

C.I.A

(CHARACTER IN ACTION)



PATH to Peace

Children will create a visual tool to use when they are feeling anxious.

Prep: Cut out a PATH to peace card and gather stickers to use for decoration. Click on the links below for stickers that correspond with each letter and reinforce the path to peace concept.

Introduction

Where do you think you would feel the most at Peace: in our home, on vacation at the beach, or as a prisoner in jail?

Can you even imagine having peace if you were locked in jail? Guess what, when Paul wrote the book of Philippians (which is where our memory verse is found) he was in jail! Listen to the words he wrote:

“Don’t worry about anything. No matter what happens, tell God about everything. Ask and pray and give thanks to him. Then, God’s PEACE, which can never be completely understood, will guard your hearts and minds in Christ Jesus.” -Philippians 4:6

Paul was able to have peace even in a scary place like jail, because he trusted Jesus. He shares this secret by reminding us of three things to do when we want that same peace. He says to Pray, Ask, and Thank Jesus. (As you share this truth, show your child the beginning letters/sounds of each word to explain that these letters spell PATH.) Paul gives us a PATH to Peace so we can stay away from the worry path.

Activity

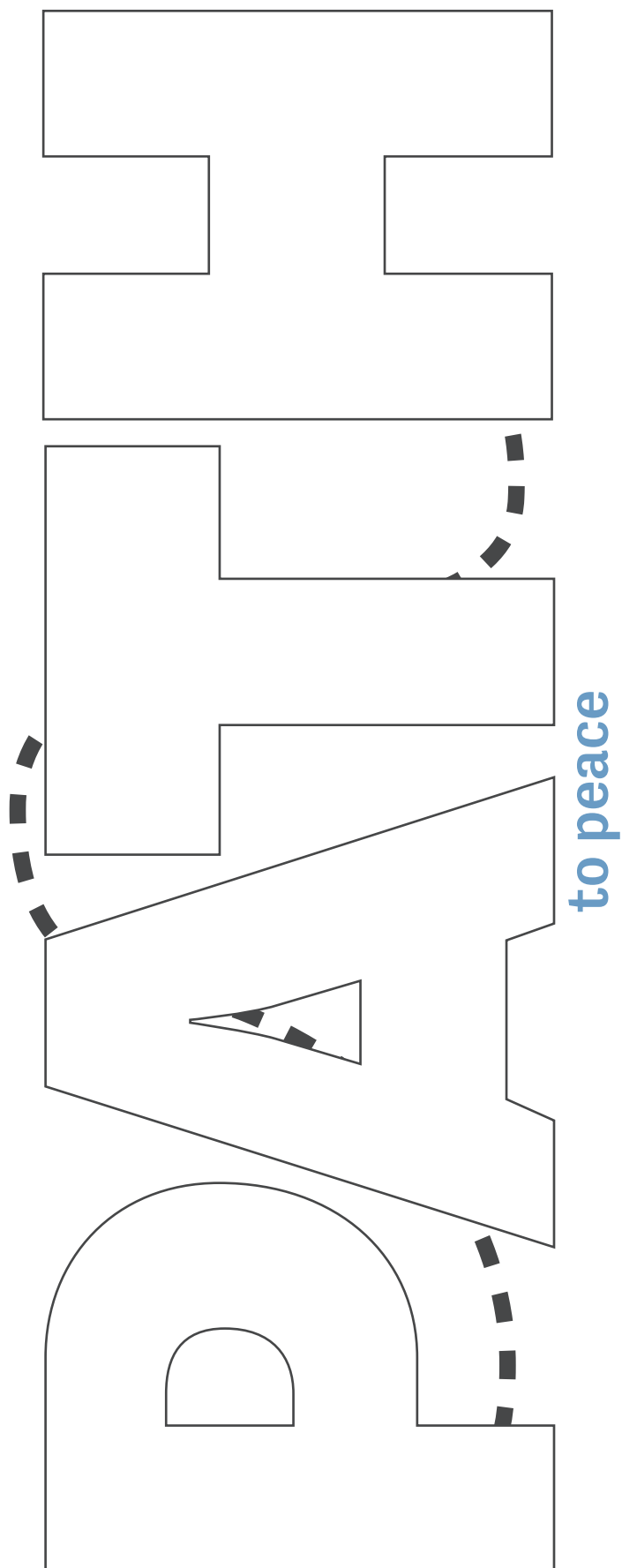
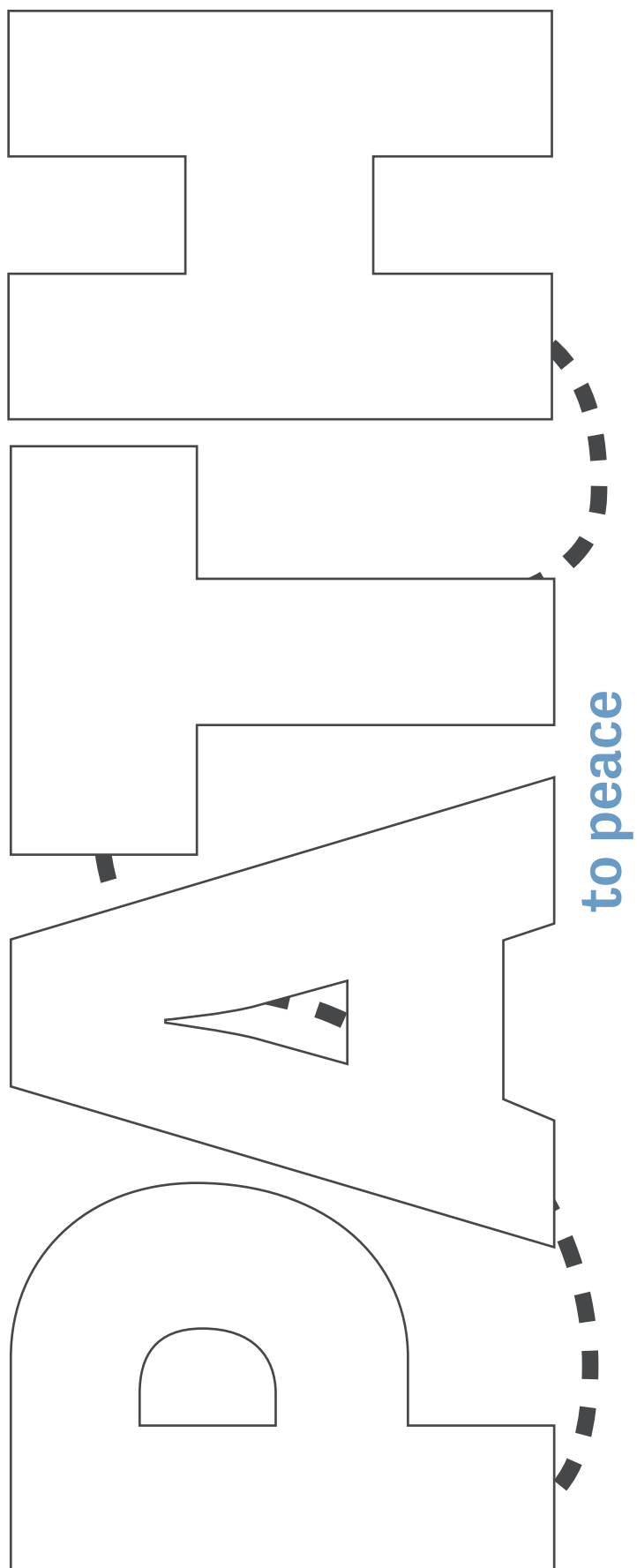
Children will create their own PATH to Peace tool to use when they feel anxious. As kids use **prayer hand stickers** to cover the inside of the letter P, remind them to begin by praying when they feel worried or scared. Use **speech bubble** or **question mark** stickers to fill in the letter A which reminds them to ask God for peace from their worries/fears. Lastly, the TH which is the first two letters in thank, reminds children to thank God for as many things as they can. Use **stickers** or drawings in the TH to remind them of all the things they are thankful for. When we remember all of the things we have to be thankful for, our attention is on good things, instead of our fear. Glue the printed prayer on the back of each card so that you or another adult can pray with your child when they are worried or anxious and in need of peace.

Connection

This path to peace is a great visual tool! Encourage children to keep it in a safe spot or hang it in their room. When they start to feel worried, frustrated or anxious, grab the peace card and choose a different path. To take this a step deeper, ask kids if they can think of anything that is causing them to be worried or frustrated now. Spend time practicing a new path to peace!

STANDARDS

Self-Awareness: Express feelings, needs, opinions and desires in a way which is appropriate for the situation. **Self-Management:** Demonstrates ability to modify behavior in different situations using multiple problem solving strategies.



Dear God,

You're bigger than all of my fears and worries. Right

now, I feel _____. I'm scared about _____. I

want to feel peace. Just like you calmed the storm, calm

my heart. Please take away my fears about _____.

Thank you for always listening to me. Thank you for

never leaving me. Thank you for: _____, _____,

_____ and _____. I pray in your powerful name

Jesus, Amen.

Dear God,

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