



Helping Kids Choose Peace God's Way

When Life Feels Confusing

Learning Objectives

By the end of this lesson, students will be able to:

1. Retell the story of Elijah finding God's peace in the gentle whisper.
2. Explain that peace is not the absence of problems but trusting God's presence.
3. Identify one way they can practice peace when they feel worried or afraid.

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*)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask: "When you feel stressed—like during a test, a fight with a friend, or trying something new, what helps you calm down?"
- **Explain:** Peace doesn't mean everything's easy. It means trusting that God is with us even when things are hard.
- **Assessment:** Teacher observes student attentiveness and participation.

2. Teach (7 min)

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



School Lesson Plan | The Fruit of the Spirit: Peace

After Elijah's great victory over the prophets of Baal, Queen Jezebel became angry and threatened to kill him. Elijah ran away, tired and afraid. He prayed, "God, I can't do this anymore."

But God cared for him, sending an angel with food and water. After resting, Elijah traveled to Mount Horeb and hid in a cave. Then God said, "Stand before Me."

A strong wind came, but God wasn't in the wind. Then an earthquake, but God wasn't there either. Then a fire, but still no God. Finally, there came a gentle whisper. That's where God was.

Elijah learned that God's peace comes quietly, reminding us He is near and in control, even when life feels scary or loud.

- **Discussion Questions:**

1. Why do you think God chose to speak in a whisper instead of a big noise?
2. How can we listen for God's peace when we feel worried?

- **Explain:** Peace is God's gift that helps us stay calm and trust Him, no matter what is happening around us.

- **Assessment:** Teacher checks understanding through answers and participation.

3. Model (7 min)

- **Teacher shares:** a time you felt worried but found peace after praying or being still.
- **Student activity:** In pairs or small groups, act out or draw everyday "worry storms" (test day, disagreements, being left out). Then show a "peace moment" (breathing, praying, saying a verse). Encourage creativity and gentleness.
- **Assessment:** Teacher notes engagement and how well students connect peace to real-life trust in God.

4. Pray (2-3 min)

- *"Jesus, when we feel worried or afraid, help us listen for Your peace and remember that You are with us."*
- **Assessment:** Teacher observes participation and reverence during prayer.

5. Closing/Reflection (5 min)

- **Key Takeaway:** Peace grows when we trust God to take care of us.
- **Student Reflection:** Write or draw one thing that helps you feel God's peace.
- **Teacher Closes:** Remind students they can always take a Peace Pause, breathe, pray, and remember God's whisper.
- **Assessment:** Teacher checks that students can name one way to practice peace.

Optional Extension: Independent Practice

- Have students create a **Peace Card** with *John 14:27* or *Philippians 4:7* to keep in a pocket, desk, or binder. Encourage them to read it whenever they need to remember God's peace.