

Fruit of the Spirit – Peace!

- **Introduction:** Ask the children if there is anything they're afraid of or worried about at the moment?
- **Activity:** Play some peaceful music, for example Instrumental Children's Songs/Lullabies/Nursery Rhymes or Instrumental Worship (available on Spotify). Then let the children have some instruments and make some not so peaceful music! Once you've done this for a little while, ask the children which music was peaceful? What made it peaceful?
- **Sing:** Great Big God, Superhero, Lighthouse, Wiggle Freeze, Wiggle like a worm or <https://youtu.be/d6085sLXCMs>
- **Talk:** Today we are continuing our topic on the Fruit of the Spirit. Repeat the fruit of the Spirit with the children: Joy, Love, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control. The fruit that we are talking about today is Peace! What do the children think Peace is/means? Talk about their answers and share what you think it is.
- **Watch/Read:** - Lottie's Fruits of the spirit -Peace! You Tube at, <https://youtu.be/iyBly5iqdFA> or read Galatians 5:22-23, Philippians 4:6-7 and 1 Peter 5:7.
- **Discussion:** What is God's peace? **God's peace helps us to be calm no matter what is going on around us, such as falling out, illness, someone being mean, fears of the dark or imaginary monsters.** Does that mean we will never be sad or scared again? **No, it means that we can have peace because we trust that God is in control and he works out all things for good. God has us and will never let us go or leave us. God will be with us through the sad, hurtful, hard and overwhelming times.** What did the video or Philippians 4:6-7 say we should do when we are worried? **Tell God our worries and everything in our lives.** How do we talk to God? **We pray.** Next time you are worried or struggling with something, talk to God about it so God's peace can watch over your heart and mind - see what a difference it makes rather than holding on to your worries.
- **Pray:** Dear Jesus, Thank you that you love us. Help us to trust in you, for when we do, you fill our hearts with peace that goes beyond our understanding in all situations so that we don't need to be worried or afraid of things. Amen
- **Make:** Peace Dove Card: Draw two hearts and cut them out. Then write 'Peace' on one of them and colour it in. Then write Philippians 4:6-7 "Don't worry about anything. No matter what happens, tell God about everything. Ask and pray and give thanks to him. Then God's peace will watch over your hearts and minds." Then on A4 paper put both hands together with your thumbs together straight up and your fingers stretched out. Ask someone to draw round them and then you can cut them out. Then draw two eyes and a beak on the head of the dove which is where your two thumbs were and draw two bird legs and feet at the bottom of the dove. Then glue the heart with the Bible verse on to the bottom of the Dove, underneath the feet if you can. Then glue the top of the peace heart to the top of the Bible verse heart so that the bottom bit can be open like a card. See examples below. Then take 7 strips of coloured/plain paper. Colour the plain strips the colours of the rainbow which are Red, Orange, Yellow, Green, Blue, Indigo, Violet. Then stick the strips in order of the rainbow to the back of the card at the bottom to look like a dove carrying a heart with a rainbow coming out the bottom of it. See example below.

- **Make:** A Peaceful Peach Finger Puppet. Draw a circle or around something circular. Then draw an arm either side of your circle. Draw a stalk and a leaf on the top of the circle to make it look more like a peach. Then draw a face on your peach and write the word 'Peace' in the middle. Now colour your peach in and cut it out. Using a hole punch make two holes in the bottom of the peach for the legs. You may need to cut bigger circles to fit your fingers through. Pop your fore finger and your middle finger through the holes and you have a peace peach finger puppet to play with! You could try and make one or all of the Fruit of the Spirit we've already done and do a little play with them.
- **Make:** A Paper Peace Dove as detailed in this video <https://youtu.be/pEXWFOA5Kdw> . Or make your own by drawing around your hand with your fingers closed together and your thumb sticking out. This will be your dove so draw a beak onto the end of the thumb. Then draw an eye on the Doves face and write the word 'Peace' in the centre of it. Then cut the dove out. Take a piece of A4 paper and fold it concertina style length ways, folding one way and then the other so your piece of paper looks like a paper fan. Then cut a slit along the back of the dove so your folded A4 will fit through. Once you have pushed the A4 paper through the slit to halfway then fan out your folded paper to create the wings of your Dove. Take a hole punch and punch a hole through the dove's back between the wings on either side. Then thread a ribbon, cord or string through it so you can hang it up.
- **Copy:** The attached and colour in colouring pages, search for the objects and the words, do the crosswords and the anagrams.
- **Play:** Allow the children to play with the instruments from earlier see if they can make peaceful music and then noisy music
- **Drink and biscuit**
- **Tidy up!**



Peaceful Peach Finger Puppet



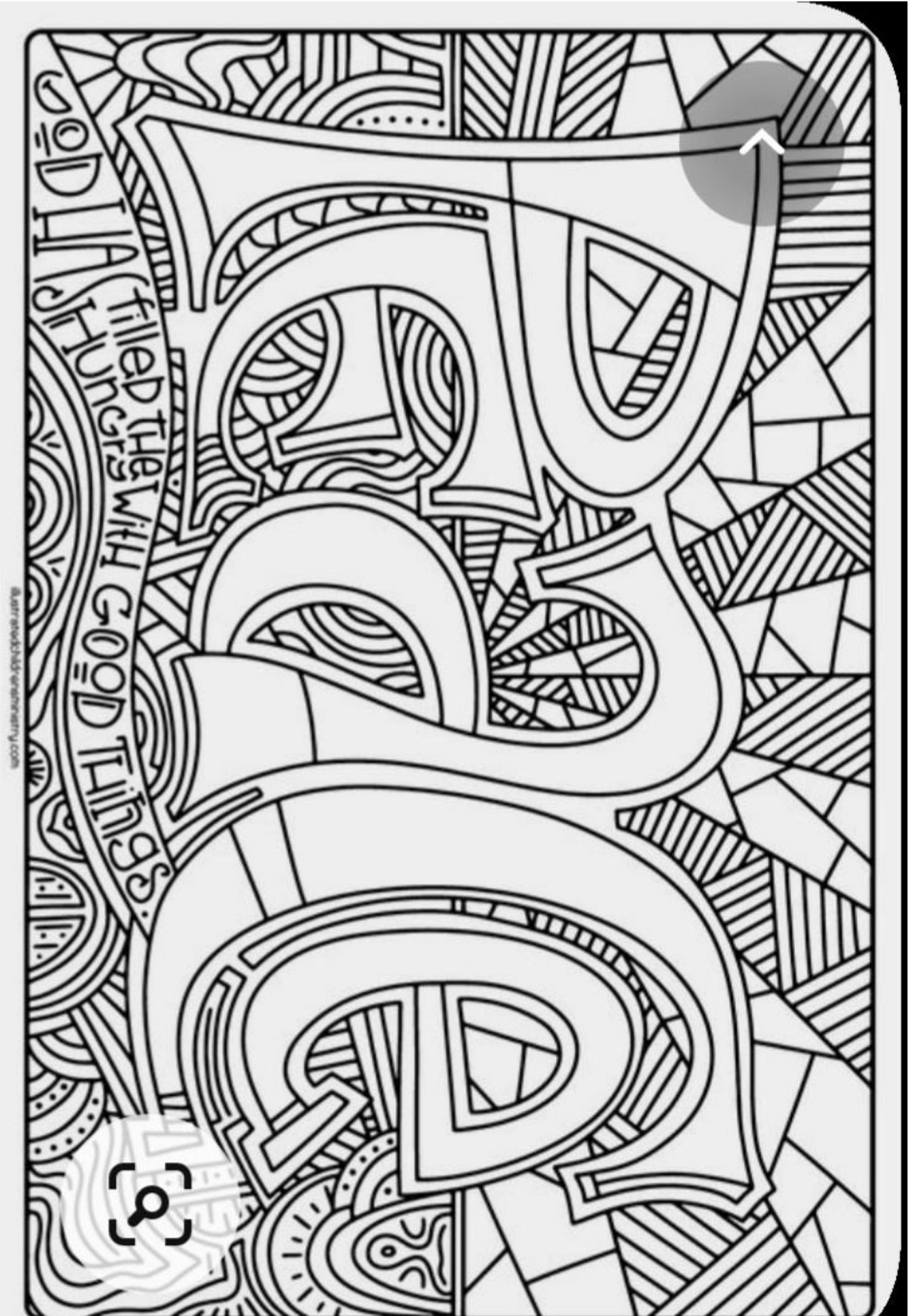
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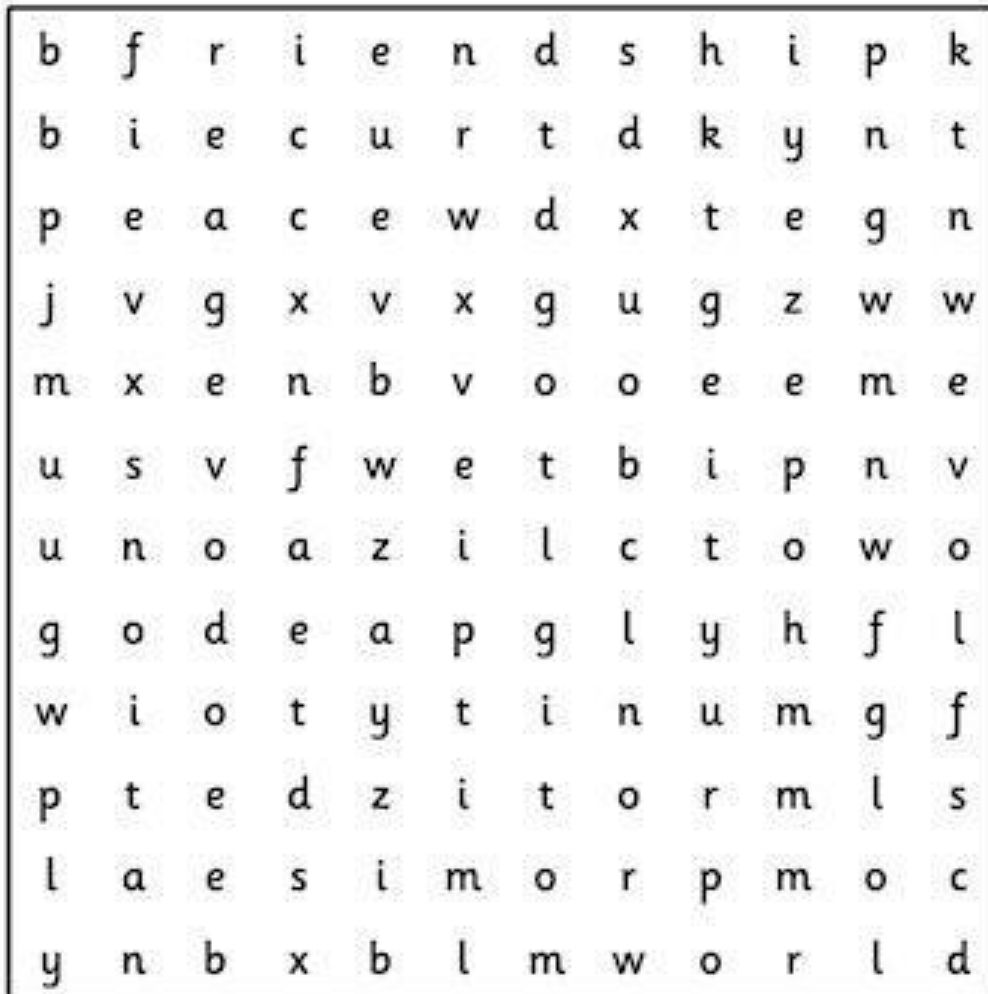
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PEACE

Word Search



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