



Helping Kids Choose Peace God's Way

When Life Feels Confusing

Lesson Aim:

Children will learn that peace doesn't come from the absence of problems. It comes from God's presence and His gentle voice that reminds us He is near.

Scripture Focus:

- And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. (1 Kings 19:12, *ESV*)
- "Peace I leave with you; my peace I give to you." (John 14:27, *ESV*)
- "The peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:7, *ESV*)

Connect

- **Connection Point:** Ask: "When you feel upset or worried, what helps you feel calm again? Do you ever wish God would show up in a big way to fix things?"
- **Explain:** Sometimes we look for God in big, loud ways but often, He meets us quietly, with peace that settles our hearts from the inside out.

Teach

- Read or retell the story of Elijah Finding Peace in God's Whisper (1 Kings 19:1-18).

Elijah Finds Peace in God's Whisper

Elijah had just won a huge victory over the prophets of Baal on Mount Carmel. Elijah had seen God's power at Mount Carmel—fire came down from heaven. But when Queen

Jezebel threatened him, Elijah became afraid and ran far into the wilderness. Exhausted and discouraged, he prayed, “God, I’ve had enough.”

But God didn’t leave him. Instead, He sent an angel with food and water and said, “Get up and eat, for the journey is too much for you.” Elijah was strengthened and traveled to Mount Horeb where he hid in a cave.

Then God told him to stand on the mountain. A powerful wind came, but God was not in the wind. Then came an earthquake, but God was not in the earthquake. After that, a fire, but God was not in the fire. Then came a gentle whisper.

When Elijah heard it, he covered his face with his cloak and listened. In that quiet voice, God reminded him that He was still near, still in control, and still faithful. Elijah found new peace because he remembered God had not forgotten him.

- **Discussion Questions:**

1. Why do you think God spoke in a gentle whisper instead of something big and loud?
2. What can this story teach us about finding peace when we feel afraid or alone?

- **Explain:**

- God’s peace isn’t always dramatic; it often comes in stillness and trust.
- Peace doesn’t mean our problems disappear; it means God’s presence is stronger than fear.
- We can learn to be still and listen for God’s voice in quiet moments.

Model

- **Teacher Shares:** a time when you were stressed or afraid but found peace through prayer or quiet time with God.
- **Student Activity:** Invite kids to act out “storms” of worry (running around, shouting, pretending to panic). Then choose one student to play Elijah, standing still and listening quietly. End with silence for a few seconds. Ask: “Which one felt peaceful? Where was God’s voice found?”

Pray

- *“Jesus, thank You that Your peace is greater than our worries. Help us be still and listen for Your whisper. Remind us You are always near.”*

Craft/Activity

- **Peace Whispers Craft:** Have kids decorate a rolled paper “whisper cone. Write *Philippians 4:7* on it. Whisper the verse into the cone: *“The peace of God will guard your hearts and your minds in Christ Jesus.”* Remind them: God’s peace speaks softly but powerfully.

Takeaway

- Peace grows when we trust God to take care of us.