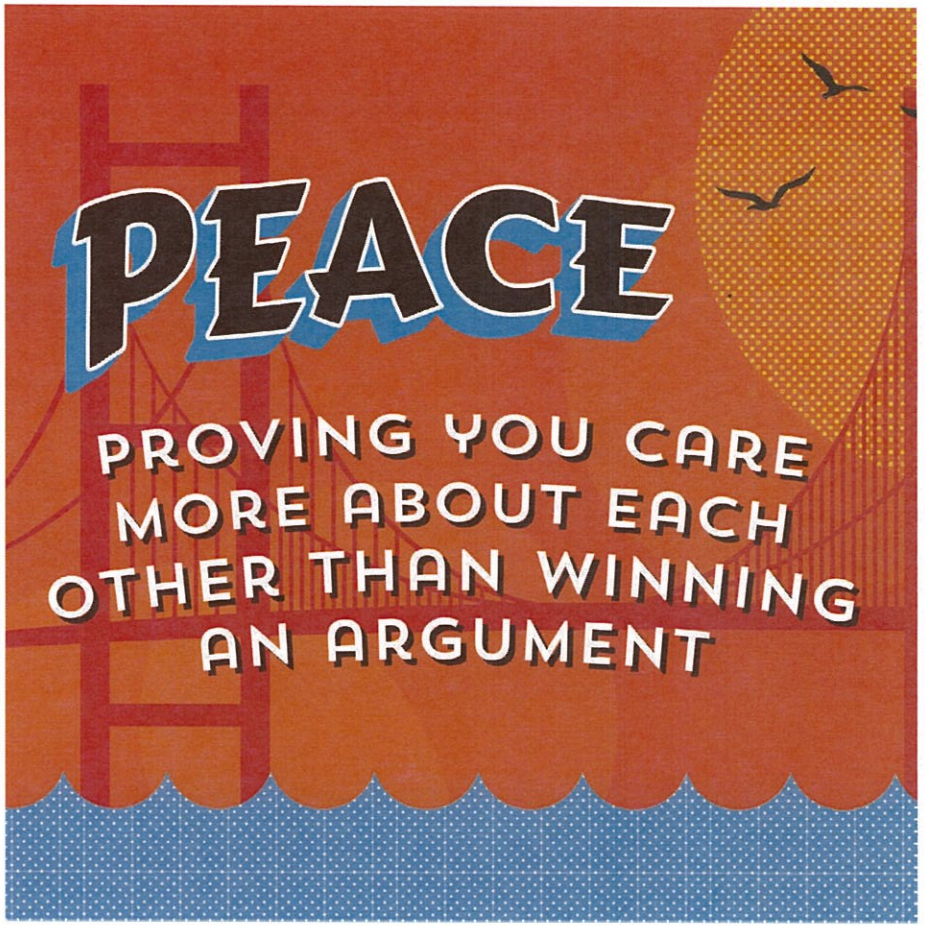
Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHY does Easter matter?

So let us do all we can to live at peace. And let us work hard to build up one another. Romans 14:19



Day 1

Go to http://bit.ly/SundaysAtHomePreteen and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

1. You liked: _____

2. You learned: _____

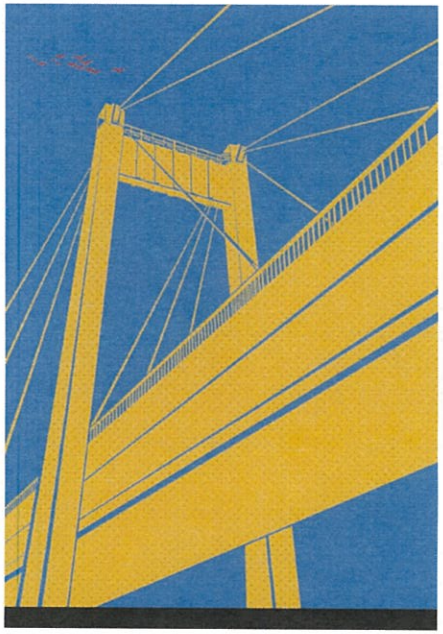
3. You'd like to know: _____

Day 2

Read John 20:1-18

As you read John 20:1-18, draw the following emojis next to the places in the story where they match the likely emotions of the disciples and Mary.

There were likely a lot of conflicting thoughts and feelings represented by all of Jesus' friends on that weekend where they saw Him crucified, buried, and then risen again. But through it all, Jesus showed He is more powerful than sin and death. Through Him, we can have peace with God and work toward peace with others.



Day 3

We often pray to ask God for help—either for ourselves or for others.

We often pray to ask God for help—either for ourselves or for others. And that's awesome—God loves for us to talk to Him about everything in our lives. But sometimes it's great to take time to just thank God for sending Jesus to be our Savior. God made peace with us even when we didn't deserve it, and that's something that deserves our gratitude. Fill in the blanks below to write a personal prayer, and then read it out loud in prayer to God.

"**Dear God,** thank You for making me and always loving me, even when I sometimes _____. Thank You for sending Jesus to be our Savior. Thank You for sending Him even though it meant He would die. But how amazing that He rose again! I know when I mess up by _____, I can still have peace with You because Jesus came to be our Savior. Thank You, God, for making peace with us. In Jesus' Name, I pray, amen."

Day 4

God made peace with us.

Have you ever seen an Easter lily? This beautiful plant is also known as a peace lily. It's fitting that the terms Easter and peace are both used, because the truth is that Easter is when God made peace with us!

Even though Easter is technically over, wish as many people a Happy Easter as you can today. It may feel a little strange to say Happy Easter a few days after it passed, but it will remind you and the people you say it to that God made peace with us!

Day 5

Why does Easter matter?

Easter matters because when we remember that God made peace with us, it changes everything. It means we don't have to earn God's favor—or anyone else's—because we couldn't earn it anyway. Jesus is the only reason we can have peace with God! We can rest in the peace He offers instead of stressing about trying to be perfect or earn His approval.

There are a lot of representations of peace. Some are from the story of Noah and the flood, like a dove, an olive branch, and a rainbow or some are from the Easter story, like a cross and some are just cultural signs of peace, like a peace symbol or holding up your first two fingers like a 'v.' Pick the one that reminds you the most of the peace that God offers, and figure out a way to creatively illustrate that symbol. Whatever you choose and however you create it, when you see it, remember that Easter matters because **God made peace with us!**

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHO do you need to make peace with?

So let us do all we can to live at peace. And let us work hard to build up one another. Romans 14:19

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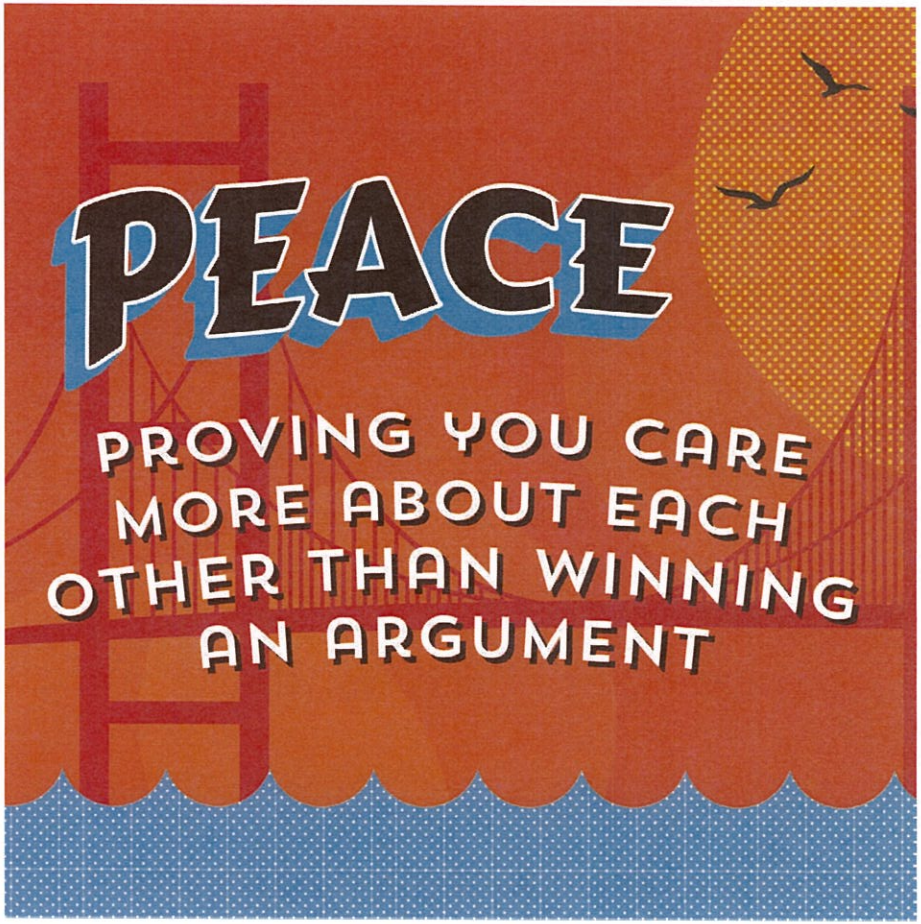

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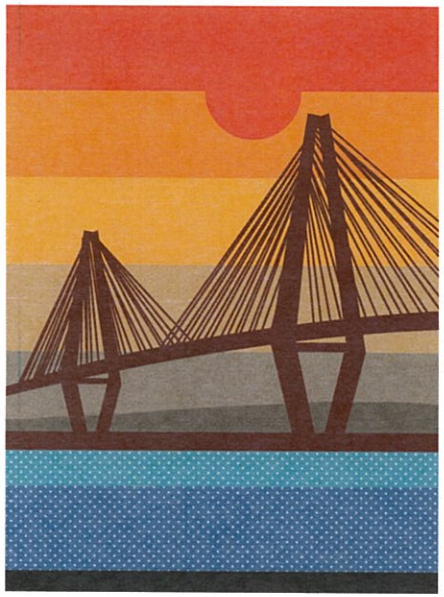
Day 2

Read Colossians 3:15

As you read Colossians 3:15, come up with motions for the verse to help you memorize it, like the peace sign for 'peace,' placing a pretend crown on your head for 'rules,' your hand over your heart for 'heart,' etc.

Repeat the verse in front of the mirror a few times using your motions. For bonus points, start each day this week by repeating the verse with motions, reminding yourself that you can make peace with others.



Day 3

From time to time, we all have people that we struggle to get along with.

Whether it's a sibling, a friend, or a teammate or classmate that you don't see eye to eye with, it may feel impossible to make peace. The great news is that you're not in this alone! As Paul reminds us in Colossians 3:15, the peace we can offer to others is given to us by Jesus. All we need to do is ask Him for help, and we can make peace with others. Take a minute to think about who you might need to make peace with, and then personalize this prayer out loud to ask God for help.

"**Dear God,** thank You for making peace with us so that we can make peace with others. I know I can make peace with _____ even though _____ _____ because Jesus offers peace to me. Please help me to take steps this week toward making peace with _____. Show me how I can do that, and give me the courage and strength to follow through. In Jesus' Name, I pray. amen."

Day 4

We can make peace with others.

Sometimes making peace with others involves apologizing or giving up something. Sometimes it looks like reaching out to be encouraging or kind. And sometimes you may not know the best way to make peace, you just know you should.

Today, go and find a friend you trust and talk to them about ways you can make peace with the person you prayed about yesterday. Brainstorm together how you can reach out and offer peace.

If you get stuck, try going on a walk together or grab some paper and doodle while you talk. Moving your body or doodling can help you focus and unleash your creativity!

Day 5

Who do you need to make peace with?

Today, take one step toward making peace with the person you know you need to make peace with. What would that look like? Think back to the conversation you had yesterday for ideas. If you're currently in an argument with this person, it could be finding them to apologize. Or if it's someone you just generally struggle to get along with, you could send them a nice text (funny memes are always a win!) or write them an encouraging note.

It's not always easy to be the person who takes the first step toward making peace with others, but the end result is worth it! You might say peace is worth fighting for.

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHEN should you walk away from a fight?

So let us do all we can to live at peace. And let us work hard to build up one another. Romans 14:19

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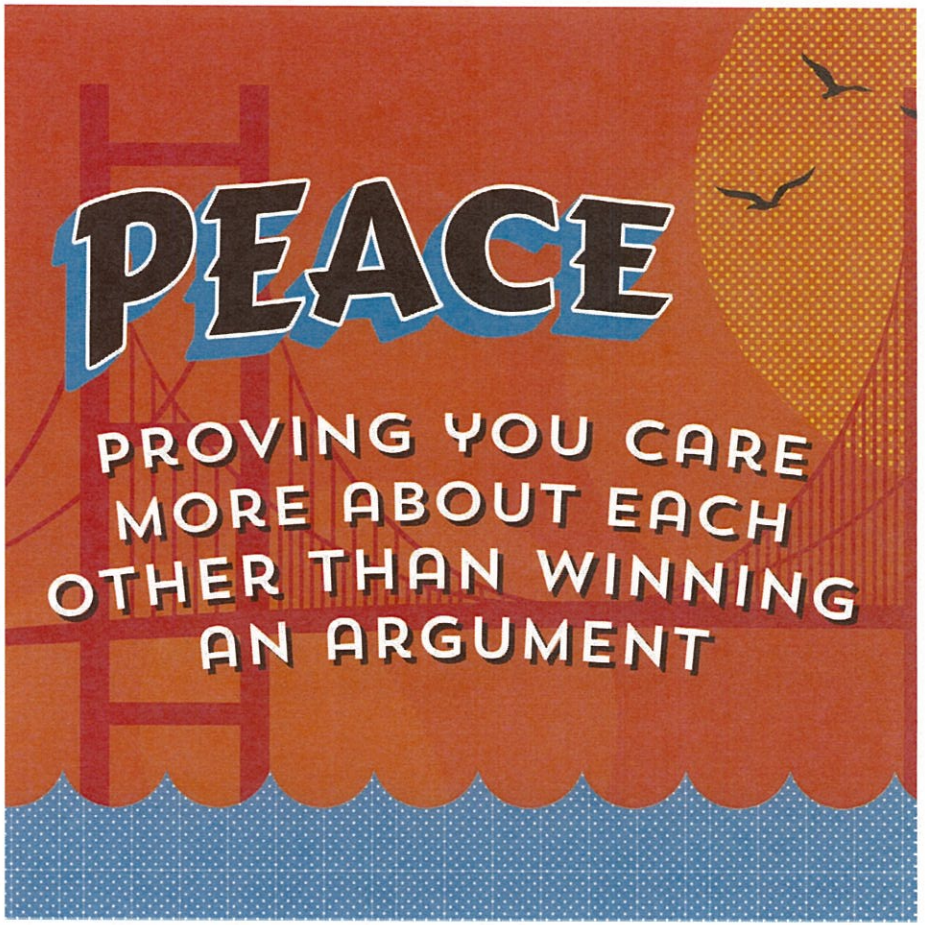

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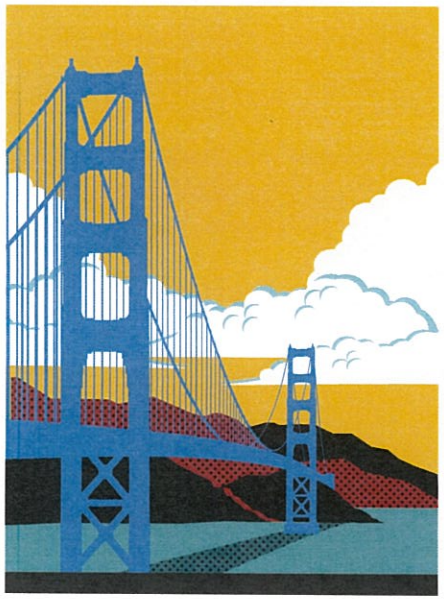
Day 2

Read Genesis 26:1-6, 12-22, 26-31

As you read the passages, when you get to the part where Isaac packed up and moved, take your Bible, pen, and anything else in your immediate surroundings and move somewhere different to sit. The next time Isaac has to move, do it all over again. In fact, every time he has to move and dig new wells, gather your stuff and move too.

It's kind of annoying, isn't it? And it must have been pretty humbling for Isaac to give up what was actually his. But by walking away from a fight (more than once!), he showed true strength and wisdom—and God blessed him with peace.



Day 3

Have you ever done a prayer walk?

Often this means walking around a building—like praying for a school while you walk around it—or a nature walk while you praise God for His creation. Today you're going to walk while you pray so you can envision (literally) walking away from a fight. Whether you stretch your legs outside or just walk around your house, as you pray, ask God for the strength to walk away from a fight. You can use a prayer like the one below, or use your own words to ask God for help.

"**Dear God,** thank You for the example we have in Jesus of how to show others we care by walking away from a fight. He could have put up a fight when He was arrested. He could have called down angels to save Him from the cross. He didn't have to die, but He chose to walk away from that fight because of how much He loved us. I want to follow in His footsteps and walk away from a fight—not because I'm scared, but because I care. Help me to show others how much I care by choosing not to fight them. And please give me wisdom on when I should stand up for myself and when I should walk away. In Jesus' Name, I pray. Amen."

Day 4

You can show you care about others by walking away from a fight.

It's important to keep peace, but there are definitely times when someone is not treating you well and you need to stand up for yourself. Being a peacemaker doesn't mean being a doormat for someone to step on. There are some cases when you do need to stand up for what's right, and that might mean you need some help.

If there's a fight you feel like you might need to walk away from, find an older friend or trusted adult and talk to them about it. If this isn't something you're facing right now, however, it's still a great idea to talk to someone about it because there will come a day when you'll need to know what the wise choice is. Role-play different scenarios with each other—different situations where you might need to walk away and some where you might need to stand up for yourself or someone else. End your conversation by praying together for wisdom in seeking peace with others.

Day 5

When should you walk away from a fight?

Even if you've brainstormed with a friend beforehand, chances are good that you'll have situations throughout your life when you have to decide whether you should walk away from a fight or not. If you remember the word peace, it will give you some simple steps to help you make the wise choice.

Pray and ask God for wisdom
Evacuate yourself from the situation if you feel unsafe and ask an adult for help
Ask the other person questions—what is really bothering them? Why do they feel the need to fight?
Compromise, if possible, with the other person
Encourage the other person with kind words

Get a sheet of paper and write the first words:
Pray
Evacuate
Ask
Compromise
Encourage

Now hang the piece of paper somewhere to remind you how seeking peace can help you know if you should walk away from a fight.

Journal

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHAT are ways you can be a peacemaker?

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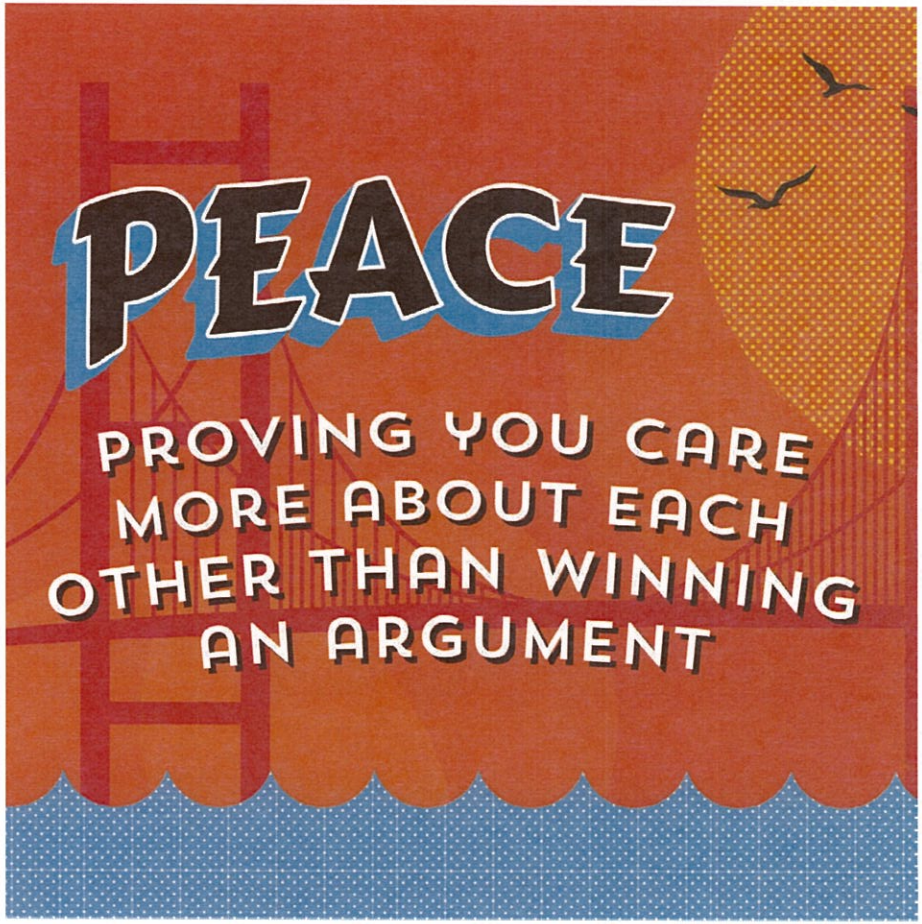

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Day 2

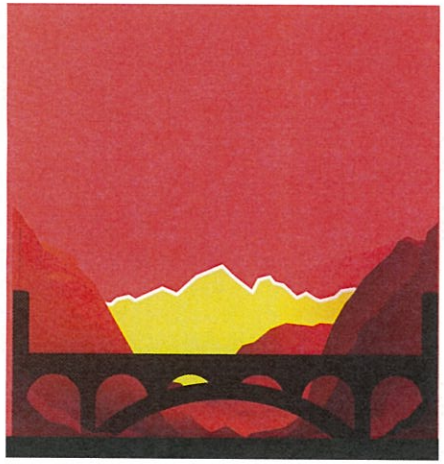
Read 1 Samuel 25:1-35

The story of Abigail and David involves a lot of human interaction. Some people treat each other well, and others are downright rude. As you read through the story, circle the words that describe peaceful interactions, and underline the words where someone is not showing they care about others.

Lastly, highlight David's words at the very end of the passage:

"Go home in peace. I've heard your words. I'll do what you have asked."

Abigail worked hard as a peacemaker to be a part of the solution, and as a result, God blessed her and kept David and Nabal's men safe!



Day 3

Choose Your Own Adventure:

Is there a situation you're facing right now where you can be a peacemaker? If so, fill in the blanks to this first prayer to ask God for help being a part of the solution:

"**Dear God,** thank You for the positive example of peacemaking from Abigail's life. She was willing to take the blame for something in order to protect her family and friends. Right now, I am facing a tough situation with _____ _____. I want to help and be a peacemaker, but I'm not sure what I need to do. Please give me wisdom to know what to do, and help me be courageous like Abigail who chose to intervene and be a part of the solution. Help me to choose peace. In Jesus' Name, I pray. **amen.**"

Even if everything in your world is pretty peaceful right now, you can ask God for help to be a peacemaker in any challenging situation that comes your way.

"**Dear God,** thank You for the positive example of peacemaking from Abigail's life. She was willing to take the blame for something in order to protect her family and friends. She chose to intervene and be a part of the solution. Help me to be creative, bold, and brave like Abigail and to choose to be a part of the solution when hard things come my way. Help me to choose peace. In Jesus' Name, I pray. Amen."

Day 4

You can show you care about others by being part of the solution.

Get a parent or friend to help you with this. Borrow a wooden spoon or something similar from the kitchen and sit in a chair. Have the other person hit your leg gently just below your kneecap. What happens? Your leg comes up, doesn't it? That's called a reflex. It's when you do something quickly without thinking about it. When it comes to your physical reflexes, you don't have a choice in the matter, but when it comes to peace, we can choose to ignore our reflexes and choose peace instead.

If you're in a fight with someone, or you are surrounded by people who are fighting—whether it's a battle of words or people are physically hurting each other—it's natural to want to quickly jump in an defend yourself or those you love. But using hurtful words or our bodies to hurt each other is not the way to bring peace to a situation. Instead, when our reflex is to choose wise words and wise actions, we can end a fight before someone gets hurt badly.

Share with each other some of the ways you can be a peacemaker instead of reacting in hurtful ways.

Day 5

What are ways you can be a peacemaker?

It's one thing to want to be a peacemaker, but knowing how to be part of the solution can be tricky! Hopefully you came up with some good ideas when you were talking with your parent or friend yesterday, but you can never have too many peacemaker tools in your toolbox!

In the toolbox below, you'll see some good peacemaker "tools" to get you started. Fill up the box more by writing some of the ideas you came up with yesterday, as well as any others you can think of.

It's not always easy to be the peacemaker, but God has given you the tools you need to be a part of the solution. He has given you a heart to care, a brain to think, the Bible for wisdom, and your mouth and hands to say and do the wise things!