

Peace is proving you care more about each other than winning an argument.

DAY 1

Read Isaiah 26:3

This month, we're talking about peace, which is proving you care more about each other than winning an argument. When you're in an argument, do you care more about . . .

Winning/ getting your way? Or making sure the other person is okay?

When we're arguing, most of the time we just want the other person to do things our way. Today's verse reminds us that when we trust God, we will receive help to live in peace with others.

The next time you're in a disagreement, here are a few things you can try:

- You can stop.
- You can ask God to help you.
- You can walk away.
- You can talk to an adult.
- You can choose kind instead of unkind words.

This week, when you find yourself getting really mad about something, instead of focusing on what's been DONE to you, try to focus on what YOU can do. Ask God to give you peace—a deep-down knowing that God is in control and ready to help.

DAY 2

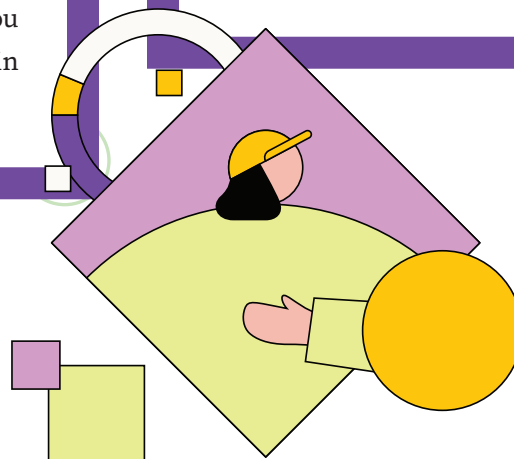
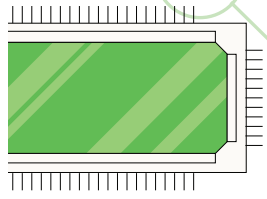
Read Psalm 4:8

Before He faced the cross and His glorious resurrection, Jesus stopped to give His friends a new command: to love each other, just as He had loved them. By choosing kindness and love, they would show everyone that they were Jesus' disciples.

Have you been kind lately? Would the people around you know that you're a follower of Jesus just by the kindness you've shown? Because Jesus showed us how to love and show kindness to others, we can be kind and loving too. And when we are, we let others know that we are Jesus followers too.

Rest in Peace

Write Psalm 4:8 on a card and set it next to your bed. When you start to feel anxious, talk to God about what is worrying you. Then read this verse as a prayer to remind yourself that God is with you, so you can rest in peace.

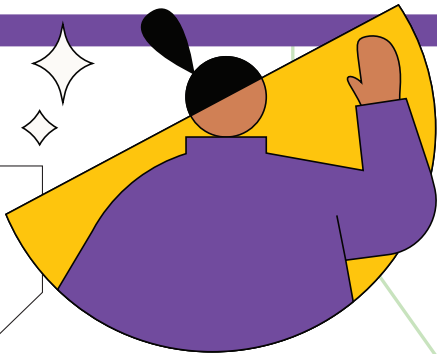


DAY 3

Read Romans 14:19

One way to live in peace is to encourage the people around you and build them up. You have opportunities to do that every day. You could build someone up by choosing to be kind . . . or by listening . . . or by letting someone else go first . . . or by putting their needs above your own. Maybe building someone up means telling them how important they are to you or how thankful you are for them. The truth is, it's easy to tear someone down with our words or actions. If we want to be peacemakers, we need to be more focused on building others up.

Find a Jenga® game or a set of blocks. Practice building a tower with the blocks. What happens if you lay several blocks down at the bottom to create a solid foundation? What happens if you don't? Think about three people that you see almost every day (they could be family or friends). What can you do this week to build a solid foundation of peace in those relationships and build each other up? (Hint: Look at the paragraph above for ideas!)



DAY 4

Read Matthew 5:7

Circle the response that shows love in the scenarios below:

- | | |
|-----------|-------|
| UP | RIGHT |
| HIGH | SLOW |
| LIGHT | END |
| LEFT | LOW |
| FAST | DARK |
| BEGINNING | DOWN |

What is the opposite of PEACE? FIGHTING!

Doing what is RIGHT brings peace and rest. Choosing to listen instead of yell . . . stopping to take a deep breath instead of making a point . . . walking away instead of throwing something at your brother . . . is always the better choice. When you choose to do what is right instead of what you might WANT to do in the moment, you bring calm to the situation.

The next time you get into a disagreement with someone and you feel yourself getting angry, STOP and simply walk away. You might be surprised how doing the OPPOSITE of what you feel like doing in the moment turns things around!

Answer key: Up-Down, High-Low, Light-Dark, Left-Right, Fast-Slow, Beginning-End

Make peace whenever you can.