

Aim: Peace**Refer:** Ephesians 6:15

The Old Testament had many prophecies about the coming Messiah; let's look at a few of them.

Micah 5:2-5 – to be born in Bethlehem

Discuss: Why did Jesus come as a baby and not an adult? (He experienced childhood like we do, yet He remained sinless. Satan claims that God's way is impossible or too difficult, Jesus showed it is totally possible.)

Isaiah 7:14 – born to a virgin

Discuss: Why a virgin? (Virgin is a symbol for pureness, Jesus did not have a biological father...)

Isaiah 9:6 "For a child is born to us, a son is given to us. The government will rest on his shoulders. And he will be called: Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace."

Last week we started looking at the Armour of God, turn to Ephesians 6

Paul tells us to put on the full armour of God so that we can stand firm against the devil. Read verse 15

Remember that Paul is not expecting us to wear real armour, but Spiritual armour – but in order to figure out what Paul means, we first think of reasons why people wear real shoes. Write a list of some reasons.

What does the Good News or Gospel refer to?

What is peace?

What is the opposite of peace?

Look at the list you have written pick some items to do with protecting feet and say:

How can the Good News of Jesus protect us and help us to have peace?

Shoes protect our feet from annoying little stones on the pathway, when we realise how much Jesus suffered and died for us and how much He loves us, and when we have the Holy Spirit in our lives, we will be more able to ignore annoying little things that happen. Remember that peace is one of the fruits of the Spirit. Gal 5:22

There can often be more than one meaning to an object lesson – Here are some more examples:

Some shoes give us extra grip and allow us to do things that might otherwise be dangerous or impossible. The Good News about Jesus tells us that Jesus has made a way for us to defeat Satan – something that is impossible on our own.

Have you ever read a pick-a-path book? Life is a lot like a pick-a-path book. Some of the choices we make in life change what happens in our lives in the future.

If you were in a cave with many dark tunnels, aside from shoes, what else would you want to have?

- Light – The Holy Spirit is like a light, it helps us to see things more like God sees them.
- Map – The Bible is like a map, it helps us to make good choices; it has advice, and stories

If everyone in the whole world was living God's way, we would have peace instead of war, but obviously that hasn't happened, so what does peace from God really mean?

Lookup or read the following verses:

- John 16:33_{NLT} – "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."
- Romans 12:18_{NLT} – "Do all that you can to live in peace with everyone." (We must obey God first and then He tells us to do whatever we can do to show His love to those around us. – That doesn't mean letting people bully or scare you. Having Christian adults that you can talk to can be helpful and the series of books, "Great Stories for Kids" has many good stories which can also help if this happens to you)
- Philippians 4:6-7_{NLT} – "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Christians have found out that you can have the peace of God, even in the middle of war. Think about the martyrs who we learned about last term – do you remember what they did as they burned to death? They sang, or prayed and they looked peaceful and happy! – God gave them peace; I'm sure they didn't even feel the pain, instead all they could think about was Jesus and the joy of serving Him and the next thing they will be aware of, is was Jesus coming! – That is real peace.

So how do we get that peace? (This is taken from Philippians 4:6-7)

- We need a personal and ongoing relationship with God
 - We need to ask God to help us not to worry and when we find we are worry, we need to ask God to help us think of other things.
 - We need to pray about everything and tell God what we need
 - We need to thank God – if you find it hard to be thankful, write a list and ask other people for ideas too.
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Sometime people will experience a period of time when they feel very sad. This might happen after something sad, stressful or scary has happened, or sometimes after a sickness; sometimes we don't know why it happens.

Taking care of your health by exercising regularly, drinking water, eating lots of vegetables, getting plenty of sleep, and having a relationship with God, will minimize your risk of experiencing depression, and when you do experience it, will help you get over it more quickly.

As Christians, we can trust what the Bible says, even when our feelings don't match.

- Proverbs 28:26^{ESV} says, "Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered."
- 1 John 3:20^{ESV} says, "For whenever our heart condemns us, God is greater than our heart, and He knows everything."
- When we learn and say Bible verses, even though it might not feel that they are true, we know they are and when we keep saying them, we will eventually start to feel that they are true too.

There is some more information about depression on the back of your lesson; make sure you have a read of it because when someone experiences depression most of the time for 2 weeks or longer, they may need help. If you know the signs you are talk to your friends if you think they are depressed and encourage them to find help. If you feel depressed you can talk to your parents and other adults you trust to help you; and God is always there for you as well.