

Activity Sheet

Fruit Of The Spirit - Week 3: Peace



Bible Time



You can find this week's story in Mark 4:35-41. We know how this story ends but imagine the disciple's amazement when the raging waves immediately became calm and all was peaceful? The disciples realised that they really were in the presence of God because only God can stop a storm. Imagine how peaceful and quiet and calming it must have been for the disciples. Maybe they wondered why they had even been afraid.

You know, sometimes we can feel like we are in the middle of a storm - maybe things are difficult at school or with friends. Maybe you have been arguing with your sibling or getting into trouble more than usual? Or maybe you have a huge change coming up that you are finding difficult to handle.

Whatever the "storm" you are going through God can calm it and bring you peace. Maybe the situation won't be changed immediately but God's peace is so wonderful that you feel like you can keep going. We can share God's peace with others too. Just like love and joy, God wants us to show the spiritual fruit of peace to other people.

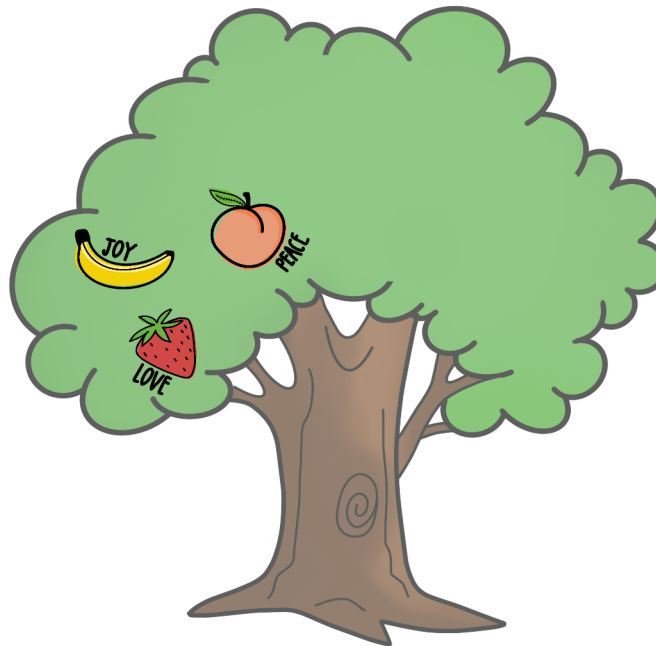
So maybe the next time you are having difficulties ask God for his peace and then tell someone else how much better you feel. They will be curious to know more about God's peace I can promise you!

Prayer For The Week

Dear God,

You have calmed our hearts and given us peace. For this we thank you. As you remind us each day of your love and care, help us to listen.

Amen.



Ideas For The Week

Find a peaceful place in your house or garden. Sit quietly in that place and thank God for his peace. Maybe you could write a poem about feeling peaceful.



Chat Time

Chat about the story. Use these questions to help you get started:



What do you think the disciples were most afraid of?

How did Jesus calm the storm?

How did Jesus calm the fears of the disciples?

What fears do you have?

Can Jesus calm your fears? How do you think he does that?

Memory Verse

May the Lord of peace, give you peace at all times and in every way. The Lord be with you all.

2 Thessalonians 3:16



Song Of The Week

I've Got Peace Like A River

Listen to our smAll Nations playlist at: www.allnationselim.org/smallnations



Show Us

Send us pictures of you and your family watching smAll Nations, dancing, joining in with the game and making the craft. Ask a grown-up to email them to: smallnations@allnationselim.org

