

Fruit of the Spirit

Part 3

Fruit of the Spirit is PEACE.

Acts 12:1-17 – Peter escapes from Prison
1 Peter 5:7

To understand that I can have true peace by trusting in God. His peace helps me not to be afraid or worried.

Worship

Enjoy learning the actions or singing and dancing along to this song from Cheeky Pandas “Coming Alive!” (Fruit of the Spirit)
<https://www.youtube.com/watch?v=cxahmVFH8PU>

Intro Activity

Find and read together **1 Peter 5:7**, “*Cast all your worries on Him, who cares for you.*” Challenge yourselves to create a rap or song from this verse.

Discuss together times when you have felt worried or afraid, especially recently. One way to do this especially with younger children is for everyone to talk to their favourite cuddly toy and tell them things which worry them and why it worries them. Reassure your children that everyone has worries, that it is OK to talk to you about any worries they have.

Remind each other that 1 Peter 5:7 says we can cast our worries on Jesus – the word cast means literally throw something forcefully in a specific direction. So, Jesus wants us to throw forcefully our worries and fears on to him. Act out taking each of your worries and fears screwing them up in a ball and throwing them to Jesus!

The great news is Jesus doesn't throw them back at us or get cross that we have thrown our stuff at him he gives us something of himself back – He gives us PEACE.

Remind each other that we are looking at the fruits of the Spirit - Galatians 5:22-23 says *“But the fruit that the Spirit produces in a person’s life is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

The fruit of the Spirit develop as we grow in our relationship with Jesus. We have already found out about the love and joy he releases to us. This week we discover that we can have true peace when we trust in God. This peace helps me not to be afraid or worried about anything.

Bible Story

- Read the story of Peter escaping from Prison from Acts 12:1-17 or from a children’s Bible or use this YouTube version from Saddleback Kids:
<https://www.youtube.com/watch?v=zzM9aFqkw6s>
- Discuss these questions: What amazing things happened? What did Peter do? What did God do?

Discuss: The Bible says PEACE is when God helps us to be calm, no matter what is going on around us. Peter was in prison for telling people about Jesus, he must have been scared and confused about what was going to happen. He was probably afraid he was going to die. Peter kept his peace by remembering God’s promise never to leave him. He remembered that no matter what God is in control. The Bible says that God offers us peace that is more amazing than anything we can understand.

God's peace doesn't depend on what is happening in our life at that moment. His peace is true and unchanging. We all face tough things in life but we can have peace even in the struggle. That peace is the peace God offers us if we trust him.

Activation

Play the worship song "Peace be still" by Lauren Daigle.

https://www.youtube.com/watch?v=VBzg4B3_yS8

Put blankets, cushions, duvets, sleeping bags on the floor and lie down together in God's presence. Ask God to surround you and fill you with his peace. Expect to feel God's presence and for God to speak to you in words or pictures. At the end share what you experienced of God's presence.

Draw pictures of what God's peace looks like.

Traffic Light Prayer. Create a Traffic Light – on the red traffic light write "stop", on the amber traffic light write "pray" and on the green traffic light write "give thanks".

Explain: Philippians 4:6-7 says

Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have. And because you belong to Christ Jesus, God's peace will stand guard over all your thoughts and feelings. His peace can do this far better than our human minds.

This week when someone in our house is worried we are going to get out the traffic light and **stop** in God's presence and ask his peace to fill us, then we are going to **pray** by throwing the fear onto Jesus and finally **give thanks** to God for anything and everything we can think of!