

## Peace

Peace doesn't always mean quiet surroundings—it means a quiet heart. It's the deep calm that comes from trusting God, even when life feels stormy or loud. Peace isn't just the absence of problems—it's the presence of God in the middle of them.

This month, we'll explore what true peace looks like. Through nature, we'll notice still waters, calm skies, and animals that rest without fear. Through Scripture, we'll learn from those who found peace even in the hardest places—like in a boat during a storm or a valley of shadows.

Peace is something God gives, but also something we choose—by learning to rest in Him.

## Character Trait of the Month: Peace

### Definition for Children:

Peace means feeling calm inside because you trust that God is in control—even when things are hard or loud around you.

### Definition for Parents/Leaders:

Peace is a settled heart that comes from trusting God's presence and promises. It is not based on outward circumstances, but on inward confidence in His care, control, and goodness.

### What Peace Looks Like:

- Staying calm when things go wrong
- Listening instead of yelling
- Trusting God when you feel afraid or overwhelmed
- Being kind instead of fighting
- Making choices that bring quiet and order

### What Peace Does Not Look Like:

- Arguing or yelling when frustrated
- Worrying constantly about what might happen
- Trying to control everything or everyone
- Stirring up drama or conflict
- Being restless or unable to settle down

### Memory Verse for the Month:

“You will keep in perfect peace all who trust in You, all whose thoughts are fixed on You.” — Isaiah 26:3 (NLT)

### Suggested Printables for This Month:

1. Printable Character Poster: “Peace”
2. Printable Memory Verse Page: Isaiah 26:3

These can be printed at the beginning of the month and added to a homeschool binder, taped on the wall, or kept in a journal. They remind us that peace isn't something we create—it's something God gives when we focus on Him.

## Week 1: Still Waters and Jesus Calms the Storm

Peace isn't found in everything being perfect—it's found in knowing that Jesus is with us, even when things go wrong. This week, we'll learn from still waters, which reflect the sky and invite rest, and from the story of Jesus calming a wild storm with just a few words.

Peace begins not when the world is quiet—but when we remember who's in control.

### Nature Study: Still Waters

Still water is beautiful. It's calm, quiet, and often reflects the sky like a mirror. Lakes, ponds, and slow-moving streams all show us what peace looks like—no rushing, no splashing, just rest. Animals come to drink there. People go there to relax. There's something about still water that helps us slow down, too.

God often compares peace to still water. In Psalm 23, He leads us beside still waters to restore our souls. In our busy, noisy lives, we need moments of stillness—not just on the outside, but deep in our hearts.

### Discussion Questions: Still Waters and Peace

1. What do you notice when you look at still water?
2. How does it make you feel inside?
3. Why do you think God uses still water to describe peace in the Bible?
4. What are some things that make you feel peaceful?
5. What can you do when your heart feels stormy?

### Bible Story Connection: Jesus Calms the Storm

Read Mark 4:35–41 together.

Jesus and His disciples were in a boat crossing a lake when a huge storm suddenly hit. The waves were crashing, the boat was filling with water—and Jesus was asleep! The disciples panicked and woke Him up. But instead of worrying, Jesus stood up and spoke: "Peace, be still!" And the storm obeyed Him.

Jesus didn't just calm the weather—He calmed their hearts. He reminded them (and us) that peace doesn't come from the outside—it comes from trusting Him on the inside.

### Discussion Questions: Jesus Calms the Storm

1. How did the disciples feel during the storm?
2. What was Jesus doing while they panicked?
3. What does it show us that He could stop the storm with just His voice?
4. How do you think the disciples felt afterward?
5. What stormy situation in your life could you invite Jesus into?

## Journal Prompts:

1. Write about a time you felt peaceful. What helped?
2. What's something that feels like a storm in your life right now?
3. If Jesus said "Peace, be still" to your heart, what would change?
4. Describe what still water looks like—how is it like your heart when it's at rest?
5. Write a prayer asking God to calm the storms inside your heart.

## Activity Suggestions by Age Group

### Elementary:

- Draw a pond with still water and animals resting nearby.
- Use your hand to ripple a bowl of water—then wait and watch it return to calm. Talk about how God helps our hearts settle, too.
- Act out the boat story and say "Peace, be still!" with confidence like Jesus.

### Middle School:

- Write a short story or comic: "The Day the Storm Went Silent."
- Reflect: "When my life feels like a storm, what helps me feel safe again?"
- Make a "Peace Poster" with calming colors, a verse, and a peaceful scene.

### High School:

- Reflect in writing: "What does it really mean to have peace when life is hard?"
- Research the science of how water settles after disruption—connect it to emotional peace.
- Create a playlist of worship songs that bring peace, and explain why each one helps you focus on God.

## Week 2: Nesting Birds and Psalm 23

Peace isn't just calm—it's safety. It's the feeling of being cared for, protected, and held in a place where you can rest. This week, we're learning from nesting birds, who build safe places for their young, and from Psalm 23, where God is described as our Shepherd who leads, protects, and provides.

Peace is knowing you're not alone—and that someone strong is watching over you.

### Animal Study: Nesting Birds

Birds work hard to create a peaceful place for their babies. They build nests high in trees, deep in bushes, or hidden in quiet corners. Each nest is carefully made to protect their eggs and give their chicks a safe place to grow.

When baby birds are in the nest, they rest without worry. They're fed, covered by feathers, and gently watched over. God wants us to rest like that too—knowing that He's our shelter, our provider, and our peace.

### Discussion Questions: Nesting Birds and Peace

1. Why do birds build nests instead of just leaving their eggs out in the open?
2. What do you think it feels like to be a baby bird in a nest?
3. How does God create a "nest" of peace for us?
4. What helps you feel safe, calm, and cared for?
5. How can you help others feel peaceful and protected too?

### Bible Story Connection: Psalm 23 – The Lord is My Shepherd

Read Psalm 23 together.

This psalm, written by David, is one of the most peaceful passages in the Bible. It tells us that God is like a shepherd who takes care of His sheep. He leads us to quiet waters, gives us rest, and stays with us through hard times. Even when life feels scary, we don't have to be afraid—because He is with us.

Psalm 23 paints a peaceful picture: green pastures, still waters, a safe path, a comforting presence. It reminds us that no matter where we go, God is always near—and peace comes from following Him.

### Discussion Questions: Psalm 23

1. What are some peaceful images in Psalm 23?
2. How is God like a shepherd?
3. What does it mean to be led beside still waters?
4. How does God protect and comfort us, like a bird with her chicks?
5. What part of this psalm brings you the most peace?

### Journal Prompts:

1. Draw or describe a peaceful “nest” you’d want to rest in.
2. What does it feel like when you know someone is watching over you?
3. Write your own short version of Psalm 23 in your own words.
4. What makes a place feel safe and peaceful to you?
5. Write a prayer thanking God for giving you a place to rest.

### Activity Suggestions by Age Group

#### Elementary:

- Build a “nest” craft with paper, yarn, and shredded paper—add a bird and eggs.
- Act out Psalm 23 with simple props: green blanket for grass, blue fabric for water, walking stick for a shepherd.
- Make a “Peace Feather”—write something that brings peace on a feather shape and hang it up.

#### Middle School:

- Create a “Peaceful Place” drawing or collage that reflects the emotions of Psalm 23.
- Write a poem titled “In the Nest of Peace.”
- Reflect in a journal: “When I feel safe, I can...”

#### High School:

- Rewrite Psalm 23 as a modern prayer or journal entry reflecting your current life season.
- Research nesting birds in your region and how they protect their young—connect it to spiritual peace and protection.
- Create a short devotional or video presentation titled “Peace Like a Nest.”

### Week 3: The Night Sky and God's Promise to Abram

Sometimes peace doesn't come from answers—it comes from promises. When everything feels uncertain, we can rest in knowing that God sees the whole sky, even when we can't. This week, we'll look up at the stars with Abram and remember that God is faithful, even when life feels dark or confusing.

Peace is trusting that God's promises are true, even before they come to pass.

#### Nature Study: The Night Sky

There's something peaceful about looking at the stars. The night sky reminds us how big God is—and how small our worries really are. While the world sleeps, the stars stay in place, twinkling quietly across the sky. No noise. No rush. Just beauty and calm.

God created the night to be restful. The darkness slows us down, settles our hearts, and invites us to look up. When we can't see what's next, the stars remind us that God is still working, still shining, and still guiding.

#### Discussion Questions: The Night Sky and Peace

1. What do you feel when you look up at the stars?
2. Why do you think God used the night sky to show Abram His promise?
3. How is looking at the stars a reminder of peace?
4. Can you think of a time when you felt peaceful even though you didn't know what was coming?
5. What helps you trust God when you can't see the whole plan?

#### Scripture Story Connection: God's Promise to Abram

Read Genesis 15:1–6 together.

Abram had been waiting a long time for God to give him a child, but nothing had happened yet. One night, God brought him outside and told him to look up at the stars. He said, "That's how many children and grandchildren you will have." Abram didn't understand how it would happen—but he believed God anyway. And that brought peace.

God's promises are often too big to see all at once. But like the stars, they're steady. They remind us that we can trust God—even when it's dark, and even when we're still waiting.

#### Discussion Questions: Abram and the Promise

1. What do you think Abram felt when God told him to look at the stars?
2. Why did God use something so big and beautiful to show His promise?
3. What does it mean to trust God before you see the answer?

4. Have you ever had to wait a long time for something?
5. What promise from God helps you feel peaceful today?

#### Journal Prompts:

1. Describe the night sky in your own words. What makes it peaceful?
2. What's something you're waiting for, like Abram?
3. Write about a time when you trusted God even before you saw the answer.
4. If God showed you the stars, what do you think He'd be reminding you of?
5. Write a prayer asking God to help you wait with peace and trust.

#### Activity Suggestions by Age Group

##### Elementary:

- Make a starry night sky craft using black paper and star stickers or white paint.
- Go outside at night and quietly count stars together—or guess how many are in the sky.
- Memorize the phrase: “God keeps His promises—even in the dark!”

##### Middle School:

- Write a short story or comic called “Promise in the Stars.”
- Create a visual map of constellations and connect it to how God gives us direction.
- Reflect in writing: “Peace in the waiting looks like...”

##### High School:

- Journal about a current situation where you need to trust God like Abram did.
- Research the science of stars and how ancient people used them to navigate—connect it to spiritual direction.
- Create a devotional or video titled “God’s Promises Under the Stars.”

## Week 4: Peaceful Sleep and Jesus the Good Shepherd

Peace isn't just something we need during the day—it's something we long for at night. When the world is quiet and our minds are still, that's often when our thoughts wander and worries creep in. But God doesn't sleep—and because He watches over us, we can rest.

This week, we're learning about the kind of peace that lets us sleep deeply, knowing that Jesus, our Good Shepherd, is near and never leaves.

### Nature Study: Sleep and Nighttime Rest

All of creation has a rhythm of rest. Animals lie down in nests, dens, burrows, or trees. Flowers close up at night. Even the ocean quiets its waves under the moonlight.

Sleep isn't just for the tired—it's a design from God. He created our bodies and our souls to rest. And He watches over us while we do.

### Discussion Questions: Peace and Rest

1. Why do you think God made sleep part of our design?
2. What helps you feel safe and calm at night?
3. Have you ever felt scared before bed? What helps you when that happens?
4. Why do you think Jesus compares Himself to a shepherd?
5. How does knowing God stays awake give you peace?

### Bible Story Connection: Jesus the Good Shepherd

Read John 10:1–15 together. (You may choose select verses for younger children.)

Jesus calls Himself the Good Shepherd. He says He knows His sheep, calls them by name, leads them, protects them, and lays down His life for them. Shepherds would often sleep at the entrance of the sheepfold to protect their flock from danger. No one could get in or out without going through the shepherd.

Jesus is our Shepherd. He watches over us all day—and all night. Because He's always near, we can sleep in peace. Even when we're afraid, even when we feel alone—He stays with us.

### Key Verse for the Week:

“In peace I will lie down and sleep, for You alone, O Lord, will keep me safe.” — Psalm 4:8 (NLT)

### Journal Prompts:

1. Write about a time you felt calm and peaceful at night.
2. What helps you fall asleep when you're feeling worried?
3. Imagine Jesus standing by your bed like a shepherd—what would you say to Him?
4. Write a prayer asking God to give you peace as you rest.
5. Create a “bedtime blessing” for yourself or your siblings.

## Activity Suggestions by Age Group

### Elementary:

- Make a paper sheep and write Psalm 4:8 on its belly.
- Create a bedtime “Peace Box” with a favorite verse, a stuffed animal, and a calming object.
- Draw a picture of Jesus watching over your bed like a shepherd guarding a sheepfold.

### Middle School:

- Write a nighttime prayer journal entry.
- Make a peaceful playlist of worship music to listen to before bed.
- Write a bedtime devotional for younger siblings called “Jesus Watches While I Sleep.”

### High School:

- Reflect on Psalm 4:8 in a journal: “What keeps me from peaceful rest?”
- Create a relaxing nighttime routine that includes Scripture, silence, or journaling.
- Research shepherding in biblical times—what did it take to guard sheep through the night?