



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

What He Has Done: God led Paul 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	God led Paul and John to write about love.	To understand the characteristics of love such as patience, kindness, and perseverance.
23	Letters About Unity, 1 Corinthians 12:12, 17-18, 26	God led Paul to write about unity.	To learn about unity and the body of Christ.
24	Letters About Forgiveness of Sin, Romans 3:23; 7:19; 1 John 1:9; Galatians 5:22-23	God led Paul and John to write about Jesus saving us from sin.	To know we are all sinners in need of God's forgiveness.
25	Letters About Forgiving Others, Colossians 3:12-13; 1 Corinthians 13:5	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	God led Paul to write about peace of mind.	To know God can give us peace of mind in all circumstances.
27	Letters About Perseverance, Hebrews 12:1-2	God led the writer of Hebrews to write about persevering by focusing on Jesus.	To know keeping our focus on Jesus will strengthen us to never give up.

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	Meet & Greet	None
		Game: Peaceful Sack Race	Four burlap sacks or large pillowcases, floor tape or chalk, four chairs
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	Unit 5 Bible Memory Verse Song: "Yahweh Every Day: Ask, Seek, Knock" Other Bible Memory Verse Song Suggestions: "Praise the Lord, O My Soul" "The New Testament Overture" "Where the Spirit of the Lord Is" Additional Hymn Suggestion: "I Love You, Lord" "Open the Eyes of My Heart, Lord"
		Worship Scripture Reading: John 14:26-27	Bible
		Offering	Baskets
		Worship Illustration	Lesson 26 Mail Call script or storybook
THE WORD	Up to 10	New Testament Letters: Philippians 4:4-9	Bibles, Bible Story Scripture reference poster, mailbag containing teacher's Bible, 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	Discuss the Word	Bibles, Christ Connection Scripture reference poster, mailbag (contents listed above under THE WORD)
		Christ Connection: Isaiah 26:3-4	
		Golden Bowl	Golden Bowl, pencils, note cards
	Final 5	Final Five Minutes	Treasure Treat—New Testament Postcards and dove stamps or stickers (available at ResourceWell.org), Daily Ways, basket, paper, pencils, crayons or markers, prayer notebook, Unit 5 Bible Memory Verse Song "Yahweh Every Day: Ask, Seek, Knock"
GOT TIME?	Up to 10	Snack: Bird Food	Nuts, seeds, dried fruit
	Up to 10	Game: No Worries Dance	Bible, "Think About These Things" Bible Memory Verse Song (available at ResourceWell.org)
	Up to 10	Game: Peaceful Thoughts	Bible, relaxing music
	Up to 10	Game: New Testament Line	27 sheets of paper, marker, clothesline or thin cord, 27 clothespins or paperclips, "The New Testament Overture" song, Bible
	Up to 15	Craft: Care Package—Peaceful Pillows	See craft for supply list.
	Up to 10	Bible Memory Verse Activity: Ask, Seek, Knock!	Unit 5 Bible Memory Verse poster, optional: Unit 5 Bible Memory Verse Song
	Up to 15	Bible Memory Verse Activity: Race to Repeat	Unit 5 Bible Memory Verse poster, Bible
	Up to 5	New Testament Letters Review	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, 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 church in Philippi. If a map is available, point to the ancient city of Philippi, Macedonia. 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.



If you brought your Bible, open it now and share with others. 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.

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.**



We can have peace

THE WAY

Everyone faces problems that may cause us to worry. Who would like to share something that you have been worried about lately? (Children respond.)

God does not want us to be worried, afraid or anxious. Instead, He wants us to give our worries and fears to Him, trusting Him to take care of everything. God is all-powerful, good, and loving. How does that help you trust God with your worries? (Children respond.) Because our God is all-powerful, we can trust He has the power to answer every prayer. Because our God is good, we can trust that even when God doesn't do what we ask, He has done what is best. Because God loves us, we can trust that He will always take care of us, including times when our prayers are not answered in the way we had hoped.

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. Even though the problems that cause our worries may not go away, trusting God gives us a peaceful heart and mind.**



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!



Everyone, place your Bible on your lap. Choose a child to reveal the Christ Connection Scripture reference: Isaiah 26:3-4. **Let's find this scripture.** 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 Daily Way. **Read the scriptures again to help you answer the postcard question.**

DAILY WAY CHALLENGE: Did anyone bring in a completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 26 Daily Way 5-day Bible study. **Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.**

Teacher Tip: Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

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: NO WORRIES DANCE

Purpose: For children to learn to think about good things instead of worrying.

Supplies: Bible, "Think About These Things" Bible Memory Verse Song (available at ResourceWell.org)

God wants us to think about His goodness instead of our worries. Read Philippians 4:8. This song puts Paul's words to music. In this game, everyone dances (or moves about the room) until the music stops. If you are the last person to freeze when the music stops, I will ask you to give us an example of a good thing we can think about instead of worrying.

Directions:

1. Children move throughout the play area.
2. Play the music as the children dance or move.
3. Children freeze (stand completely still in their last position) whenever you stop the music.
4. The last child to freeze announces one good thing we can think about.
5. Play the music and continue the game, as time allows.

Option: For a quieter, reflective activity, see the next game, PEACEFUL THOUGHTS.

GOT TIME? *continued...*

GAME: PEACEFUL THOUGHTS

Purpose: For children to think about God in a peaceful, relaxing environment.

Supplies: Bible, relaxing music

God wants us to think about Him instead of our worries. Read Philippians 4:8. **Let's spend some quiet time relaxing and thinking about ways that God is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.**

Directions:

1. Children sit down in the play area. Encourage them to spread out.
2. Play relaxing music as the children sit or lay quietly. Suggest they close their eyes and think about their favorite truths about God.
3. After 1-5 minutes (depends on the age and attention span of your group), ask the children to join you in a circle.
4. Ask for volunteers to share their good thoughts about God.

When the only thing you are thinking about is God, can you think about your worries? (No.) Even though the problems that caused our worries may not go away, trusting God's goodness gives us a peaceful heart and mind.

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...*

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!

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).
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