



# Letters About Peace

**Lesson Aim: To pursue peace with one another  
and to pursue peace of mind.**

## THE WORSHIP

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

## THE WORD

**What He Has Done:** God led Paul to write about God's peace.

**Scripture Focus:** Philippians 4:4-9; Colossians 3:15-17; Romans 12:17-18; 2 Corinthians 13:11

**Key Verse:** Philippians 4:6-7 **Christ Connection:** Isaiah 26:3-4

## THE WAY

**The Big Question: When have you experienced peace that transcends all understanding?**

## UNIT 5 FOCUS VERSE

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity." Colossians 3:12-14

Unit 5: The Promise of Guidance			
	Bible Story	What He Has Done	Lesson Aim
22	Letters About Love, 1 Corinthians 13:1-8a, 12-13; 1 John 4:11-13; 1 Peter 4:8	God led Paul, John, and Peter to write about love.	To develop strong, godly love toward one another.
23	Letters About Unity, 1 Corinthians 12:12, 15-18, 24b-26; Ephesians 4:1-6, 29-32	God led Paul to write about unity.	To learn what it means to have unity in the body of Christ.
24	Letters About Forgiveness of Sin, Romans 3:23-24; 6:23; 1 John 1:9; James 4:17; Galatians 5:13-14, 19-23	God led Paul and John to write about God's forgiveness.	To know we are all sinners who receive God's complete forgiveness through Jesus.
25	Letters About Forgiving Others, Colossians 3:12-15; 1 Corinthians 13:4-6; Matthew 6:12	God led Paul to write about forgiving others.	To follow Jesus' example in forgiving others.
26	Letters About Peace, Philippians 4:4-9; Colossians 3:15-17; Romans 12:17-18; 2 Corinthians 13:11	God led Paul to write about God's peace.	To pursue peace with one another and to pursue peace of mind.
27	Letters About Perseverance, Hebrews 12:1-3; Philippians 3:12-14; 2 Corinthians 4:16-18	God led Paul and the writer of Hebrews to write about perseverance by focusing on Jesus.	To learn that focusing on Jesus helps us to persevere.

**LEADER'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 students experience the peace that only You can give them. Amen."

**Lesson Aims** are based on reflecting God's character as we participate in His actions to, for, and in the world.

**Take Home Elements:** The Journal Entry, Action Card, and Family Discussion Card may be sent home to encourage students to reflect on the lesson. The Journal Entry is an in-depth personal study. The Action Card is a visual reminder of the Bible story, God's action, and how we can join into that action. The Family Discussion Card gives parents and guardians a way to engage their students in what they are learning.

**Leader's Tip:** For larger gatherings, teach THE WELCOME, THE WORSHIP, and THE WORD in a large group setting and divide into small groups for discussion with THE WAY.

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Getting started

# THE WELCOME

**Suggestion:** Choose a game that focuses on ideas such as peacemaking, calmness, or shaking hands.

## **ACTIVITY OPTION 1: BEAN SHAKE**

**Purpose:** To introduce the idea of being at peace with one another.

**Supplies:** 10 dried beans or peas (Get it? Peas/Peace) or other small objects, optional: timer

**Directions:**

1. Give each student 10 dried beans.
2. On your signal, students introduce themselves to others by shaking hands. Students give a bean to every 3<sup>rd</sup> person he or she meets.
  - Students may not refuse to shake hands with anyone.
  - Students may shake hands with the same person more than once but not twice in a row.
3. The first person to get rid of all their beans is the winner. It sounds easier than it is, since you are always accumulating new beans. You may wish to set a timer to end the game in case no one is able to get rid of all of their beans.

## **ACTIVITY OPTION 2: AMOEBA RACE**

**Purpose:** To encourage students to work together and be at peace with each other.

**Supplies:** Long lengths of rope AND a predetermined track/course, timer

**Directions:**

1. Divide your group into teams of at least 5 or more. The larger the team size, the more difficult it is.
2. Tie a rope around the entire team at waist level. Make it snug without hurting anyone.
3. Time each team as they run through the obstacle course or if your course allows, have two teams race at the same time.
4. The team with the fastest time is the winner. You may also wish to give an award for the team that worked together the best.



The Spirit who guides us

## THE WORSHIP

**Note to Leader:** The instructions below are suggestions only. Adapt this time of worship to suit your environment, resources, and cultural expression. Encourage students to broaden their view of corporate worship by including a variety of expressions such as group prayer, group praise, silent meditation, singing, listening to music, reading scripture, collecting an offering, drama, dance, visual arts, and/or a physical exploration of nature or neighborhoods.

**Ideas for Optional Visuals:** \_\_\_\_\_

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**Today, we worship the Holy Spirit who guides us to have peace with each another as well as having the peace in your heart, soul, and mind 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 worshiping Him.**

Read the Unit 5 Focus Verse: Colossians 3:12-14.



Sing worship songs and guide students to focus on God's peace.



Read John 14:26-27.



Invite students to offer sentences of praise to God by completing the following sentence:  
**"Lord, we worship You for \_\_\_\_\_."**



Letters about peace

## THE WORD Presentation

**Note to Leader:** Adapt this segment to your setting (Sunday School class, youth group, multi-age gathering, youth camp, retreat, etc.). In some settings, you may choose to have a student read the scripture aloud, and then have the leader, in his or her own words, briefly communicate the Teaching Points, the Christ Connection, and the Big Question. In other settings, a teacher, pastor, or other experienced speaker may present a lecture or extended message that includes those same elements.

### Ideas for Optional Visuals:

You may choose to include an object lesson, video clip, drama, dance, song, or work of art to illustrate the teaching points.

Option 1: \_\_\_\_\_

Option 2: \_\_\_\_\_



## TEACHING POINTS

Consider current culture and influences impacting your students, and adjust the teaching accordingly.

*Read the suggested scripture and communicate each of the points noted.*

Last time, we read some of Paul's writings about forgiving others. We learned we are to forgive others as God has forgiven us. Without forgiveness we cannot live in peace with each other. Today, we will be going to talk about peace. Jesus calls us to pursue peace in our relationships and for our hearts and minds to be at peace.

The leader or a student reads Philippians 4:4-9.

- Most Biblical scholars agree Paul was in prison when he wrote Philippians. He had every reason to be anxious, but instead we see him writing a letter of encouragement to the Philippians. His words today still encourage us.
- God's peace helps guard our hearts from negative feelings such as worry or fear. It guards our minds from wrong thinking that may lead to foolish decisions or sin. Wrong thinking can also distract us from worshiping God or from doing the very things God has called us to do.
- To "not be anxious about anything" seems impossible. Paul understands this, but he also knows there is nothing you have faced, are facing, or will face that you need to be anxious about. No matter the struggle, God cares. Paul goes on to give practical ways to keep our minds at peace.
  - "Rejoice in the Lord." To rejoice means to express confidence in God.
  - "The Lord is near." Remember God is with you.
  - "With thanksgiving, present your requests to God." When you pray with thanks in your heart, there is no room for anger or anxiety.
  - Focus on what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.
- When you follow these practical steps, God promises to give us His peace. No one can explain the peace that comes from trusting God; it "transcends all understanding."
- However, that doesn't mean there will never be times when you will struggle to find God's peace. On those days, call on the Holy Spirit and ask Him to restore your peace. Return to the practical advice of Philippians 4:4-9 and have confidence that God always keeps His promises.

# THE WORD Presentation *continued*

In Paul's letter to the Colossians, Paul encourages us to let peace rule in our hearts.

The leader or a student reads Colossians 3:15-17.

- The word "rule" as it is used in verse 15 literally means to "function like an umpire." To "let the peace of Christ rule in your hearts" means to allow God's peace to act as the umpire in our relationships. Let peace be a deciding factor when there is conflict between people.
- Three times in this scripture and once in Philippians 4:4-9, we see Paul telling believers to be thankful. As the peace of God rules in our hearts, we should be thankful people giving Him the glory for all things.

The leader or a student reads Romans 12:17-18 and 2 Corinthians 13:11.

- We have been called to one body; we can't work together if we aren't at peace with each other.
- It's not always possible to live at peace with others, but we are called to do everything we can to be at peace. Restoring a relationship sometimes takes effort. Paul challenges us to do the hard work required to mend broken relationships.
- To "be of one mind" refers to all believers having the mindset of Jesus. The Bible describes Jesus' mindset as the attitude of a humble servant who gave up His life for others.
- As we make these efforts, Paul explains we will experience the inner peace that comes from God's presence with us.



Connecting the Old Testament, the New Testament, and Us

## CHRIST CONNECTION

In the whole story of God, what's the connection between this New Testament story and the Old Testament?

- 700 years before Paul wrote about peace, the prophet Isaiah described it perfectly!

The leader or a student reads aloud Isaiah 26:3-4.

- God will keep those whose minds are focused and committed to Him and who trust Him in perfect peace. Isaiah reminds us that we can trust in God because He is the Rock eternal, a foundation that will last forever.



## THE BIG QUESTION

Introduce and elaborate on this question. Students will answer it in their discussion group.

**When have you experienced peace that transcends all understanding?**



# THE WAY Discussion

Living in peace



**GETTING STARTED** Display and review the Discussion Group Covenant below:

**We will include everyone here, treating one another with respect and kindness.  
We will encourage everyone here to express their thoughts and opposing views.**

Every student shares his or her best experience or greatest challenge of the past week.



## READ IT AGAIN

Read Philippians 4:4-9; Colossians 3:15-17; Romans 12:17-18; 2 Corinthians 13:11 silently or aloud.

**What four things does Paul tell the Philippians to do?** (Philippians 4:4-6) **What will happen as a result?**

**What do you think Paul means by the peace which transcends or surpasses all understanding?**

**What does it mean that we were “called” to peace?”** (Colossians 3:15)

**Why do you think peace is such a high priority for God’s people?**



**THE BIG QUESTION** Invite students to share their answers.

**When have you experienced peace that transcends all understanding?**



**TAKE ACTION** Lead students in a discussion using the questions below.

**What connection do you see between our thoughts and the state of our hearts?**

**How might following the guidelines in Philippians 4:8 change your thought patterns?**

**What does restoring relationships and living in peace with others mean to you?**

**Are there things you can do to bring peace to the relationships in your life? What are they?**

Ask each student to complete this sentence: **God calls us to make every effort to live in peace SO THAT others might \_\_\_\_\_.**



**PRAY** Share prayer requests and answered prayers.

Have students pray with partners, or have the whole group pray together.



**FINAL FIVE MINUTES** When only 5 minutes remain, begin this segment.

Give each student Action Card #26 and Journal Entry #26. **Take home today’s Action Card as a reminder of how we can join in what God is doing. Use the Journal Entry as your personal devotional study. Complete your Journal Entries at home and keep them together in a notebook or in your Bible.** Optional: Provide parent or guardian with Family Discussion Card #26.

# PROPHETS & PROMISES

## JOURNAL ENTRY #26

### Letters About Peace

Philippians 4:4-9; Colossians 3:15-17; Romans 12:17-18;  
2 Corinthians 13:11

### WHAT DOES IT SAY?

- **Pray!!!** Ask the Holy Spirit to show you what He wants you to learn from this passage.
- **Read Philippians 4:4-9; Colossians 3:15-17; Romans 12:17-18; 2 Corinthians 13:11.**
- What is Paul's remedy to being anxious in Philippians 4:4-7?
- Write Philippians 4:7 in your own words.
- What specific instruction is given in Colossians 3:15? Why?
- With whom does God want us to live at peace? (Romans 12:18)

### WHAT DOES IT MEAN?

- Read Philippians 4:8. Why do you think it's important for us to think on such things?
- What does it mean to be "of one mind"? (2 Corinthians 13:11) Here's a hint. It doesn't mean we'll always agree.

### WHAT CAN I DO?

- When have you experienced the peace "which transcends all understanding"? If you never have, use this space to describe what peace of mind means to you.
- What relationship in your life needs to be repaired or restored? List every effort you could make to live at peace with that person.
- Where else in your life—either in relationships, situations, or in your own mind and heart—do you see a need for peace? Make a list and begin praying for God's peace "which transcends all understanding" to rule in these areas.
- Does the way you live with others show your desire to live in peace? Ask the Spirit if there were times this week when you unloving, argumentative, abrasive, less than honest, self-absorbed, demanding, or unappreciative. Ask Him to help you let the peace of Christ rule in your heart.



Action Card #26/P&P

## LETTERS ABOUT PEACE

PHILIPPIANS 4:4-9; COLOSSIANS 3:15-17;  
ROMANS 12:17-18; 2 CORINTHIANS 13:11

GOD LED PAUL TO WRITE ABOUT  
*LIVING IN PEACE.*

WE ARE CALLED TO MAKE EVERY  
EFFORT TO *LIVE IN PEACE.*

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