

# The Language Of Peace

## UPPER ELEMENTARY LESSON PLAN

**Theme:** Knowing God's peace

**Scripture:** Philippians 4:4-9

**Memory Verse:** Rejoice in the Lord always. I will say it again: Rejoice! - Philippians 4:4

## 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

**Rejoice in the Lord always. I will say it again: Rejoice! -**

### **Philippians 4:4**

You Will Need:

- Colored paper
- Markers or crayons
- Scissors
- Stickers (optional)

Get Ready:

- Cut the colored paper into strips wide enough to write the memory verse on.
- Set up a table with markers, crayons, scissors, and stickers for decoration.

Do This:

1. Give each child a strip of colored paper and ask them to write the memory verse, Philippians 4:4, on it using markers or crayons. Encourage them to decorate their verse strip with stickers or drawings that represent joy or happiness to them.
2. Once they have finished decorating, help the children make a loop with their strip and secure it with a piece of tape to create a 'Joy Bracelet'.
3. Encourage the children to wear their Joy Bracelets throughout the week as a reminder to rejoice in the Lord always. At the end of the activity, gather the children

and have a short discussion about what brings them joy and how they can share this joy with others.

## Bible Interactive Experience

You'll Need:

- Copies of Philippians 4:4-9 printed on colorful paper
- A variety of craft supplies (markers, glitter, stickers, etc.)
- Blank puzzle pieces (or make your own from cardboard)
- Journals or blank books for each child
- Peaceful music playlist and a music player
- "Worry Jar" (any jar or container) with slips of paper and pens

Get Ready:

- Prepare the "Worry Jar" by labeling it and placing it on a table with slips of paper and pens.
- Create or purchase blank puzzles and ensure there are enough pieces for each child to have one.
- Set up a craft station with all the supplies laid out.
- Print out Philippians 4:4-9 on colorful paper and have enough copies for each child.
- Set up a quiet corner with journals, pens, and cushions for a reflective journaling activity.

Do this:

1. **\*\*Introduction to Peace\*\***: Start by discussing Philippians 4:4-9, focusing on what it means to rejoice in the Lord always and the peace of God that surpasses all understanding. Ask the children to share times they felt peaceful and compare those to the peace Paul talks about.

2. **Crafting Peace Puzzles**: Give each child a puzzle piece and ask them to decorate it with images or words that represent peace to them, using the craft supplies. Once everyone is done, work together as a group to assemble the puzzle. Discuss how each piece, like each person's understanding of peace, is unique but necessary to complete the picture of God's peace.

3. **Worry Jar Activity**: Explain that part of experiencing God's peace is letting go of our anxieties and presenting them to God through prayer. Invite the children to write down something they are worried about on a slip of paper and place it in the "Worry Jar". Lead a short prayer, asking God to replace these worries with His peace.

4. **Peaceful Reflections**: Play some peaceful music and invite the children to the quiet corner. Ask them to reflect on Philippians 4:4-9 and journal about a time they experienced God's peace or how they can apply Paul's advice to not be anxious in their lives. Encourage them to think about things that are true, noble, right, pure, lovely, and admirable.

5. **Sharing and Prayer**: Conclude the activity by inviting children to share insights from their journaling or how they felt during the activity. Close with a prayer, asking God to help the children practice what they've learned from Philippians 4:4-9 and to experience His peace in their daily lives.

## Snack Activity: Peaceful Pudding Parfaits

You'll Need:

- Instant vanilla pudding mix
- Milk (to make the pudding)

- Clear plastic cups
- A variety of fruit (blueberries, strawberries, bananas)
- Granola
- Whipped cream
- Spoons
- Small pieces of paper and pens

Get Ready: Prepare the instant vanilla pudding according to the package instructions and allow it to set. Wash and cut the fruit into small pieces.

Do this:

1. Have each child write down on a piece of paper something that makes them feel peaceful, reflecting on Philippians 4:4-9. They can fold these papers and set them aside for now.
2. Instruct the children to layer their ingredients in the clear cups to create their parfaits. Start with a layer of fruit, then pudding, then granola, and repeat until the cup is filled. Top with whipped cream.
3. As they enjoy their parfaits, discuss Philippians 4:4-9. Ask them to share what they wrote on their papers and how it relates to knowing God's peace. Emphasize the importance of rejoicing in the Lord always, presenting their requests to God with thanksgiving, and the peace of God guarding their hearts and minds.

## Game Activity: Peace Path Challenge

You'll Need:

- Chalk or tape for marking paths
- Small stones or markers with Philippians 4:4-9 written on them
- A bell or any musical instrument

Get Ready: Create a large, winding path on the ground using chalk or tape. Along the path, place the stones or markers with verses from Philippians 4:4-9 at various intervals. At the end of the path, place the bell or musical instrument.

Do this:

1. Divide the children into two teams. Explain that the path represents our journey to find God's peace. The goal is to complete the path, read aloud each verse they encounter, and reach the end where they can ring the bell to announce they've found peace.
2. One child from each team starts the challenge by stepping on the path. They must hop or walk to each stone, pick it up, read the verse aloud to their team, and place it back down before moving forward. If a player steps off the path, they must go back to the start and begin again.
3. The first team to have all members complete the path, read all verses, and ring the bell wins. After the game, gather the children and discuss how each verse of Philippians 4:4-9 helps us find peace in our lives and how we can apply these teachings daily.

## Craft Activity: Peaceful Mind Garden

You'll Need:

- A small plant pot for each child
- Potting soil
- Seeds (flowers or herbs)
- Paint and paintbrushes
- Markers
- Philippians 4:4-9 printed on paper



Get Ready: Prepare a workspace with all the materials laid out. Have the Philippians 4:4-9 scripture printed out and ready for each child. Make sure there's enough room for each child to work on painting and planting.

Do this:

1. Start by discussing Philippians 4:4-9, focusing on the themes of rejoicing, gentleness, prayer, thanksgiving, and the peace of God. Ask the children to think about what brings them peace and how they can share peace with others.
2. Have each child paint their pot with images or words that represent peace to them, using the scripture as inspiration. Allow the pots to dry.
3. While the pots are drying, discuss the concept of sowing seeds of peace in their lives and in the lives of others. Then, have each child fill their pot with soil and plant their seeds. As they plant, encourage them to think of a specific way they can cultivate peace in their daily life, inspired by the scripture.
4. Conclude by placing the Philippians 4:4-9 printout in a visible spot near their new plant. Remind them to water their plant and watch it grow as a reminder of God's peace growing in their lives.

## Prayer Activity: Peaceful Pathways: Exploring Philippians 4:4-9

You'll Need:

- A Bible or printed copies of Philippians 4:4-9
- Blank paper
- Coloring pens or pencils

Get Ready: Prepare a quiet, comfortable space for the activity. Print or have the Bible passage ready.

Do this:

1. Start with a brief introduction to Philippians 4:4-9, emphasizing the theme of rejoicing, gentleness, and peace in the Lord. Ask the children to share things that make them anxious or worried.
2. Read Philippians 4:4-9 together as a group. Discuss what it means to 'rejoice in the Lord always' and how we can 'present our requests to God' with thanksgiving.
3. Hand out the blank paper and coloring pens. Ask each child to draw or write their worries on one side of the paper. On the other side, have them write or draw what it might look like to give those worries to God and to experience His peace, as described in the passage.
4. Close with a group prayer, inviting the children to silently or verbally offer their worries to God, asking for His peace to fill their hearts. Encourage them to keep their drawings as a reminder of God's peace and to look at them whenever they feel anxious.