

The Language Of Peace

PRESCHOOL LESSON PLAN

Theme: Knowing God's peace

Scripture: Philippians 4:4-9

Memory Verse: Philippians 4:7 - 'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

The Children's Sermon

You'll Need:

- Sign - "PEACE" on one side, "SHALOM" on the other

Now that you know peace in two different languages, I'd like to teach you what PEACE looks like in American Sign Language. It's a three-part sign, so watch closely! (Look up an illustration or video online)

First put one hand on top of the other hand, clasped together, like this!

Next switch your hands around.

Now push both of your hands down and away from you.

That's the sign for "PEACE". Let's do the whole sign together. That's Great!

This sign really reminds me of what God tells us about peace in Philippians 4:6-7. (Read passage.)

When I start the sign for peace, it feels like I'm worried, I'm wringing my hands, they are not settled down, are they? But God says, "Don't be anxious about anything!" He doesn't want us to worry about things in our families, or school, or in the world. (Hold hands still together.) God tells us to pray to Him and let Him know what's bothering us. Then He can give us peace. "Do final sign motion." This final part of the sign is like God smoothing out and taking away all our worries. We won't even be able to understand it, but He will protect us from being afraid, from being worried, and He will calm us down. So the next time you are worried or afraid, what are you going to do? Pray and ask God to help you, and He will calm you down and give you a beautiful feeling of Peace!

Now, let's talk more about this peace from Philippians 4:4-9. Peace is like a big, warm hug from God. It's Him saying, "Don't worry, I've got this." When we feel scared or worried, God's peace can wrap around us like a cozy blanket.

Imagine you have a worry. Maybe you're scared of the dark or worried about a test at school. That worry is like a heavy backpack. Every time you think about it, it feels like the backpack gets heavier. But God tells us in Philippians 4:4-9, we can give Him our heavy backpack. We can tell Him about our worries and He will give us peace. That's like Him taking the heavy backpack and giving us a balloon instead. The balloon is light and makes us feel happy and calm.

Remember, God's peace is not like the peace we find when everything is quiet or when we get what we want. God's peace is special. It's there even when things are noisy or not going our way. It's a peace that stays in our hearts, no matter what's happening around us.

In Philippians 4:4-9, Peace is also about thinking good thoughts. God tells us to think about things that are true, noble, right, pure, lovely, and admirable. When we fill our minds with these good things, there's less room for worry. It's like planting beautiful flowers in a garden. When the garden is full of flowers, there's no space for weeds. The flowers are like good thoughts, and the weeds are like worries. We want our minds to be like a beautiful garden, full of flowers.

God also talks about being thankful. When we say "thank you" to God for the good things in our lives, it helps us remember all the ways He takes care of us. It's like making a list of all the wonderful gifts God gives us every day. Maybe it's a sunny day, a hug from a friend, or a yummy dinner. When we think about these gifts, it helps us feel happy and peaceful.

And do you know what's really cool? When we live with God's peace, we can share it with others. It's like having a candle. When your candle is lit with God's peace, you can help light other people's candles too. Soon, there's a lot of light and everyone feels a bit more peaceful. That's how powerful God's peace is!

So, kids, let's keep Philippians 4:4-9 close to our hearts. Let's remember that God's peace is always with us, and it's a peace like no other. And whenever you make the sign for peace, remember it's a reminder of how God takes our worries and gives us His wonderful peace in return.

Let's fold our hands now and pray! Dear Heavenly Father, Thank you for giving us peace when we are afraid. Help us to have "SHALOM" all the time. IN Jesus' Name we pray, AMEN.

(Instructions for Signing "Peace": The hands are clasped together. They are then reversed so that the other hand is on top; both hands are then opened and move downward and outward assuming the "five" hand position.)

Bible Memory Verse

Philippians 4:7 - 'And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.'

You Will Need:

- Colored construction paper
- Scissors
- Glue sticks
- Crayons or markers
- Stickers of hearts and stars

Get Ready:

- Cut the construction paper into large heart shapes, one for each child.
- Write the memory verse on a large poster board and display it where all the children can see.

Do This:

1. Give each child a large heart-shaped piece of construction paper and crayons or markers. Explain that the heart represents their own heart.
2. Ask the children to decorate their heart with crayons, markers, and stickers. While they work, talk to them about how God's peace is like a shield for our hearts and minds.

3. Once they have finished decorating, help the children glue their heart onto another piece of construction paper for a frame. Then, help them write the memory verse on their framed heart. Hang the hearts around the room to remind the children that God's peace protects our hearts.

Bible Interactive Experience

You'll Need:

- Soft, plush toy doves (1 per child)
- Simple musical instruments (like tambourines or soft shakers)
- Peaceful music playlist
- Coloring pages with simple dove designs
- Crayons or washable markers

Get Ready:

- Set up a comfortable, quiet space with cushions or mats on the floor.
- Prepare the musical instruments and plush toy doves by placing them in accessible baskets.
- Have the coloring pages and crayons/markers set up on tables suitable for young children.

Do this:

1. ****Introduction to God's Peace:**** Start by gathering the children in a circle on the cushions or mats. Play peaceful music softly in the background. Explain that God's peace is like a gentle, comforting hug that makes us feel safe and loved. Hand out the plush toy doves to each child, explaining that the dove is a symbol of peace.

2. **Musical Peace Parade:** Lead the children in a "Peace Parade" around the room. Have them gently play their musical instruments or hold their doves. As you walk, encourage them to move slowly and peacefully, reflecting the calmness of God's peace. Pause occasionally to remind them that God's peace is with us everywhere, just like the music.

3. **Peaceful Dove Coloring:** Conclude the activity by having the children sit at the tables with the dove coloring pages and crayons/markers. As they color, continue to play peaceful music softly. Encourage them to think about feeling calm and happy as they color, reminding them that this is what God's peace feels like.

Snack Activity: Peaceful Pudding Cups

You'll Need:

- Instant vanilla pudding mix
- Milk (or a dairy-free alternative)
- Blue food coloring
- Clear plastic cups
- Permanent markers

Get Ready: Prepare the instant vanilla pudding according to the package instructions, adding a few drops of blue food coloring to create a 'peaceful' sky blue color. Chill until set.

Do this:

1. Give each child a clear plastic cup and permanent markers. Have them draw peaceful scenes or symbols, such as doves, hearts, or smiley faces, on the outside of their cups.

2. Once the pudding is ready, help the children to fill their decorated cups with the sky blue pudding, talking about how the color reminds us of the peaceful sky.
3. As they enjoy their Peaceful Pudding Cups, share with the children that God's peace is always with us, just like the sky above, and we can feel this peace in our hearts when we pray and think about good things, as Philippians 4:4-9 teaches us.

Game Activity: Peaceful Pathways

You'll Need:

- Colorful tape or chalk
- Peaceful music playlist
- Pictures of peaceful scenes (e.g., gardens, calm seas, fluffy clouds)

Get Ready: Use the tape or chalk to create simple pathways on the floor or ground. Set up different 'stations' along the pathways with the pictures of peaceful scenes.

Do this:

1. Start by gathering the children and explaining that we're going on a peaceful journey to learn about God's peace. Share that God wants us to be peaceful and happy in our hearts, just like Philippians 4:4-9 tells us.
2. Play the peaceful music softly in the background. Guide the children to walk along the pathways slowly, encouraging them to imagine walking through peaceful places like those in the pictures.
3. At each station, pause and show the children the peaceful scene. Ask them how the scene makes them feel and relate it back to feeling God's peace in our hearts. For example, 'Looking at this calm sea, we can feel calm and peaceful in our hearts, knowing God is with us.'

4. After visiting all the stations, gather the children and have a short discussion about how we can find peace in our lives by praying, being kind, and remembering God is always with us.

Craft Activity: Peaceful Heart Craft

You'll Need:

- White paper plates (1 per child)
- Assorted colors of construction paper
- Crayons or markers
- Safety scissors
- Glue sticks

Get Ready: Before the class, cut out heart shapes from the construction paper. Each child will need one heart. Write 'God's Peace' on each heart.

Do this:

1. Give each child a white paper plate and let them color the plate with crayons or markers. Explain that the plate represents their world, and the colors they choose can represent their feelings or things in their world.
2. Show the children the pre-cut hearts and explain that these hearts represent God's peace in our hearts. Have them glue the heart in the center of their colored plate.
3. While they work, talk to them about Philippians 4:4-9, simplifying the message: 'God tells us to not worry and to pray about everything. When we do, He gives us peace in our hearts.' Encourage them to share a time they felt peaceful or a time they could ask God for peace.

Prayer Activity: Peaceful Hearts Prayer

You'll Need:

- A small, quiet space
- Soft, comfortable pillows or mats
- Simple pictures of peaceful scenes (like a calm sea, a quiet forest, or sleeping animals)

Get Ready: Arrange the quiet space with the pillows or mats comfortably spaced out. Place the pictures of peaceful scenes around the area where the children can easily see them.

Do this:

1. Gather the children in the quiet space and ask them to choose a spot where they feel comfortable and can see the pictures.
2. Explain to the children that God gives us peace, just like the calm sea or the quiet forest, and that we can talk to God anytime to feel that peace in our hearts.
3. Lead the children in a simple prayer, asking God to fill their hearts with peace. Encourage them to think about the peaceful pictures as they pray. Example prayer: 'Dear God, please fill our hearts with Your peace. Help us to be calm and happy like the quiet sea and the sleeping animals. Thank you, God. Amen.'