

Fruit of the Spirit: Peace
Week of August 16-22

Lesson Aim:	To help kids understand that God wants us to be at PEACE
Memory Verse (practice every day)	Galatians 5:22-23 “But the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control; against these things there is no law.”
This week’s story	Jesus Visits Mary and Martha Luke 10:38-43 (for older kids, also see “A Tale of Two Sisters” PDF) Video resource: “Martha and Mary Bible Story LifeKids” https://www.youtube.com/watch?v=C91ygWW2u0U
Potential questions and potential answers	<p>Q: Why was Martha angry at her sister Mary? A: Martha felt she was doing all the work to take care of their guests, with no help from her sister.</p> <p>Q: What do adults try to do if you’re angry with your brother or sister or your friend? A: Try to decide what’s fair. Tell us to work it out.</p> <p>Q: Why do you think Jesus responded like he did? A: Because He was disappointed in Martha. While Martha was doing something important He knew Mary was doing something more important.</p> <p>Q: What was Martha doing wrong? A: She was too hyper about taking care of meals and things. She cared more about getting things ready than she did about listening to what Jesus had to say. <i>She lost her sense of peace.</i></p> <p>Q: What was Mary doing right? A: She was spending time with Jesus, paying attention to what He was saying.</p> <p>Q: How can we spend time with God? A: Praying, singing, reading the Bible</p>
Main takeaways	<ul style="list-style-type: none"> • Our world is full of things that can make us worry and keep us busy. • Sometimes it is all right to take a break – to unplug from electronics and other distractions. • In fact, Jesus tells us in this story that we need to remember to slow down and find peace in spending time with Him.

<p>Suggested Activity (all ages)</p>	<p>Signals Game: “Get All Worked Up & Chill Out”</p> <p>Parents: Explain that you are going to give different signals and when you do, that is the kids’ cue to either get “all worked up” or “chill out.”</p> <ul style="list-style-type: none"> • Parent: “When I hold up my hands and shake them like this (<i>hold your arms straight over your head and shake your hands as rapidly as you can</i>), that’s your signal to get all worked up. But when I clap three times and rest my hands across my chest (<i>demonstrate</i>), that’s your signal to chill out. To chill out, just let your whole body turn to rubber and droop.” • Ask them to do each of these actions, when you give the signal, cumulatively: <ul style="list-style-type: none"> ○ Click your tongue ○ Shake your hands and wave your arms while clicking your tongue ○ Blink as fast as you can while shaking your hands, waving your arms, and clicking your tongue. ○ Make tiny running steps while blinking, shaking your hands, waving your arms, and clicking your tongue. ▪ Alternate between giving the signal to “get all worked up” and “chill out.” ▪ After a minute or two, have kids pause and take slow, deep breaths. ▪ Debrief: Ask what the kids prefer – to be calm and chill out or to get all worked up. Explain that there are times when we get all worked up, just like Martha, but God wants us to be at peace sometimes and pause our lives to listen to him. Ask kids if there are times when they feel worked up instead of at peace.
<p>Suggested Activity (Toddlers)</p>	<ul style="list-style-type: none"> • Coloring page: Mary and Martha with Jesus (see below) • Song: “I’ve Got Peace Like a River” - https://www.youtube.com/watch?v=7it5W1FVtTs • See paper dove craft for K-2nd.

<p>Suggested Activity (K-2nd grades)</p>	<ul style="list-style-type: none"> • Song: "I've Got Peace Like a River" - https://www.youtube.com/watch?v=7it5W1FVtTs • Make a paper dove with the included template PDF. Instructions also online here: https://www.youtube.com/watch?time_continue=32&v=pEXWFOA5Kdw&feature=emb_logo <p><i>Christians have used the dove as a symbol of peace for hundreds of years. A dove delivered news to Noah and his family that the flood was ending. When Jesus was baptized, the Bible tells us the Holy Spirit came down to Him like a dove. Use this dove to remind you of God's peace and promises made to us!</i></p>
<p>Suggested Activity (3rd-5th grades)</p>	<ul style="list-style-type: none"> • Song: "I've Got Peace Like a River" - https://www.youtube.com/watch?v=7it5W1FVtTs • "A Pocketful of Peace" folding project (PDF) <p><i>Have kids cut out the pocket on the heavy lines and fold it so the printing is on the inside. Demonstrate how to fold the right side to the center, the left side to the center, and the bottom flap up. Then fold the top flap down and tuck the point into the slit (cut for kids) in the top flap. Decorate the outside with colored pencils so it looks like a pocket.</i></p> <p>Going through the points together. Talk about how different scriptures can help us become more at peace with God, peace with ourselves, and have peaceful moments with Jesus.</p> <ul style="list-style-type: none"> • See paper dove craft for K-2nd.

A Tale of Two Sisters

Martha: We're a fortunate family—I can tell you that. When Jesus comes to our little village, do you know where he stays? At our house! I live here in Bethany with my brother, Lazarus, and my sister, Mary. When Jesus comes to town, there's so much to be done. You realize, of course, that he brings his best friends with him. There are Peter, James, John, Matthew, and—well, you know—the rest of the Twelve. Do you have any idea how much those men eat? Of course, I am known as the best hostess in Bethany. I brush my grilled fish with just a bit of olive oil and sprinkle on just the right herbs. Mmm-mmm. None of that fishy taste, you know. And my roasted lamb? It just melts in your mouth. And my fig cakes? Well, just let it be said that there isn't a single neighbor who hasn't asked for the recipe.

Mary: We're so honored that Jesus comes to stay with us. Think of it—the Messiah we've waited for all these years chooses our house to rest in. When he's here, he fills the house with love. Every word that he speaks seems to go straight to my soul. I understand things that I never thought I could—and yet there are so many things I don't understand. I want to stay close and catch everything Jesus says. Missing a single word would be like dropping a jewel and letting it roll into the mud. I wish I could explain what a privilege it is to sit and listen to the Son of God. I wish I could share the experience with you.

Martha: You know, the longer we know Jesus, the more people he seems to bring with him. It's only natural—everyone wants to see him, touch him, be healed. But can you imagine what it's like to try to run a household in the midst of all that?

Fortunately, our friends and neighbors help. They bring in food, invite some of the disciples to stay at their homes—that kind of thing. I don't know what I'd do without them, because I certainly don't get much help from my sister, Mary. Why, when Jesus gets here, she just kind of goes into a daze. She sits dreamily at his feet, not noticing how much there is to do.

Mary: Jesus is here again! I'm so glad! I've had the strangest feeling lately that he's not going to be with us much longer. There's a sadness about him today, as if he's struggling with what's ahead. I don't understand why he would struggle—after all, he's the Son of God. He can do anything. But he knows that something is about to happen, something that will be difficult for him—I'm sure of it. I can just see the sadness in his eyes. I'm glad he's come to us. He can find some peace and quiet here among his closest friends. I'll stay right here close beside him. Who knows when we'll get to see him again?

Martha: Well! This is just the outside of enough! I have all these people to feed, including the Lord himself, and what does Mary do? She sits there. Sits! Can you believe it? I've worn myself to a frazzle. I've had to organize the food that's coming in from the neighbors. There are extra sleeping mats to be gathered and our best dishes to be put out for the meal. I started cleaning this morning as soon as it was light and barely had the house ready when Jesus arrived. Someone has to get fruit at the market, and I still have bread to bake. Do you think little Miss Mary might at least start the fire? No! She sits by Jesus as if she's the queen of the scene. I've had it. I'm going to say something.



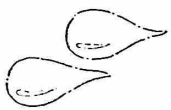
A Pocketful of Peace

1. Peace With God

Quietly think back over the last few days.

Have you done something you're sorry

for? Ask Jesus to forgive that sin right now.



"Create in me a new, clean heart, O God, filled with clean thoughts and right desires. Restore to me again the joy of your salvation, and make me willing to obey you" (Psalm 51:10, 12 TLB).

Believe that you are forgiven and at peace with God.

2. Peace With Yourself

Read aloud these words of Jesus:

"Come to me, all you who are weary

and burdened, and I will give you rest. Take my yoke upon you and

learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30).

Are there things that are worrying you?

Pretend to hold those things in your hands.

Pray and ask Jesus to take the worries from you.

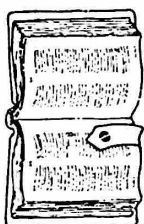


3. Peaceful Moments With Jesus

Find a Bible with Jesus' words

printed in red. Turn to the Gospels, the books of Matthew, Mark, Luke, and John. Choose anyplace in those books to begin reading, and read Jesus' words by "reading the red." Read aloud; then pause to think about what you've read, as if Jesus were talking to you.

Pray and ask God to help you to understand Jesus' words and to live by them.



Jesus knew how important it was for his followers to get away and spend time with him. After a busy day he told them, "Let's go off by ourselves to a quiet place and rest awhile" (Mark 6:31).

This is your invitation to a quiet time with Jesus.

LIFE APPLICATION

Time Out With Jesus

Before class, make copies of the "Pocketful of Peace" handout. Use an X-Acto knife to open the slit at the top of the handouts. Ask:

◆ **What can we learn from "A Tale of Two Sisters"?** (That it's good to spend time with Jesus; that it's bad to be too busy for Jesus.)

◆ **What does this story teach us about serving others?** (It's just bad to let yourself get out of control. It's good to serve others, but with the right attitude.)

◆ **When do you tend to get too busy and hyper?** (When I've got soccer practice and a lot of homework; if I watch too much TV, then don't have time for everything else.)

◆ **How do you think we can be more like Mary and less like Martha?** (By spending more time reading Jesus' words; by not letting ourselves get too busy.)

Say: **Our lives are much busier and noisier than our great-grandparents' lives were. Because of fast food and cell**

phones and the Internet, we can cram much more into our days than people could 60 or 70 years ago. But God designed us with a need for quiet time with him. ★ God wants us to be at peace.

◆ How would your life be different if you were totally unplugged, if you had no electronic devices whatsoever? (Things would be a lot quieter; I'd probably be bored; I'd have more time because of not watching TV.)

◆ We can't sit at Jesus' feet as Mary did, but how can we spend time with God? (By going to church; by reading our Bibles.)

◆ At the times you've felt God's presence, what kinds of things were you usually doing? (Praying; looking at the clouds.)

Say: The third fruit of the Spirit Paul mentions is peace. Mary was at peace; Martha was not. Ask:

◆ If Mary could come here today to tell us how to be at peace, what do you think she might say? (Don't let things that aren't important take over your life; spend quiet time with God.)

Say: Our craft this week is a cool little tool that can help us learn to be at peace the way Mary was.

Distribute the "Pocketful of Peace" handout. Have kids cut out the pocket on the heavy lines and then fold it so the printing is on the inside. Demonstrate how to fold the right side to the center, the left side to the center, and the bottom flap up. Then fold the top flap down, and tuck the point into the slit in the top flap. Have kids write their names on their handout, and decorate the outside with colored pencils so it looks like a pocket.

COMMITMENT

Peace to You

Say: Let's go through this pocket handout step by step and learn how to use it. First, scatter around the room so no one is sitting near you. As kids do this, begin to play a CD of ocean surf or soft, peaceful worship music. Have older kids sit with younger ones to assist. Then say: Now open the top and bottom flaps of your handout. Who would like to read what's written at the bottom? After a volunteer has read the bottom flap aloud, say: Open the left flap. This section tells us how to find peace with God. Have a volunteer read that section aloud. We'll stop for a few seconds for you to think about these words and pray.

After a few seconds, have a volunteer read the middle section aloud. Pause again for reflection and prayer. Finally, have another volunteer read the last section aloud. Say: If you were using this at home, you would turn to your Bible and read Jesus' words at this point. But today, I'll read to you. Please place your handout on the floor behind you, and listen to these words from Scripture. Close your eyes as you listen to me read. The

first few verses I'll read are from the Old Testament.

"Be still in the presence of the Lord and wait patiently for him" (Psalm 37:7).

"Those who love your laws have great peace of heart and mind and do not stumble" (Psalm 119:165, TLB).

"You will keep in perfect peace all those who trust in you, all whose thoughts are fixed on you!" (Isaiah 26:3).

Then say: Now hear these words of Jesus.

"I am leaving with you 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).

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world" (John 16:33).

And finally, hear the words of Paul, the apostle who taught us that the third fruit of the Spirit is peace.

"Let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful" (Colossians 3:15).

"Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and your minds as you live in Christ Jesus" (Philippians 4:7).

"Now may the Lord of peace himself give you his peace at all times and in every situation. The Lord be with you all" (2 Thessalonians 3:16).