



# Letters About Peace

Lesson Aim: To know God can give us peace of mind in all circumstances.

## THE WORSHIP

**Who God Is:** The Spirit Who Guides Us

## THE WORD

**New Testament Letters:** Philippians 4:4-9; Hebrews 11:1; Colossians 3:15-17

**What He Has Done:** God led Paul and the writer of Hebrews to write about peace of mind.

**Key Verse:** Philippians 4:6-7

## THE WAY

**Christ Connection:** Isaiah 26:3-4

## BIBLE MEMORY VERSE

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Matthew 7:7

Unit 5: The Promise of Guidance			
	Bible Story	What He Has Done	Aim
22	Letters About Love, 1 Corinthians 13:1-7; 1 John 4:11-12; 1 Peter 4:8-11	God led Paul, John, and Peter to write about love.	To learn ways to develop strong, godly love toward others.
23	Letters About Unity, Ephesians 4:4-6; 1 Corinthians 12:12, 17-18; 1 Peter 2:9	God led Paul and Peter to write about unity.	To learn the body of Christ is made of different parts uniting to serve and point others to Jesus.
24	Letters About Forgiveness of Sin, Romans 3:23; 5:1, 8; 6:23; James 4:17; Galatians 5:22-23	God led Paul and James to write about Jesus rescuing us from sin.	To know we are all sinners who receive God's complete forgiveness through Jesus.
25	Letters About Forgiving Others, Colossians 3:12-14; 1 Corinthians 13:5; Titus 3:4-5	God led Paul to write about forgiving others.	To know God calls us to forgive others as He has forgiven us.
26	Letters About Peace, Philippians 4:4-9; Hebrews 11:1; Colossians 3:15-17	God led Paul and the writer of Hebrews to write about peace of mind.	To know God can give us peace of mind in all circumstances.
27	Letters About Perseverance, Hebrews 12:1-3; Philippians 3:12-16, 20-21; Romans 8:5	God led Paul and the writer of Hebrews to write about persevering by focusing on Jesus.	To learn that focusing on Christ helps us to persevere.

## TEACHER'S ENCOURAGEMENT

This week, read John 14:27. Please join us in praying, "Thank You, Lord, for the peace You leave with us and give to us. Help the children experience the peace that only You can give them. Amen."

**Teacher Tip:** For Prophets & Promises Lessons 22-31 (Units 5-6), place your Bible in a mailbag along with any supplies needed for THE WAY, as a visual reminder of the letters of the New Testament.

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**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Meet &amp; Greet</b>	None
		<b>Game:</b> Peaceful Sack Race	Four burlap sacks or large pillowcases, floor tape or chalk, four chairs
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	<b>Unit 5 Bible Memory Verse Song:</b> "Yahweh Every Day: Ask, Seek, Knock" <b>Other Bible Memory Verse Song Suggestions:</b> "Praise the Lord, O My Soul" "The New Testament Overture" "Where the Spirit of the Lord Is" <b>Additional Hymn Suggestion:</b> "I Love You, Lord" "Open the Eyes of My Heart, Lord"
		<b>Worship Scripture Reading:</b> John 14:26-27	Bible
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	Lesson 26 Mail Call script or storybook
THE WORD	Up to 10	<b>New Testament Letters:</b> Philippians 4:4-9; Hebrews 11:1; Colossians 3:15-17	Bibles, Bible Story Scripture reference poster, mailbag containing teacher's Bible, highlighters, 5 feet of twine/yarn, 9 clips/clothespins, 9 notecards displaying the following words: True, Noble, Right, Pure, Lovely, Admirable, Excellent, Praiseworthy
THE WAY	Up to 25	<b>Discuss the Word</b>	Bibles, Christ Connection Scripture reference poster, mailbag (contents listed above under THE WORD)
		<b>Christ Connection:</b> Isaiah 26:3-4	
		<b>Golden Bowl</b>	
	Final 5	<b>Final Five Minutes</b>	Treasure Treat—New Testament Postcards and dove stamps or stickers (available at ResourceWell.org), W <sup>3</sup> s, paper, pencils, crayons or markers, prayer notebook, Unit 5 Bible Memory Verse Song "Yahweh Every Day: Ask, Seek, Knock"
GOT TIME?	Up to 10	<b>Snack:</b> Bird Food	Nuts, seeds, dried fruit
	Up to 10	<b>Game:</b> The Sound of Peace	3 notecards or posters, each with a different label: Problems, Worries, Peace
	Up to 15	<b>Craft:</b> Care Package—Peaceful Pillows	See craft for supply list.
	Up to 10	<b>Game:</b> New Testament Line	27 sheets of paper, marker, clothesline or thin cord, 27 clothespins or paperclips, "The New Testament Overture" song, Bible
	Up to 10	<b>Bible Memory Verse Activity:</b> Ask, Seek, Knock!	Unit 5 Bible Memory Verse poster, optional: Unit 5 Bible Memory Verse Song
	Up to 15	<b>Bible Memory Verse Activity:</b> Race to Repeat	Unit 5 Bible Memory Verse poster, Bible
	Up to 5	<b>New Testament Letters Review</b>	New Testament Letter themes printed on footprint-shaped paper

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



Getting started

## THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.

**Meet & Greet Question: What is your favorite thing to do that doesn't make any noise?**

### **GAME: PEACEFUL SACK RACE**

**Purpose:** Children will compete in a sack race while learning God gives them peace of mind.

**Supplies:** Four burlap sacks or large pillowcases, floor tape or chalk, four chairs

**Prepare:** Mark four start lines with floor tape or chalk. At the other end of the play area, place a chair opposite each start line.

**Do any of you worry before a team race?** (Children respond.) **I do! I worry I might make a mistake and disappoint my team. Let's play "Peaceful Sack Race." After your turn, sit down and relax. You did your best! Keep cheering for your teammates while you are resting.**

#### **Directions:**

1. Form four teams of equal number.
2. Each team stands behind a start line.
3. Give the first child on each team a burlap sack or pillowcase.
4. Those children stand inside the sack while holding onto the top with both hands.
5. On your signal, the first child on each team hops up to the team's chair, around it, and back to the start line.
6. Children step out of the sack and give it to the next child in line who repeats steps 4-5.
7. After handing the sack to the next child in line, children sit near their team.
8. The goal is to be the first team to have all children complete the race. Continue playing until all the teams are finished to determine which team is in second, third, and fourth place.

**Today, we will read what the New Testament letters say about how we can be at peace instead of worrying!**

**Limited Space?** Teams play one at a time. The team to complete the relay the fastest wins.



The Spirit who guides us

## THE WORSHIP

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play music as children move to the designated area.

**Today, we worship the Holy Spirit who guides us to have peace. Not just the peace that comes from not fighting or being at war, but the special peace in our hearts and souls and minds that comes from trusting God. When we pray to God and trust Him to take care of us instead of worrying—that's one way of worshipping Him.**



**We don't need to be worried. When we trust God with our worries, He gives us a peaceful mind, even if our troubles do not go away!** Sing: "Praise the Lord, O My Soul" while collecting the offering.



Read John 14:26-27.



Sing the Unit 5 Bible Memory Verse Song, "Yahweh Every Day: Ask, Seek, Knock." You may also choose to sing songs that focus on peace.



Perform the Mail Call script or read storybook: Prophets & Promises Unit 5, Lesson 26.



Letters about peace

## THE WORD

**Additional Supplies for THE WORD and THE WAY:** In a mailbag, place the teacher's Bible, highlighters, 5 feet of twine/yarn, 9 clips/clothespins, and 9 notecards each with one of the following words: True, Noble, Right, Pure, Lovely, Admirable, Excellent, Praiseworthy.

**Teacher Tip:** As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

**Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word—knowing God is my goal."**

**Last time, we found letters about forgiving others. We learned we are to forgive others as God has forgiven us. Today, we will learn how God gives us peace of mind when we trust in Him. Let's see what Paul says about that in the letter he wrote to the churches in Philippi and in Colosse (or Colossae).** If a map is available, point to the ancient cities of Philippi, Macedonia, and Colosse (located in modern day Turkey). **This mailbag reminds us that in Bible times believers traveled long distances to share letters from Paul.** Open the mailbag and remove the teacher's Bible and highlighters.



**Let's play Find It First! Bring out your Bible; keep it right in front of you.** Hand out spare Bibles. **Today's Scripture verse is behind the curtain** (or secret door, secret window, etc.). Child reveals the Bible Story Scripture reference: Philippians 4:4-9; Hebrews 11:1; Colossians 3:15-17. **We will begin with Philippians 4:4-9. Let's see who can Find It First. Ready? Set? Go!** Children race to find it first. The winner helps others find it. **Let's highlight our Key Verse: Philippians 4:6-7.**

**Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who would like to pray that for us?** Child prays aloud. **Be seated. Let's read the first letter about peace of mind—it's from the book of Philippians.** Read Philippians 4:4-9.

**Peace of mind comes from trusting God. Trusting God comes from the faith God gives to us. Check out what the letter to the Hebrews says about faith.** Read Hebrews 11:1.

**The peace Jesus brings us is peace between our perfect God and us. In Paul's letter to the Colossians, he encourages us to let that peace rule in our hearts.** Read Colossians 3:15-17.



We can have peace

## THE WAY

**We just read a description of faith by the writer of Hebrews. How would you describe faith in your own words?** (Children respond.) **Our faith in God is a gift from Him. Our faith in God helps us trust Him with our worries and fears. Who would like to share something that you have been worried about lately?** (Children respond.)

**In Paul's letter to the Philippians, what did he tell them to do instead of being anxious?** (Paul wrote "by prayer and petition, with thanksgiving present your requests to God.") **A petition is a request. Paul says we are to pray, make our requests, and give thanks to God. What does Paul say will happen when we do this?** (God's peace will guard our hearts and minds.) **What does that mean to you?** (Children respond.) **Can you give an example of a time when you were anxious, worried, or afraid and God gave you peace of heart and mind?** (Children respond.)

Take the twine/yarn, clips/clothespins, and the notecards out of the mailbag. Hang the twine as a clothesline where everyone can see it and hang the notecards on the line using the clips. **On each of these 9 cards is a word from Paul's list of good things we can think about. Let's take a moment to think about each of them. What is something that is true?** (Children respond.) Repeat the same question for the other eight notecards: Noble, Right, Pure, Lovely, Admirable, Excellent, and Praiseworthy.

**When you are anxious or worried, how might thinking about these things give you a peaceful heart and mind?** (Children respond.) **Which of these is your favorite thing to think about?** (Children respond.) **How does thinking about that give you peace?** (Children respond.) **How does thinking about that give you peace when you are facing hard times?** (Children respond.) **No one can explain the peace that comes from trusting God. When you have that peace, your heart and mind are calm even when the problems are still around you.**

**If we think about Jesus each time we make a choice, then His peace will rule in our hearts. Let's read part of Paul's letter to the Colossians and brainstorm examples for our own lives.** Read Colossians 3:15-17. After each phrase in verses 16 & 17, discuss ways the children can do these things this week.



Connecting the Old Testament, the New Testament, and Us

## CHRIST CONNECTION

**700 years before Paul wrote his letter about peace, the prophet Isaiah described it perfectly! Check it out in the Bible!**



***FIND IT FIRST***> **Everyone, place your Bible closed on your lap. Choose a child to reveal the Christ Connection Scripture reference: Isaiah 26:3-4. Let's see who can Find It First! Ready? Set? Go! Find it and highlight it.** Read Isaiah 26:3-4.

# THE WAY *continued...*



Revelation 5:8

## GOLDEN BOWL

**Teacher Tip:** Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

**Revelation 5:8 says our prayers are like sweet smelling incense in the golden bowls at God's throne. I'm going to lift each one of your names to God's throne as you pray for each person silently. Then, we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.**

**Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You \_\_\_\_, \_\_\_\_, \_\_\_\_. Read names in Golden Bowl.**

**Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.**



When only 5 minutes remain, begin this segment.

## FINAL FIVE MINUTES

**TREASURE TREAT:** Today, your Treasure Treat is a New Testament Postcard with a stamp (or sticker) of a dove that stands for peace. Place the stamp or sticker in the corner box on the back of the postcard. **On your postcard, list where to find today's New Testament letters in the Bible.** The scriptures are listed in the W<sup>3</sup>. **Read the scriptures again to help you answer the postcard question.**

**W<sup>3</sup>:** Take home today's W<sup>3</sup> Journal Entry as your personal devotional study. Keep your journal entries together in a notebook or in your Bible. Distribute W<sup>3</sup> Journal Entry #26. **Complete this at home and let God speak to you through His own words in the Bible!**

**OFFERING OF ART:** Until it is time to be dismissed, make an Offering of Art. For your offering, draw your favorite thing about today and something special about the letters from the New Testament you just learned.

**PRAYER REQUESTS:** As children work on their Offering of Art, ask how you can pray for them this week. Write their prayer requests in a prayer notebook.

**BIBLE MEMORY VERSE SONG:** Play the Unit 5 Bible Memory Verse Song, "Yahweh Every Day: Ask, Seek, Knock," in the background as children wait to be dismissed.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SNACK: BIRD FOOD**

**Purpose:** Children will eat a snack while personally connecting to the story.

**Snack Suggestion:** Nuts, seeds, dried fruit

**Teacher Tip:** Due to potentially serious allergic reactions, you may want to avoid serving peanuts.

**Today, in our New Testament Letters, we learned not to worry. Jesus also told us to not worry in Matthew 6:26. Jesus said that since God makes sure the birds are fed, He will definitely take care of you. Let's eat a snack that is "for the birds" to help us remember God cares for us, just as He cares for the birds.**

#### **Directions:**

1. Serve snacks and drinks.
2. Child prays to thank God for the snack.
3. Ask the Snack Discussion Question: **"What makes you feel peaceful?"**

### **GAME: THE SOUND OF PEACE**

**Purpose:** For children to think about God quietly comforts them when they are worried or anxious.

**Supplies:** 3 notecards or posters, each with a different label: Problems, Worries, Peace

**No one can explain the peace that comes from trusting God, but if your heart and mind are calm because you know God is in control even when there are problems, then you have peace! Try this game to hear the sound of peace.**

#### **Directions:**

1. Children sit in a circle. Place the "Problems" sign in the center of the circle.
2. Each child thinks of a recent or current problem and creates a hand motion related to that problem. For example, for a friendship problem, children might clasp their hands or for a problem with school work, children might pretend to read a book.
3. Place the "Worries" sign in the center of the circle with the "Problems" sign.
4. Each child thinks of one worry related to his or her problem and chooses a word or phrase to describe that worry. For example, if the worry is about losing a soccer game, the might be "losing." If the worry is about swimming, the phrase might be "water in my eyes."
5. Choose one child to repeatedly say their word or phrase and sign their hand motion.
6. One at a time, go around the circle and add in each child until all the children are saying their words and signing their hand motions at the same time.
7. **When I replace the "Worries" sign with the "Peace" sign, I want you to stop saying your worry word or phrase but continue your problem hand motions in silence.**
8. Replace the "Worries" sign with the "Peace" sign.
9. Children stop speaking but continue their hand motions in silence.
10. Continue the silent motion until the teacher whispers, **"Peace be with you!"**
11. **Even when problems surround us, we can trust God—that's peace! It's having faith that God will watch over us even though we cannot see or hear Him.**



# GOT TIME? *continued...*

## **CRAFT: CARE PACKAGE—PEACEFUL PILLOWS**

**Purpose:** For children to give comforting reminders of God's peace to those in distress.

**Supplies:** Pillowcases, scissors, glue, fabric markers (or fabric paints, permanent markers, or crayons), assorted craft supplies

**Prepare:** Choose a person or group of people to whom the children will send the care package. Some examples: a homeless shelter, orphanage, hospital, transitional housing, or other similar living facility for those in distress. Write **"Do not worry." Philippians 4:6-7** where children can see to copy it.

**Teacher Tips:** You may choose to stuff the pillowcase with fiberfill or a pillow form and glue or sew the end closed. You may choose to let the children suggest and/or decide on the recipient(s). If you have a large class, divide the children into teams and create multiple care packages for different recipients. Have each team talk about why they chose that particular recipient. If possible, take children with you to deliver the care package or take a picture to share with the children.

**Today, we learned what two New Testament letters teach about peace of mind. What can you think about instead of worrying?** (Good things about God.) **What happens when we trust God instead of worrying?** (We have peace in our hearts and minds.) **Everyone has problems; people may be sad, afraid, or worried. They need to know God is with them and can give them peace. Let's make pillowcases to comfort people.** Tell the children about the care package recipient(s). Allow them to ask questions so they truly understand where and to whom their gift will be delivered.

### **Directions:**

1. Give a pillowcase to each child or team.
2. Children copy the words, **"Do not worry." Philippians 4:6-7** onto the pillowcases.
3. Children decorate their pillowcases to make them comforting. Here are some ideas:
  - Color or paint a peaceful landscape on the pillowcase.
  - Glue soft or silky ribbon, trim or rickrack around the open edge.
  - Cut out sheep or cloud shapes from fleece or flannel and glue to the pillowcase.
4. Create and deliver the gifts!

## **GAME: NEW TESTAMENT LINE**

**Purpose:** Children learn the books of the New Testament.

**Supplies:** 27 sheets of paper, marker, clothesline or thin cord, 27 clothespins or paperclips, "The New Testament Overture," Bible

**Prepare:** Write the name of each New Testament book on a separate sheet of paper. Shuffle the papers. Hang the clothesline in the play area at a low height so children can reach it.

### **Directions:**

1. Play "The New Testament Overture" two times. Encourage the children to sing along as they become familiar with the words.
2. Challenge the children to place the New Testament books in order by hanging the sheets of paper in correct order on the clothesline with clothespins.
3. To help the children, play the song while they work or leave a Bible open to the table of contents for them to reference, as needed.
4. After all the books are hung in the correct order, challenge children to recite the books of the New Testament from memory.

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Matthew 7:7

### **GAME: ASK, SEEK, KNOCK!**

**Purpose:** Children learn the Unit 5 Bible Memory Verse.

**Supplies:** Unit 5 Bible Memory Verse poster, optional: Unit 5 Bible Memory Verse Song

**Our Bible Memory Verse is the words of Jesus encouraging us to keep praying because God is good and He answers our prayers. What is an example of asking God to give you something?** (Children respond.) **What is an example of seeking an answer from God?** (Children respond.) **"The door will be opened to you" is an expression meaning God will make a way for something to happen for you. You can use the word "ASK" to help you remember our Bible Memory Verse:**

**A** stands for "Ask and it will be given to you."

**S** stands for "Seek and you will find."

**K** stands for "Knock and the door will be opened to you."

#### **Directions:**

1. Children sit in a circle.
2. Lead the children in reciting or singing the Unit 5 Bible Memory Verse.
3. **Let's practice our Bible Memory Verse by going around the circle and each saying the next word in the verse. I will start.**
4. Say the first word of the verse, "**Ask.**"
5. The child on your left says the next word, "**and.**"
6. Continue around the circle until the entire verse is said.
7. As time allows, play again. Challenge the children to recite the verse faster each time.

**Option:** For older children, use a timer or clock to see how quickly the verse is completed each time.

### **GAME: RACE TO REPEAT**

**Purpose:** Children learn the Unit 5 Bible Memory Verse.

**Supplies:** Unit 5 Bible Memory Verse poster, Bible

#### **Directions:**

1. Practice saying the Unit 5 Bible Memory Verse together once.
2. Divide the children into two equal teams.
3. Arrange the teams into two parallel lines about 15 - 20 feet from each other, facing each other.
4. Assign each team member with a number, so that each team has a player 1, 2, 3, and so on.
5. Place a Bible in the center of the play area between the two teams.
6. Call out a number.
7. The children from each team with that number races to be the first one to touch the Bible.
8. The child who touches the Bible first earns point for his or her team by saying the Bible Memory Verse correctly. (You may choose to allow children to use the Bible Memory Verse poster or Bible as a reference.)
9. Continue playing by calling a different number in each round until every number is called.

# GOT TIME? *continued...*



## NEW TESTAMENT LETTERS REVIEW

Prophets & Promises Part One studies the miracles and stories of the Bible from Acts through Revelation. Lessons 22-31 explore several of the themes of the New Testament letters. The previous lesson will always be reviewed briefly in THE WORD segment of each Teacher's Guide. Review recent Bible stories to see the continuing story of who God is and He has done.

**New Testament Letters: Letters about Forgiveness of Sin (Circa 33 A.D. - 150 A.D.)** Paul, John and James each wrote letters about God's forgiveness of our sin. What did God do for us so that we could be forgiven? (He sent His Son Jesus to pay the punishment for our sin.) Who does God forgive? (All who believe in Jesus.)

**New Testament Letters: Letters about Forgiving Others (Circa 33 A.D. - 150 A.D.)** Paul wrote many letters about forgiving others. What does it mean to hold a grudge? (Children respond.) What are some of the attitudes Paul listed when he wrote about forgiving others? (Compassion, kindness, humility, gentleness and patience.)

**New Testament Letters: Letters about Peace (Circa 33 A.D. - 150 A.D.)** What does it mean to have the peace of God in your heart and mind? (Children respond.) Peace is a calmness of heart and mind that comes from trusting God, even when facing very hard times. What does Paul tell us to do instead of thinking about our worries? Read the answer in Philippians 4:8.

How to create a display for reviewing the New Testament Letters:

1. Download and print the Bible Timeline for Prophets & Promises (available at [www.resourcewell.org](http://www.resourcewell.org)).
2. Print each New Testament Letters scroll on sturdy paper.
3. Choose a wall or other visible location to display the timeline.
4. Before each lesson, add the scroll for that lesson to the Bible Timeline using the list below.
5. To review, ask the corresponding questions as you point to the associated scroll.

New Testament Letters (Circa 33 A.D. - 150 A.D.): Letters about Love > Letters about Unity > Letters about Forgiveness of Sin > Letters about Forgiving Others > Letters about Peace > Letters about Perseverance > Letters about Weakness > Letters about Strength > Letters to the Seven Churches > Letters about Jesus' Return