



## Explore

### Look up and read your memory verse, 2 Thessalonians 3:16, in your Bible.

Every journey has obstacles and difficulty. God wants to give us His peace and patience all the time and in every way.

We can never be truly at peace with ourselves or with others if we don't get that peace from God. When we discover God's grace towards us, we discover His peace.

In your memory verse, God is called the Lord of what? Circle one.

PEACE

CHEERFULNESS

HAPPINESS

Since God is the God of peace and loves us, He wants us to have His peace. God being with us is part of what gives us peace.

### Look up and read Philippians 4:6-7 in your Bible.

Verse 6 says we should not be anxious about anything. What is something that you worry about?

When we go to God with our worries, what will the peace of God do?

Guard your \_\_\_\_\_ and \_\_\_\_\_ in Christ Jesus.

Peace and patience from God fights worry and fear. When you talk to God, He will calm your spirit and give you peace. He will dissolve our fear like sugar melts in water.

### Read Philippians 4:8 typed out below. Circle the eight things that we should be thinking about.

#### Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Thinking about the things you circled is a choice. The world we live in is not focused on those things.

How can you make the choice to think about those things more?

When we spend time with God every day, we will know and believe more and more that God is with us. God's peace will help us to have patience with people and what is going on around us.

### Look up and read the next verse, Philippians 4:9, in your Bible.

If we do these things, the God of peace

Life won't be perfect and there will be good and bad days. Worrying is easy; trusting God can sometimes be hard to do. But God will give you peace and help you remember He is with you.

#### DEFINITIONS

**PEACE** — a sense of well-being or inner calm that comes from a relationship with God; peace is not related to circumstances

**PATIENCE** — the ability to endure delay, trouble, or suffering

### Discussion Questions

These questions are just a few that your small group will talk about. Think about your responses to the following questions.

1. How would you explain what it looks like to have the peace and patience of God?
2. In what area of your life do you need more peace and patience?



## Explore

### Look up and read your memory verse, Ephesians 2:10, in your Bible.

We are God's workmanship or masterpiece. God carefully created YOU! One of the things He created you for was to be kind and to do good.

God didn't just create you so that you could sit around and look good. He created you with a plan. We were created and saved so that God could do His good work in and through us.

One of the ways that God can work through us is by being kind and good to someone else.

Let's look at a true story in the Bible that tells us about men who were kind to their friend, and how God did great things through their goodness.

### Look up and read Mark 2:2-12 in your Bible.

According to Mark 2:2-4, why couldn't the friends get the paralyzed man into the room where Jesus was?

What did the friends do to get the paralyzed man near Jesus?

The men showed kindness and goodness to their friend by doing whatever they needed to do to get him to Jesus.

What did Jesus do because of the friends' kindness? (Hint: Look at Mark 2:5.)

What else did Jesus do for the man? Circle one. (Hint: Look at Mark 2:10-12.)

GAVE HIM A HUG

HEALED HIM

SENT HIM TO THE DOCTOR

It was probably hard to carry the man to the top of the roof, take apart the roof, and then lower him down. But the friends knew that to truly be kind and good, you need to put yourself second to others. We can only be truly kind and good by the power of the Holy Spirit.

### Look up and read Philippians 2:13 in your Bible.

Who works in us?

When we are kind and do good, God works through us. Our attitudes and actions are not done to glorify anyone but God.

When you are kind to others, you have a concern for them and want to treat them respectfully. God doesn't treat you meanly or harshly. He wants you to treat others the same way.

You are an example of goodness when you are making the choices God wants you to make, and you are also showing kindness to others.

#### DEFINITION

**WORKMANSHIP** — masterpiece, work of art

### Discussion Questions

These questions are just a few that your small group will talk about. Think about your responses to the following questions.

1. Do you help only those who have been nice to you, or are you kind and good to everyone?
2. What are some ways that God might empower you to be kind and good to others?