



TODAY'S TOPIC:
Dreaming of Peace

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

Why is peace important?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • YouTube video of the book “Can You Say Peace” by Karen Katz • Paper and crayons or markers. 	<ul style="list-style-type: none"> • N/A 	Know that we all play a part in peace and our dreams have power.

ASK: What is peace? Getting along, calm. What is the opposite of peace? Anger, hurt, chaos. In other words, while war and violence destroy and disrupt, peace builds and strengthens. Plus peace is personal which helps us achieve security and calm and avoid anxiety and chaos to make our lives better.

ASK: What is the difference between world peace and inner peace? World peace is a big topic full of politics and inequality. While inner peace pays attention to your needs whatever those needs may be.

ASK: Do you think peace means the same to every person no matter what language they speak?

WATCH: Can You Say Peace? YouTube video of book.

ASK: Why do you think all these languages have a word for peace? The idea that no matter how different people from diverse cultures may look or what language they speak, underneath we are all human and we all long for peaceful lives free of fear and violence.

EXPLAIN: Sometimes we talk about dreaming because we are asleep. But sometimes we say dreaming when we talk about what we want. Like “I dream of going to the beach one day.” It

means we are visioning, imagining, picturing and speaking about what we want. You can do this for anything you might dream of doing or having.

ACTIVITY: Peace to Me is... Draw pictures and write words (either kids or adults depending on age).

AFFIRMATION – My dreams have power. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

