



## TODAY'S TOPIC:

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.

***Where do you feel the most peaceful?***

***What does peace mean to you?***

### **Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"><li>• Candle (real or picture)</li><li>• Pens or Markers</li></ul>	•	To know peace begins with me.

**ASK:** We talk about peace a lot, so what is peace? (accept all answers) Ideas: not fighting, quiet, working together

**SHARE:** Peace is when no one is fighting, everyone is living in harmony and doing what works best for themselves, their families, and their communities.

**ASK:** How do we create peace? What do we do? (accept all answers)

**SHARE:** In order to create peace we have to be peaceful. Did you know that in some countries the word peace is used to say hello? This is called passing the peace. Do you think it might feel a little different if every time I saw you I wished you peace instead of just saying “hi”?

**ACTIVITY:** Passing the Peace. Learn how to say peace in two different languages. Repeat after me: Shalom (shaw-loam). Shalom is the Hebrew word for peace. Now say: Shanti (shawn-tee). Shanti is the Hindi word for peace. Practice passing the peace with each other. You can say any one of the three words we know for peace; Shalom, Shanti or Peace.

**ASK:** What are some symbols of peace? Some suggestions: Dove - Olive Branch - Circular Peace Symbol- Hand Peace Sign- White Poppies – Origami Cranes

#### **READ:**

This is Peace

Peace begins with a smile.

Peace begins with saying sorry.

Peace begins with not hurting others.

Peace begins with telling the truth.

Peace begins with showing cooperation and respect.

Peace begins with ME!

**ACTIVITY:** Create one PEACE TO ME candle. Can use an actual candle, a picture or coloring page of a candle or draw a candle. Write or draw a picture of what peace means to you on the candle. Add your name.

**ASK:** Who does peace begin with? ME! In fact, that's our affirmation for today, so let's say it together, loud and proud, Peace begins with me! X4

## **AFFIRMATION – Peace begins with me. repeat 4X**

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