* conflicts, aren't there? What can you do to live at peace with others? (Stop an argument instead of continuing it. Pray, asking God for courage to be a peacemaker.)

When we have a disagreement with someone, it is our natural human nature to want to come out on top, to be right, rather than to come to a peaceful settlement, isn't it? Often, we are quick to stir up an argument rather than to help make peace, right? But peace is a fruit of God's Holy Spirit living in us. As we remember that God has made peace *with* us because of what Jesus did on the cross, His Spirit brings peace *within* us. Having that true inner peace with God is essential to having peace with others.

Jesus, when He preached the Sermon on the Mount, told the people that God blesses those who are peacemakers. Let's read it in our Bibles together.

Matthew 5:9

God blesses those who work for peace, for they will be called the children of God. (NLT)

It can be hard or even scary to try to make peace and stop a quarrel. But God will help us know what to do. One way to be a peacemaker is

to give other people first choice. When we put others first, we treat them in ways we would like to be treated. It's a great way to grow the fruit of God's Spirit.

Every day we have opportunities to help others live in peace. Peacemakers do what they can to put the needs and interests of others first. When we have peace ruling our hearts we can be peacemakers with others.

Fear and Worry

What robs you of peace? When are times you need peace?

Fear and worry are the biggest peace robbers of all. Storms may scare us. Hearing our parents argue concerns us. Knowing that your parents don't have enough money to pay for medical expenses, food, or the rent, can make us worry. Worry robs of us our peace.

How does worry keep us from having peace? What do we tend to focus on when we're worried? When we're worried we're thinking about ourselves and the problem we're having. To stop worrying, we need to get our eyes off ourselves and to remember that God has everything under control. Having true inner peace with God helps us remember that He is bigger than our problems. He can handle every situation. Knowing God and believing and trusting in His love and care for you, will give you peace on the inside.

Sometimes it's hard to remember that God is near and that He wants to help us, isn't it? What do you think we can do to remember that God is here to help us?

Isaiah 26:3

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Prayer and praise are the best ways to get peace because that puts our thoughts back on God and off of our worrisome situation.

Sing: Peace like a River

This song reminds us that true peace runs deep within our souls from knowing that we have peace with God. We are not His enemies anymore. We're children of God.

You must be careful not to allow circumstances or problems that come into your life rob your peace. Jesus wants you to have peace ruling your heart.

Colossians 3:15a

Let the peace that comes from Christ rule in your hearts.

When you are worried or afraid, instead of thinking about your problems, keep your mind on God—His love, His power, and the fact that He is always with you. If you do, you will have God's peace in your heart. The more we get to know and love Jesus, the more peace we will have in our lives and the better peacemakers we will be.

Praying for each other is a good way to live in peace. Let's close and ask God to help us to do all that we can to live in peace with everyone.

Closing Prayer

Father, thank You that we can be peacemakers. Thank You for what You did for us on the cross so that we can have peace with You. Now encourage us to do all we can to live in peace with everyone. Help us to put others first. And, when worrisome times come into our lives, help us to always remember that You are on our team! In Jesus' name, Amen.

Learning Activities**Snack**

Grapes

Craft Corner**Game Center**

Putting others first can help us be peacemakers. Let's practice putting others first by playing a game where we must help others.

Red Carpet Crossing

Materials: Two sheets of red construction paper for every pair of kids.

Procedures:

Red carpets are often laid down for important people to walk on as they enter buildings. When we treat someone as a Very Important Person (a VIP), we say we are giving them, the "*red-carpet treatment*." In this game we'll practice putting each other first by giving each other the red-carpet treatment with these pieces of red construction paper.

1. Have students form two teams and then pair up with another child within that team. Have them decide which student in each pair will be the "helper" and which will be the "VIP."
2. Have them line up on one side of the classroom.
3. Give each pair two sheets of red construction paper.
4. At your signal, the "helper" lays down a sheet of paper for the "VIP" to step on. Helper places the next paper one step away and VIP moves to that sheet. Helper picks up first sheet and places it in front of the VIP. Pairs move in this manner to the opposite side of the room and then race back to their team and tag the next pair.
5. The team that finishes first is the winning team.


Discussion:

God helps us to be peacemakers by showing us how we can put others first.

1. How did you put others first in this game? (Moved the paper for them so they could get across the floor and finish the game.)
2. What are ways to put others first at home? At school? (Stop and help your mom when she asks. Let your sister have the last cookie. Let your classmate have the first turn at the computer.)
3. How does putting others first help us make peace? (Keeps fights from starting. We show we care for the other person.)
4. Who are some peacemakers you know? (Police officers. People who break up fights. People who walk away from arguments.)
5. What are some ways to give others first choice? (Let a friend have the first turn when playing a game. Let a brother or sister decide what to watch on TV.)

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23

PEACE



Use the code to find out more about peace.

20 18 25 20 15 12 9 22 5 9 14 16 5 1 3 5

23 9 20 8 5 22 5 18 25 15 14 5 23 15 18 11

8 1 18 4 1 20 9 20 Psalm 34:14b (LB)

20 8 5 13 1 14 15 6 16 5 1 3 5 8 5

8 1 19 1 23 15 14 4 5 18 6 21 12

6 21 20 21 18 5 1 8 5 1 4 15 6 8 9 13

Psalm 37:37 (LB)

Code:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

