



Faith Adventures Youth Resource

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

Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home 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/How-To-FAYR

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 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.

Philippians 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 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

Let's start our time with God and each other well

Use this opening prayer or encourage young people to open the session with a prayer of their own.

All mighty God,

Be with us as we learn more about you through stories and people in the Bible.

Help us to walk in your way and follow your path.

Be with us as we make decisions that affect our lives, and the lives of those around us.

Amen

Alternatively, you may join with the widget prayer found in the Faith Adventures: Children together or else the Lord's prayer found at the end of this session.

Active Game - Pick up sticks

Gather some sticks - they could be pencils, straws, colour spaghetti, large sticks.
If you want, you could score the different colours. Decide on a scoring system such as:

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.

Hear, watch and sing the Bible story

This link takes you to International Children's Bible:

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

You may wish to research different versions of this reading on www.biblegateway.com

Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV

Philippians 4:7

International Children's Bible

7 And God's peace will keep your hearts and minds in Christ Jesus. The peace that God gives is so great that we cannot understand it.

The Holy Bible, International Children's Bible® Copyright© 1986, 1988, 1999, 2015 by Thomas Nelson. Used by permission.

Watch: Philippians 4: 6 to 7 anxiety by Gap Gracepoint

https://youtu.be/_gcMu1DOatE?feature=shared

Questions for discussion

- I wonder what sort of anxious times you have?
- I wonder what might change if you asked God for help?

Explore

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

A new way to explore the theme

This is a new way to explore the Bible passage and the theme for this week.

Alternatively, you may wish to use the explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

<https://insighttimer.com/dafyddmorse/guided-meditations/do-not-be-anxious-philippians-4-6-7>

This is a meditation you could use with your group on the passage from Philippians.

Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.



Twister

<https://youtu.be/esfKMxW6TjA?si=VvlyHLOPFysYAXxJ>

Twister eye of the storm by EternalDarness3166

This clip shows two Tornado chases caught up in a storm.

How does God's peace help us with what's happening in the world today?

I wonder how seeing the eye of the storm is like God's peace?

Group discussion

- If God's peace is so big and great why do we not have peace in the world?
- Why are we told that we won't understand God's peace?
- What does peace mean to you?
- What's the difference between 'peace' *and* 'quiet'?

Personal reflection

- I wonder how we manage peace but also justice?
- 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?

Express – prayer and creative activities

Praying together: enabling your group to respond spiritually

Praying together

Prayer Respond to the theme by writing or saying a short prayer. Alternatively use the creative prayer from Faith Adventures: Children Together for this session, or use the prayer activity below. Alternatively light a candle and play some music while you listen and talk to God together.

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 to pray.

Spoken Prayer

Deep peace of the running wave— wash away my worries, give me calm.
Deep peace of the flowing air—help me breathe freely and live with hope.
Deep peace of the quiet earth—keep me steady when life feels uncertain.

Deep peace of the shining stars—remind me I am never alone,
that Your light is always with me.
And deep peace of your infinite love—guide my steps, guard my heart,
and help me share peace with others.
Amen.

Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. Choose whatever will work best for your group.

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>

Peaceful protest

There are some special words used to describe God - Omnipotent (all-powerful), Omniscient (all-knowing), and Omnipresent (everywhere at once). Ask your group to find out what they mean.

How do we reconcile peace with justice for others, especially when we hear that God is all powerful, all knowing and everywhere at once.

What about when you are passionate about an injustice? You can join with a peaceful protest. One way is to create your own poster using a technique called craftivism. Craftivism involves slowly and carefully crafting items that make a statement, advocate for change and challenge injustice.

While creating the poster think about why you might want to protest, what else you can do and whether there are other ways to protest peacefully.

Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.



You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today? If not here are some suggestions:

- Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts, insights together. **I wonder what helps you to feel peace?**
- Research something suggested by JPIT, Resources (jpit.uk) *Commitment for Life* cforl.co.uk
- 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.

Thank you for exploring the **Philippians** passage with us.

Please let us know what you liked or what you would find useful by emailing sharon.lloyd@urc.org.uk or by sharing it on www.bit.ly/FACT_FB



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



