

# Peace of Mind and Heart



**Theme:** Jesus gives us peace of mind and heart. 6th Sunday of Easter, Yr. C

**Object:** A Teddy Bear

**Scripture:** "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. Remember what I told you: 'I am going away, but I will come back to you again.'" John 14:27-28a (NLT)

I must confess that when I was a child, I was afraid of the dark. At the end of the day, when it was time to turn out the lights and go to bed, I wanted to know that I was not alone in the darkness. That is where my Teddy Bear came to the rescue. Somehow, the darkness was not so frightening with "Teddy" in the bed with me.

Have you ever been afraid? Of course you have. We are all afraid at times. It is nothing to be ashamed of, even adults are sometimes afraid. Some of us may be afraid of the dark. Some may be afraid of the thunder and lightening that comes with a storm. Here are just a few of the things that people are afraid of: bugs, bees, snakes, heights, dentists, doctors, dogs, cats, mice, and germs.

When Jesus told his disciples that he was going to return to his Father, they were afraid. What would happen to them? Would the enemies recognize them as his followers and try to harm them?

Jesus knew that his disciples were afraid and he offered these words to comfort them. "I am leaving you with a gift — peace of mind and heart. Don't be troubled or afraid. Remember what I have told you: 'I am going away, but I will come back to you again. I will come and get you, so that you will always be with me.'"

These words were a great comfort to his disciples and they are a great comfort to us today. When Jesus returned to his Father heaven, he asked the Father to send the Holy Spirit to comfort his disciples until the day when he returned. That includes you and me! What a wonderful gift Jesus has given us -- peace of mind and heart. We no longer have anything to fear. Whenever we find ourselves in the dark or in the storms of life, Jesus is with us.

Father, we thank you for the Holy Spirit who guides us and calms our fears. We also thank you for the promise that one day we will be in Heaven with Jesus. In his name we pray, amen.

**DARKENED ROOM HUNT:** Let 2-4 children go into a dark closet with flashlights or darken the classroom as much as possible and let children go into the dark room and find as many pennies as they can find in 30 seconds. Then let 2-4 more children do the same. Ask children if they felt fear as they went into the darkened room.

**INSECT RELAY:** Divide the children into teams. Place a bowl of small rubber or plastic toy insects at the front of each team. (These can be found at toy stores.) The first player on each team will put a toy insect on his shoulder or head and run to the opposite wall and back. If insect falls off, the child must put the insect back on head or shoulder and run back to the next team member.

The next team member must put that same rubber or plastic insect on his head or shoulder and add another insect and run to the opposite wall and back. Each child will add an insect to their head and shoulders until everyone on the team has run! When everyone on the team has run with the insects, the team will shout out NO FEAR!

**INSECT OBSTACLE RUN:** Make an obstacle course around tables, chairs, waste paper baskets, piles of books, toys, and plants. Tell children to pretend they are an ant or another insect and crawl through the "insect obstacle course". As children crawl through the obstacle course, tell them to look for words from today's Bible verse today and bring them back to the class with them when the race is over. When the children get to the end of the obstacle course, they can reach into a bucket and enjoy a gummie worm or insect! Have the children put the words of the Bible verse that they have collected during the obstacle course together in the proper order.

**FINGERPRINT BUGS:** Give each child a piece of paper and an ink pad to make finger prints on their paper. Then have the children use pens to draw legs on their bug prints. Tell children to write NO FEAR WHEN JESUS IS NEAR!

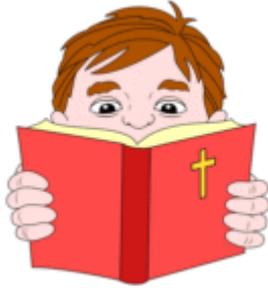
**NO FEAR BULLETIN BOARD:** Let children work together on a bulletin board — drawing flowers, trees, lakes, and sun. Let the children glue pictures of insects, snakes, wild animals, or other scary things. Give the children brightly colored letters to glue or tape to the bulletin board that will say NO FEAR WHEN JESUS IS NEAR, or other words to remind children of our lesson today.

**BEAR GIVE A WAY:** The teacher may wish to have a teddy bear give away for today's Bible Verse. The first 1 or 2 or 3 (teacher's choice) children who can say today's Bible verse, would win a teddy bear with a heart necklace that says NO FEAR WITH JESUS. (Teddy bears can be purchased for about \$1 at dollar stores.

**PEACE OF MIND AND HEART FLOWER POT:** Provide a small flower pot for each child to paint or to decorate with stickers. Add dirt and a small flower for children to plant. Then stick a plastic fork into the dirt with the handle first. Let children write "PEACE OF HEART AND MIND WITH JESUS" or "NO FEAR WHEN JESUS IS NEAR" and stick the card into the prongs of the fork. Let children take the flower pots home to remind them that they need never to fear because the Holy Spirit gives peace of heart and mind.

**FEAR CUPS:** Give each child a styrofoam cup. Glue or tape strips of paper to the outside of the cup that have things written on them that might create fear. (fear of the dark; new situations; changes; storms; doctors; darkness; monster) Next, have the children write positive words from our lesson today to small strips of paper and wrap them around pieces of candy or bubble gum and place them INSIDE the cup. (Suggestions: peace of mind; comforter; Holy Spirit; Jesus.) Let children take the FEAR cups home and every time they feel fearful of something, they can take one treat out of the cup and read the word that is wrapped around the treat to encourage them!

# He'll Be Back



**Theme:** Jesus will return and take us home to heaven. Easter 6-C

**Object:** None needed, but you could use a book such as "We're Moving" published by the WeWrite Corporation or "Let's Make a Move" by Beverly Roman. You can probably find a book at your public library or call a local moving company and see if they might have a free brochure or booklet.

**Scripture:** "You heard me say, 'I am going away and I am coming back to you.' If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. John 14:26,28 (NIV)

Has your family ever moved from one city to another? Sometimes, a move to a new city can be very difficult for a family. It can be especially hard for children. There have been many books written to help children adjust to moving to a new city.

This morning I want to tell you a story about a boy named Andrew. Andrew's dad had a new job and the family was moving to a new city. Since it was so close to the end of the school year, it was decided that it would be better if Andrew stayed behind to finish the school year.

It was hard for Andrew to be left behind, but his father explained that they would go ahead and find a place for them to live and make sure that it was ready when it was time for him to join them. He told Andrew that there was nothing to worry about because he would be staying with some very good friends who would look after him and make sure that he had everything he needed.

During the time that Andrew was separated from his parents, his parents called to talk to him on the phone every day. They told him about their new home and how much he was going to like it. It helped Andrew a lot to talk to his parents and to know that they would soon come for him and he would join them in his new home.

That is very much like what Jesus has done for us. Before Jesus returned to heaven to be with his Father, he said that he was going to heaven to prepare a place for us. He promised that he would come again and take us to our new home in heaven.

When Jesus went to heaven, he didn't leave us alone. He asked his Father to send the Holy Spirit to watch over us, teach us, and remind us of all that he has told us in the Bible. Not only that, we can talk to Jesus every day in prayer. In fact, I would like to talk to him right now.

Dear Jesus, we are thankful that you are in heaven preparing a home for us. We thank you for the Holy Spirit who guides us and comforts us each day and we look forward to the day when we join you in our new home in heaven. Amen.

**HIDE AND SEEK:** Have the children spread out in a designated area and choose one child to be IT. The children will quickly hide and IT will begin finding the hiding children. Each time a child is found, the IT will bring them to his/her "hide out" and say - "I am coming back for you" and will continue to find all the players. When all the players have been found, the IT will bring them all OUT of the "hide out" and back to a circle called HOME. If time allows, let other children seek for the hiding children.

**GOING AWAY - COMING BACK PLAY TIME:** All the children will stand on one line. The teacher will say GO AWAY and the children will quickly begin to run AWAY from the teacher until COME BACK is shouted

and then the children will quickly turn around and COME BACK, until the teacher shouts -- GO AWAY and children will stop and turn around and GO AWAY! Continue to play until children seem worn out and ready to sit and listen to our Bible story today.

**JESUS WILL RETURN CLOCK:** Provide the children with a paper plate to color and a long and a short clock hand, and a fastener brad to hook the hands into the middle of the plate. Have children write a colorful question mark at the place where each number would usually go on the clock. Children can write JESUS WILL RETURN on their clocks. Older children could be encouraged to draw a picture of a mansion, etc on the face of their clock as well.

**HEAVENLY MOBILE:** The children will draw and cut out clouds from poster board and add wisps of cotton around the outer edges. They will then write words from today's lesson on each cloud. Hang the "clouds of heaven" from a decorated hanger (or a colored plastic hanger), as a Heavenly Mobile to hang around the classroom.

**HEAVENLY BIBLE VERSE:** Each child will draw and cut out a large round or scalloped edged CLOUD. Add the wisps of cotton on the very edges.. Provide the children with squares and rectangles of many different colors of construction paper or other textures of papers for children to "build" a mansion on their large "heavenly cloud". When they are satisfied with their mansion "building", children can write today's Bible verse on the cloud to memorize. Every time they say the verse, give them a small sticker star to place on their cloud!

**PRAYER BOOKLET:** Children can be given several cloud shaped pieces of paper to staple or tie together with a piece of yarn to make into a book. PRAYER can be written with colorful markers on the cover and each cloud page can have prayers or words from today's lesson to remind children to thank Jesus for letting us talk to Him and to the Holy Spirit for guiding and comforting us and to God the Father for not leaving us alone.

**MANSION BUILDING:** Provide each child with a large piece of construction paper and many small squares, rectangles and triangles of colorful paper. Children can write words from today's lesson as well as words to describe heaven on each piece of the shapes. Then have children glue the shapes together on the construction paper to form a mansion and children can write JESUS WILL RETURN TO TAKE ME TO MY MANSION!

**PRAYER WHEEL:** Children will need a long thin dowel or stick and a paper plate or circle made from card stock or poster board. Cut into the circle/plate about 3 inches deep and about every 2-3 inches apart. The children can put a word/words on each cut slit for a prayer to thank Jesus for various things that the children choose, such as for Jesus to talk to, or the Holy Spirit to comfort or guide, for the Bible to read until Jesus returns, and for our home in heaven, etc. Tape the stick to the prayer wheel with heavy postage tape or duct tape.