



## June 14<sup>th</sup> Pre-K Family Lesson



**Bible Story:** Paul Encourages the Church of Philippi Part 2 (Philippians 4:7-8)

**Today's Takeaway:** God gives us peace when we focus on Him!

**Series Verse:** "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (Galatians 5:22-23 NIV)

**Weekly Verse:** "You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!" (Isaiah 26:3 NLT)

### Discussion Questions:

1. What Fruit of the Spirit are we learning about this week? (Peace)
2. What does peace mean? (a state of quiet and freedom from upsetting thoughts or feelings)
3. Today's verse tells us that when we focus on God, He keeps our minds and hearts covered with what? (Peace)
4. How can we keep our thoughts focused on God? (God tells us to think about things that are true, honorable, right, pure, lovely, admirable, excellent, and worthy of praise.)

### Activity Ideas:

#### 1. Peace Walk

##### What You Need:

- Masking or colored tape OR chalk

##### What You Do:

- Make a line on the floor with the tape or outside with chalk (about 10-15 feet long)
- Put something at the end of the line that will be your kid's focus/ goal...like a toy they will grab, a piece of candy...a prize of some kind.
- Have your kid focus on their prize, walk across the line without stepping off and then grab or reach their goal ...this will probably be an easy task.
- Congratulate them, and then tell them you are now going to make it more challenging.

- Then spin your child around quickly while saying "You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You!" (Isaiah 26:3 NLT) 2-4 times...you should end up spinning them about 10-15 times.
- As you finish spinning your child, face them towards the tape, have them count to 5, and then try to focus on their prize, walk across the tape line again, and reach their goal...this will probably be a much harder task.
- Talk about what happened?
  - Did they step off the tape and fail to reach their goal?
  - Was it harder for you to focus on the prize after they spun around?
  - The first time they walked on the tape, they were completely focused, but the second time they were totally distracted and dizzy.
  - When we keep our focus on God, He helps us see clearly what we need to do, and He gives us peace.
  - When we get distracted by all the busyness in our lives, we lose our focus.

## **2. Foundation of Peace**

### What You Need:

Building blocks or cups

A building area that you can shake (could be a table, a chair, a poster board, etc.)

### What You Do:

- Have your kids build with the blocks or cups with the foundation steady.
- Repeat while shaking the foundation.
- Talk to the kids about what was different and which was harder.
- Then discuss how when we get our eyes off of Jesus that our thoughts can become negative with worry and fear...our lives feel shaky and broken, BUT when we focus on God...that He loves us and is in control, He gives us peace. When we have peace, God can build our lives strong and steady.

## **Family Prayer:**

Take a few minutes to pray as a family to wrap up your time together.