

Check your fruit

Part 3- Peace

Have you ever been really angry? Had a really bad day? Did you know that Jesus wants us to be at peace even when we are feeling grouchy?

One day Jesus and the disciples were on a boat. All of a sudden a bad storm came. The boat was rocking to the left and to the right. Can you rock to the left and to the right? Now make wave motions with your hands. The waves were high. They were splashing over the boat. The disciples were very scared. Can you make a face that shows you are scared? Good.

Jesus was not scared at all. Do you know what he told the storm? He stepped out to the deck of the board and said "Peace be still." Now make smooth water with your hands. See how different it looks? Jesus has a way of taking the things that bother us and making it all better.

Now practice making a happy face! See how much better you feel when you are smiling than when you were sad? This week we need to remember that Jesus promised us that he was going to give us peace.

1. What is something that has made you sad recently?
2. What have you done about it? (Talked to Mom and Dad about it, prayed?)
3. Does Jesus make all of us feel peaceful?
4. What is something that you need Jesus to help you feel about peace about today?

Color the picture
of Jesus calming
the storm!

