

AT HOME DISCUSSION

PEACE: May 9th | Week 3

MAIN POINT AND BIBLE VERSE

When life gets stormy, gloomy, and gray, I feel peace trusting God and His good way.

Isaiah 26:3 NLT, You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

1. Who does God keep in perfect peace? *Everyone who trusts God and gives their thoughts to God*

REVIEW QUESTIONS

- 1. If it's nice outside and someone says they feel like they're in a storm, what do you think they mean?** *Answers will vary. Idea: They're feeling bad inside or afraid, bad stuff keeps happening around them, etc.*
- 2. Share some thoughts that might make someone feel stormy inside.** *Answers will vary. Ideas: I'll feel bad forever, nothing good will happen to me, no one will ever like me, I can't trust anyone, etc.*
- 3. Share some thoughts that might make someone feel God's perfect peace.** *Answers will vary. Ideas: God can heal my broken heart, God is always good, Jesus loves me, I can trust God is in control, etc.*
- 4. What do you think will happen if someone hides their stormy feelings inside?** *Answers will vary.*

ACTION STEP QUESTIONS

- 1. What do you think will help you feel God's peace if you start feeling stormy on the inside?** *Answers will vary. Ideas: remember God is in control and He's good, talk with a trusted adult, read the Bible, etc.*
- 2. Name some people you can talk to if you feel like bad things are happening to you.** *Answers will vary.*

PRAY TOGETHER

- 1. Ask** kids to share things they'd like to pray about.
- 2. Write down** their prayer requests.
- 3. Pray** together over the prayer requests.

Not sure what to pray? Pray this: *God, please help us trust You're in control if things feel stormy. Help us fix our thoughts on You and Your peace. In Jesus' name, amen.*

