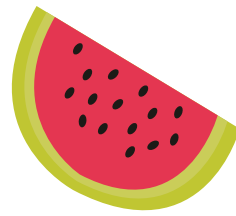


the **FRUIT** of the Spirit is

# PEACE



## MAIN IDEA

I can have peace by trusting in God. God's peace helps me when I am afraid or worried.

## VERSE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.

[Philippians 4:6-7, NIV]

## PEACE IS

freedom from being afraid or worried because God is in control of the whole world.

## READ

Calming of the Storm  
Matthew 8:23-27  
Spark Story Bible  
Pages 286-289

## HANDS ON

Peaceful & Serene  
vs. Loud & Noisy  
Music Comparison

## CREATE

Backyard  
Boats

## MAKE

Watermelon Pops

## FRUIT IN ACTION

When you are feeling worried or afraid about something this week stop, pray, & give thanks.

# INSTRUCTIONS

Fruit of the Spirit:

**PEACE**

HANDS ON

## Peaceful & Serene vs. Loud & Noisy Music Comparison

**Supplies:** Peaceful Music, baking sheet, pans, or other kitchen items to use as instruments, spoon or whisk

**Instructions:**

1. Turn on a very peaceful song and listen to it.
2. When the song is over head into the kitchen for everyone to grab their kitchen instrument of choice.
3. Play a song together!
4. Talk about which song was more peaceful. What made it peaceful? Talk about how God gives us peace so we can be calm.



CREATE

## Backyard Boats

**Supplies:** Pool Noodle slice, Plastic Straw, Foam Sheet, Scissors, Hole Punch, Large bin, Water, Blue food coloring (OPTIONAL)

**Instructions:**

1. Use Scissors to cut triangles out of the foam sheet & punch a hole at the top and bottom.
2. Put the Straw through the two holes to make a sail.
3. Cut the Straw to desired length and then poke into the pool noodle.
4. Fill a Large Bin with water in your backyard (or use your kitchen sink or bath tub).
5. Set your boats to sailing on the water. Use your hands to create waves in the water.



MAKE

## Watermelon Pops

**Supplies:** Watermelon, popsicle sticks

**Instructions:**

1. Cut the watermelon into wedges.
2. Stick a popsicle stick into the rind.
3. Enjoy!

\*Tip: Place the watermelon pops in the freezer for an extra cold + tasty sweet treat.

