



Helping Kids Choose Peace God's Way

When Life Feels Confusing

Raising Christ-Centered Kids | Character | The Fruit of the Spirit: Peace

By **Nancy Fujii**, Founder & Teacher, L.I.G.H.T. Kingdom Kids®

"Peace I leave with you; my peace I give to you. (John 14:27, *ESV*)

Key Takeaway

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

The Biblical Meaning of Peace

When we think of peace, we often imagine quiet or no fighting. But in the Bible, peace, or "shalom" means much more. It means wholeness, harmony, and everything being made right under God's care. True peace begins when our hearts are made right with God through Jesus.

Jesus said, "My peace I give to you" (John 14:27), reminding us that peace isn't something we create. It's a gift from God. The Bible also promises that "the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:7).

God's peace isn't the absence of trouble—it's His presence in the middle of it. When we walk closely with Him, His Spirit brings calm to the chaos inside us, the same way Jesus spoke peace to the storm and the wind obeyed His voice (Mark 4:39).

Understanding Peace: When Worry Takes Over

Sometimes kids (and parents) get anxious about tests, friendships, or things they can't control. Worry feels like a storm swirling inside. We might try to fix everything ourselves or hide from what's hard. But when we trust God instead of our own strength, His peace begins to settle our hearts.

God's Spirit reminds us, "You are not alone." He can quiet the noise inside when we turn to Him. Peace doesn't mean pretending everything's fine—it means remembering that Jesus is with us, and nothing can shake His love.

Practical Steps: Experiencing Peace with God's Help

1. **Pause and Breathe** – Take three slow breaths and say, *"God is with me."*
2. **Pray Your Worries** – Out loud, hand one worry to Jesus: *"I trust You with this."*
3. **Memorize a Peace Verse** – Repeat John 14:27 or Philippians 4:7 when you feel afraid.
4. **Create a Calm Space** – Keep a Bible, worship song, or comforting object nearby as a reminder of God's peace.
5. **Share Peace with Others** – When you're upset, choose gentle words instead of arguing. Bring calm where others feel tense.

Scripture for Parents and Kids

- "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*)
- "and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross." (Colossians 1:20, *ESV*)

Encouragement for Parents

Peace replaces worry when we trust in God. When your child sees you pause instead of panic, pray instead of worry, or speak calmly when life feels chaotic, they see God's peace in action. You're teaching them that peace isn't found in perfect circumstances but in a perfect Savior.

Don't be discouraged if peace feels slow to grow—it's a fruit of the Spirit, not a personality trait. Celebrate small victories: when your child breathes, prays, or forgives. God is shaping their hearts to rest in Him, one moment at a time.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Talk about what makes your child feel worried or calm.
- **Teach:** God's Spirit gives us peace, even when life feels stormy.
- **Model:** Practice "Peace Pauses" by breathing and praying together.
- **Pray:** Ask Jesus to calm hearts and fill your home with His peace.