

# Shining the Light on PEACE

“The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” Philippians 4:7

*Being content, trusting and obedient through relationships.*



## Teaching truth

Jesus' life brings, helps and spreads the good news that we can be with our Father God. This good news is for everyone! We can access true PEACE through the Holy Spirit.

**Can you see the Holy Spirit (the star) guiding and helping Stellar Bear on each page? What do you think the star is saying to Stellar in this story?**

The best way to teach PEACE is to talk with Jesus. Gratitude can turn us from worry and stress toward God's provision. Trusting in God's direction helps us to pursue PEACE. Spending time in God's word strengthens our faith.

## Empowering kids to shine

### What is PEACE?

True PEACE can be experienced even in times of trouble, stress or anxiety. PEACE is a deep sense of well-being, grounded in right relationship with God. When we let the PEACE of Christ rule in our hearts, we tap into God's endless reservoir of PEACE.

### When do you feel PEACE?

Experiencing PEACE is like listening to PEACEful music, or gazing at God's beautiful scenery in Creation. It is feeling calm and ready to be involved and learn, even when we don't want to. God's PEACE is the gift of a lasting, deeply content emotion. We know God is always there and reliable, ready to show us the way.

### How can we experience PEACE in unhappy times?

Trusting that God is there for us gives us PEACE in difficult times. We can have God's PEACE no matter what is happening. We can ask Jesus for PEACE and wisdom during our day. We can watch, listen and trust God. By being thankful and praying, we can have the PEACE that God offers us even though things are not how we want them to be.

