



Faith Adventures for Children Together



Free to use – please acknowledge when using beyond local church children's and youth work so others can find and use the resource themselves.

*Committed to URC Children Together:
enabling everyone to grow more like Jesus
together in the home, church and beyond.*

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link: www.bit.ly/FACT-how-to-sheet

Title: Phillipians 4: 7

Theme: Peace be with me

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Introduction: What would be helpful to know in my planning?

In our final session this month, we are looking at Phillipians 4:7. The book of Phillipians was written by Paul to the church at Phillipi. Paul's letter contributes to our understanding of what it means to live as a follower of Jesus. Today we are exploring a powerful verse that reminds us of something essential - **that peace is part of God's promise.**

In a world full of hate, victimisation, noise, pressure, and constant change, it's often hard for children and young people to concentrate or think clearly. They may be dealing with big emotions, messy situations at home or school, and the stress of not having all the answers. Chaos doesn't just happen around them — it often happens inside them too.

Phillipians 4:7 doesn't offer **quiet** or a break from noise, it offers **peace**. And there's a big difference. Quiet is external, a calm room, a moment of silence. But **God's peace is internal**, a deep calm that settles in the heart and mind, even when everything around us is loud, busy, or confusing.

This session will help you explore how to guide children and young people toward this kind of peace, not by trying to fix all their problems or make life perfectly calm, but by helping them



understand that **God's peace is a promise**. It's available **even in the chaos**, and it can **guard their hearts and minds** when nothing else makes sense.

Together – prayer and games

How do I help my group to come together and get started with the theme?

Gathering prayer

Jesus, our friend

(use alternate index fingers to point and tap the middle of opposite palms)

Be with us today

(two hands, palms up in front of you, move up and down twice)

As we share together,

(two hands, palms up in front of you, move one forward and one back and alternate twice)

Pray together,

(hands together, palm against palm, as though praying)

Play together,

(hands to each side, palms up, make two small circles outwards)

And get to know you better,

(point up with one hand)

As children together in your family

(one hand out, palm down in front of you, move it sideways and up in three 'steps' as though to indicate children of three different heights)

AMEN

(Two thumbs up, and bring fists slowly together to meet in front of you)

OR

Thank you, God, for bringing us together today.

Help us to grow closer to you in all we do.

Help us to speak and to listen, to learn and to grow together,

Adventuring together with you wherever we may go.

Amen

Active Game - Pick up sticks

Collect some sticks - they could be pencils, straws, coloured spaghetti, large sticks.

If you want, you could score the different colours. Decide on a points system, for instance:

Black = 25 points

Red = 10 points

Blue = 5 points



Green = 2 points

Yellow = 1 point

You could set a limit on the number of sticks that may be picked up per turn, this makes the game last longer and also avoids someone picking up all of the sticks on their first turn.

Hold the sticks in one hand. Make sure that all the sticks are standing up vertically. Hold the bundle of sticks a few inches above a flat surface, like a table or the floor.

Open your hand to release the sticks. Let the sticks fall freely. When all the sticks have come to rest, you will be ready to begin playing.

Take turns. Let the youngest player go first, followed by the player to the left of the youngest player. Keep moving clockwise around your group of players until the game ends.

If you move a stick while you are trying to pull out another stick, you must let go of the stick and stop your turn.

The object of the game is to pick up the most sticks if you are not scoring the sticks, the player or team with the most sticks wins.

Why not try a large version using big sticks broom handles.

When playing this game talk to the children about the busyness and chaos of the world like when the sticks have fallen compared with when all the sticks have been picked up and peace is restored.

Quieter game - The animal stretch

Ask everyone to spread out in the space and make sure they can see the person leading the activity. They should have plenty of space around them for stretching.

One person reads out the name of an animal and creates the shape for that animal.

Everyone has ten seconds to copy that shape.

You could put on some relaxing, age-appropriate music and encourage people to slowly get into the positions to allow people to take their time to make the position rather than feeling rushed.

Here are some ideas for animal stretches:

Dog: Bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your bottom high in the air. Straighten your legs, relax your head and neck, and look down between your legs.

Frog: Put your feet together with your hands on the floor and your knees bent.

Cat: Get into all-fours position, round your back, and tuck your chin into your chest.

Butterfly or bird: Sit on the floor and keep your back as straight and tall as you can. Bend your legs in front of you, placing the soles of your feet together, then gently flap your legs like the wings of a butterfly.

Hedgehog: Curl your body into a ball.

Snake: Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake.



Giraffe: Stand up tall on your tip toes and slowly reach your arms up as high as you can, bringing your palms together. Tilt your upper body to one side, then tilt your body to the other side.

Starfish: Lie on your back with your arms and legs stretched out, stretch out as wide as you can, being mindful of those around you.

Flamingo: Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance.

Experience – Bible story and songs

Hear, watch and sing the Bible story

For this story we recommend using the International Children's Bible.

<https://www.biblegateway.com/passage/?search=phillippians%204%3A7&version=ICB>

Where can I find the story online?

Under fives: I've got peace Luke and river by Ed Gardner

<https://youtu.be/N2R4D6qhaD8?si=3NOQDxAhIMRmwHon>

Five to elevens: Peace by Crossroads

<https://youtu.be/VdGdLwF0Yhw?feature=shared>

Songs to support the story

Under fives: A song of peace by Jack Hartman

<https://youtu.be/F62L1TaDIUk?feature=shared>

Five to elevens: Light a candle for peace by Shelley Murley

<https://youtu.be/K9M8SmWh2Fo?feature=shared>

Explore – ways into the theme

Ideas and activities to explore this week's Bible passage together

A new way to explore the theme

As we explore today, let's talk to the children about the word "Shalom." It means peace, but it can mean much more than just that. It can mean feeling safe, whole, happy and connected just like when a puzzle has all its pieces, everything fits perfectly. Imagine a warm light inside you, shining softly. Isn't that lovely?

Let's still ourselves as we listen to this music and follow my instructions.

Play the music if you wish and read this over the music or simply read this meditation.

https://youtu.be/Z2X7X9nT-NU?si=M_2lrmuFwvDrjorL

Find a comfortable position, either sitting or lying down. Close your eyes and allow your body to settle.



Take a big, slow breath in... and let it out with a sigh.

Let's go on a little journey together.

Imagine you are by the sea.

The waves run up to say hello, then slide back again.

Swish... swish... back and forth.

Feel the waves wash away any worries and leave you calm.

The ocean sings to you:

“Deep peace of the running wave to you.”

Now, feel the air around you.

It dances gently, like a feather floating in the sky.

Breathe it in, soft and cool.

Feel it move through your body, cool and gentle.

Each breath fills you with peace.

The air whispers:

“Deep peace of the flowing air to you.”

Beneath you is the quiet earth.

Strong, steady, always holding you safely.

Sense its quiet strength supporting you everywhere you go.

It hums a gentle song:

“Deep peace of the quiet earth to you.”

Above you, stars twinkle like tiny lanterns in the sky.

They shine just for you, sparkling with love and bringing peace to your heart.

Their glow reaches you, reminding you that you are part of something so much bigger.

The stars whisper:

“Deep peace of the shining stars to you.”

And all around you, everywhere and always,

is a soft, endless hug of peace.



This peace has no beginning and no end—

It is always here, within and around you.

“Deep peace of the infinite peace to you.”

Think of Shalom. Imagine a light guiding you.

This light is your shalom.

It makes you feel calm, strong, and loved.

Now picture this light growing brighter.

It shines to your family—bringing love and kindness.

It shines to your friends—bringing laughter and care.

It shines to the world—bringing peace to every heart.

Take another slow breath in... and let it out.

Feel the word shalom inside you, like a gentle song:

Peace in your body.

Peace in your heart.

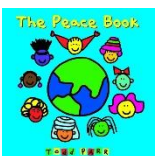
Peace all around you.

Stay here for a few moments, feeling safe, calm, and loved.

When you're ready, wiggle your fingers and toes,
stretch like a cat waking up,
and open your eyes - carrying this deep peace inside you.

Modern parables

Jesus used stories to help people understand the things of God, even though they weren't necessarily overtly Christian stories. Lots of children's books can be used in a similar way as a conversation starter on the week's theme. Examples are shared here but you may think of others too. If you are to use the modern parable consider buying a copy or borrowing it from the library so children see the actual book and can explore the illustrations more (and support the author).



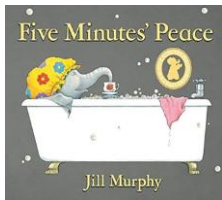
Under Fives: **The Peace Book** by Todd Parr. Little, Brown and Company 2009

Mrs Shelton's Read Aloud's,

<https://youtu.be/t3fcJ1P4OcY?si=LLJhS6HxgfFte5lk>

The Peace Book is a lovely toddler picture book, that explores the hopeful message of peace with bright pictures and a positive message.

Or use



Five Minute's Peace by Jill Murphy. Walker books 2015

Story Time Read Aloud with Funny Twins Plus One

<https://youtu.be/0ZMLURzv4Lw?feature=shared>

Five Minute's Peace by Jill Murphy is a story involving the Large family: a family of elephants. Mrs Large would really like some peace and quiet. She stacks a tray with several items she likes and tries to go upstairs for a bath for five minutes peace, but the children have other ideas.

After reading this story explore with the group that the kind of peace Paul is talking about is much more than peace and quiet such as Mrs Large was looking for.

Talking together: How might we talk about the Bible story together?

- Why are we told in the Bible passage that we won't understand God's peace?
- What does peace mean to you?
- What's the difference between 'peace' and 'quiet'?

Wondering reflect on the theme

- I wonder how we can keep our hearts and minds within Christ Jesus?
- How big is God's peace?
- I wonder how we live at peace with those we disagree with?

What's in the box (for under fives)

Use the special box or bag and sing "what's in the box/bag? What's in the box/bag? Let's see, let's see, what's in the box/bag" (to the tune of The Farmer's in the Dell). Pull out the things one by one and then let the children play with them, talking about the theme or the story in simple terms.

This week's box could include:

- A Dove – this is a symbol for peace so when we see it, we can remember God's peace.
- Spinning top – spin the top, look at the centre. It looks peaceful even when the top spins fast, God helps us to feel still even when we are busy.
- Pillows or blanket and a teddy– let's all lie down and relax, when we relax we can feel peaceful.
- Bubbles – as you blow the bubbles talk about how peacefully they float, as we breathe out, we can feel peaceful. Everyone, take a deep breath and blow the bubbles - it helps us to feel calm.
- A chiffon scarf – throw the scarf in the air, look at how peacefully it drifts down. It is peaceful as it drops to the ground.
- A rainbow.
- A tactile cross of wood or fabric (a cross shape reminds us of Jesus. Jesus/God loves us and it's always in the box because Jesus/God always loves us!)
- A set of play people to act out the story or random shapes/bits you can move around to make pictures from the story as you tell it (eg stones, felt, twigs etc)



Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Prayerful activity – Labyrinth

Leave enough time to complete this prayer activity without feeling rushed. You could create a large labyrinth on the floor if you have room, then invite your group to slow walk round it. Every few moments ask them to pause and give them something to silently talk to God about. This can also be done using a finger labyrinth, you'll find one at the end of this resource. Approach it in the same way. Using their finger, invite the group to make their way through the labyrinth pausing every few moments on one of the colours to pray.

Spoken prayer

Light a candle before this prayer

Deep peace of the running wave to you, feel it deep in our hearts.

(place your hands on your hearts)

Deep peace of the flowing air to you, as we breathe in love and joy.

(place your hand in front of your mouth to feel your breath)

Deep peace of the quiet earth to you, that we may feel safe and strong.

(give yourselves a hug)

Deep peace of the shining stars to you as we remember your light in the dark.

(Look at the candle)

Deep peace of the infinite peace to you now and always

Amen.

Responding together

Here are some suggested crafts and activities, and there is a colouring sheet at the end of this resource. You could also use small play toys and/or have a basket of resources available so children can choose their own way to respond.

With an online group, plan whether to deliver any resources in advance or how you will encourage them to use what they've got to hand in their response.

However you do it, it is good for the adults to engage in the response too, and all chat together.



Peace sign covered in wool

You will need:

- cardboard – such as a cereal box
- wool – various colours
- scissors
- glue
- peace symbol template
- pen or pencils



What you do:

Cut out the template, then place this onto the cardboard. Draw around the template and then cut it out. Use some glue to attach one end of the wool and start wrapping the wool around the cardboard (it might be easier to trim the wool into lengths). Change wool colours by either knotting the wool lengths or gluing the ends to the cardboard. Once the cardboard has been completely covered with wool, add a woolen loop to the top so that the sign can be hung as a reminder of God's everlasting peace.

Tornado in a Bottle

You will need:

- clear bottle or other tall, shatterproof container with a lid
- water
- dish soap
- glitter or food colouring (optional, but may make it easier to see the tornado)

What you do:

Fill your container about $\frac{3}{4}$ full with clean water.

Add a squirt of dish soap, as well as your glitter or food colouring, if desired.

Seal the container tightly. Hold the bottle by the neck with your fingers, move the bottle in circular movements to try to create a tornado. It takes a bit of practice. This video might help.

<https://www.bbc.co.uk/cbbc/watch/how-to-make-a-tornado-in-a-bottle-experiment>

Everyday with Jesus – Walking the Way

What could we do this week to carry on what we've learned? Maybe members of the group could come up with a suggestion. If not, get them to choose from these two challenges:

- Talk to someone older or younger than you and ask them to tell you when they have felt most at peace.
- During the week think about something that you can play or do on your own. Can you spend some time being still and talking to God? Can you set yourself a time target and see if you can do it every day (e.g. if you are 3 perhaps you could do 3 minutes).



We hope you enjoyed exploring the story of **God's Peace** with us.

Please let us know what you liked or what you would find useful by emailing **sharon.lloyd@urc.org.uk**

Please join the Faith Adventures Facebook Group **bit.ly/FACT_FB**

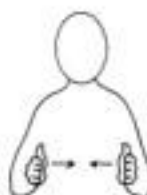
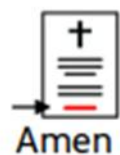
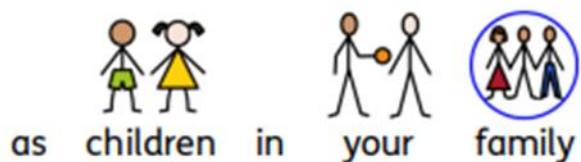
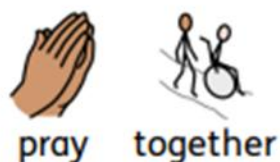
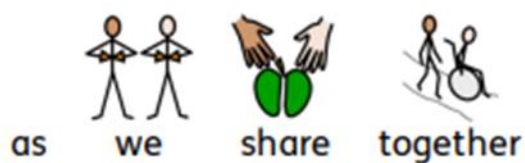
Why not have a look at next week's resource on **Advent**



The
United
Reformed
Church **Children**



The
United
Reformed
Church **Youth**





The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come, thy will be done

on earth as it is in heaven.

Give us this day our daily bread

and forgive us our sins As we forgive those who sin against us

Lead us not into temptation but deliver us from evil

For thine is the kingdom, the power and the glory

For ever and ever . Amen



