

Make Waves: What you do today can change the world around you.

Read: 2 Thessalonians 3:16

DAY

1

Find Peace

To help others make peace, you need to know peace. Find a quiet spot in your house and sit peacefully. Think of a way you can make peace today. Is it doing something the first time you're asked, sharing with a sibling, or letting a friend go first at play time? Go and make peace!

KNOW that you can help make peace with those around you.

DAY

3

All Times in Every Way

Read this week's verse. After reading it a few times, think of the ways that God has blessed you. Maybe God has given you good friends or a really kind teacher.

LOOK for the ways you have peace.

DAY

2

Write about Peace

Using paper and scissors, cut out a heart. On your heart, write: Peace is . . .

Underneath, write some phrases or draw what peace is to you. Some examples are being kind to others or listening when others speak.

Ask God to help you show peace to others.

DAY

4

Peace is What We Need

Take some time and talk to God about bringing more peace into your life so that you can share it with others.

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 "Dear God, I pray that You can show me how to bring peace to those around me. Show me Your peace so I can show it to others too. I love You, Amen."  
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THANK God for offering peace.

You can help others make peace.



Make Waves: What you do today can change the world around you.

DAY 1

Read Philippians 4:6-7

Do you ever make an “if/then” statement? Like . . .

If I go to bed early tonight, *then* tomorrow I’ll feel rested.

If and then are like cause and effect. The cause, going to bed early, can lead to the effect of getting enough sleep. But there’s an even stronger word used in today’s verse. Paul tells us that “when” you tell God about your worries, “then” peace will wash over you!

Suds of Peace

1. Write today’s verse on an index card.
2. Put the card in a zip-top sandwich bag and seal it tight.
3. Find some tape and hang it up right underneath the shower head in your shower. That way it won’t get quite so wet.

When you take a bath or shower this week, name some things you’re worried about. Pray for God’s peace to wash over your heart and mind. Take a few deep breaths and thank God for the peace He gives. Ask Him to help you make peace with others.

DAY 2

Read 2 Corinthians 13:11

What does peace mean to you? Write your definition below.

Peace is _____

Today’s verse gives us some ideas for making waves of peace:

1. Work to make things right.
Peace isn’t easy and it doesn’t come naturally. But with God’s help, you can work to make things right.
2. Help one another.
If you’re looking to help instead of hurt or make your point, you’ll be working toward peace.
3. Agree with one another.
The relationship is always more important than being right. So, even if you are right, you need to work towards agreement.

Which one is the hardest for you? Find a marker and circle it. **Pray and ask God to help you make waves of peace this week.**

DAY 3

Read Colossians 3:15

King or Queen of the Kingdom

If you were the king or queen of a country, what is the first thing you would do? What would your kingdom look like?

1. Grab a piece of paper.
2. Come up with a name for your kingdom and create a logo or flag for your new country.

Rulers rule. They make laws. They enforce them. Some kings and queens will do whatever it takes to maintain their power, even declaring war on neighboring countries that threaten their rule.

Thankfully, God doesn't rule that way. Our God is a God of peace. Because of what Jesus has done for us by dying on the cross and being raised back to life on the third day, we are forgiven. God sent Jesus to make peace.

As a Jesus follower, your job is look for ways to bring peace. It's giving in sometimes even when you think you're right. It's finding a solution or a compromise that works for everyone. It's deciding that getting along is better than getting your way. **Remember, you can help others make peace.**

DAY 4

Read 1 Thessalonians 5:15

Think about the last time you got into an argument. Do you remember what it was about? Did you say or do something unkind because someone said or did something unkind to you? When we're hurt, it's easy to want to payback a wrong with a wrong.

But the problem with wrong for wrong is that you never get back to right. When you keep paying the person back, you never win them back. You can do something really hurtful that you can't fix.

That's why peace is always a better choice. Next time you get into an argument, before you pay back a wrong with a wrong, stop. Take a deep breath. Then ask yourself, "What is best for the other person?" And then—and this will be the hardest part—do it. Do the thing that's best for the person you're fighting with.

This will not be easy but there's good news. When you are a follower of Jesus, you have access to the Holy Spirit as your helper and guide. So stop and pray and thank God for sending His Spirit to help you make waves of peace.

You can help others
make peace.

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



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June 2022

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Week Three
4th-5th



Day 1

After watching, write one thing that:

1. You liked:

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Go to bit.ly/SundaysAtHomePreeteen and watch this week's episode of The So & So Show.

2. You learned:

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Even if you already saw it at church, feel free to check it out again!

3. You'd like to know:

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Day 2

Read 1 Samuel 25:2-27, 32-35

Before you read 1 Samuel 25, gather up a few things:

- ☐ Four action figures, dolls, stuffed animals, etc. (to be Nabal, David, Abigail, and servant)
- ☐ As many stuffed animals as you have (to be the sheep and the donkey)
- ☐ Several snack items (bonus points if you have raisin cakes or figs!)

Read 1 Samuel 25:2-27, 32-35 out loud and use the items you gathered to act out the story.

David was understandably angry. But he got so angry that he was ready to go to war with Nabal—he wanted revenge! But Abigail stepped in and made a difference. She made what could have been a really bad situation better by helping David see things in a different way. Abigail helped make a wave of peace that saved a lot of people's lives!



Day 3

There are three types of people in the story of Abigail's intervention: Nabal, who does something wrong and makes David mad; David, who is furious and wants revenge; and Abigail, who seeks out a way to make peace.

Think about the most recent argument you were a part of. Which role did you play in the situation? Which role do you wish you had played? Think about most arguments and fights around you... are you more often like Nabal, David, or Abigail?

Take some time to ask God to help you be an Abigail—finding ways to help others make peace.



Dear God, I want to help others make peace. I know that sometimes I can be like Nabal, being unkind or impatient, and sometimes I can be like David, frustrated and angry when others are unkind. But I want to be more like Abigail, helping others make peace. Please show me how to do that, even when it's hard. Please give me the patience, kindness, and even creativity to help others make peace. In

Jesus' Name, I pray. Amen.

Day 4

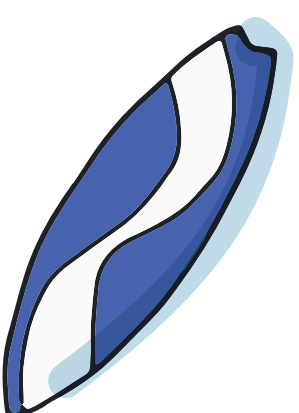
You can help others make peace, but it does take some creativity, ingenuity, and thoughtfulness!

And sometimes, it takes the help of others to even know what to do in a tricky situation.

So today, lean on the help of family and friends to come up with a list of ways you can help others make peace. Get a sheet of paper and a pen and go around asking others to help you brainstorm ways you can make peace and help others make peace. You can ask anyone who lives with you, your neighbors, kids on your swim team... you can also text or message friends and family to ask them for ideas.

Write each idea on its own line on the paper with space around each idea so you can cut it up later.

Save the list—you'll need it tomorrow!



Day 5

What are some ways to make peace?

Go find the following items from somewhere around your house:

- A dollar bill (or coins)
- A toy sword or a plastic knife
- A small gift bag

Remembering the story you read earlier this week, the money represents someone like Nabal, who is only thinking of themselves and what they want, and they don't care if they hurt others in the process of getting what they want.

The toy sword or plastic knife represents someone like David—someone who has been hurt by someone like Nabal and wants revenge.

And the gift bag represents someone like Abigail—someone who uses their gifts, talents, and resources to help others make peace.

Now put the money and sword/knife back... you're not going to need those!

Instead, pull out the list you made yesterday with the help of your family and friends. Cut the list into strips and place them into the gift bag. Hang the gift bag somewhere nearby to remind you to help others make peace. And if you get stuck and aren't sure how to do it, draw one or more strips of paper out for inspiration!