



Root & Fruit: Peace

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connect in **community**

Live as One

What are stressors in your life right now? Work together to make a list of stressors from small everyday things to the big challenges of life.

With this list in mind, consider this thought together: "Peace is not the absence of chaos but the presence of Christ." What do you think about that?

Live By the Word

Read [Philippians 4:4-9](#) out loud together.

Pray for the empowering presence of Christ to bring you peace.

What are the "on-ramps" to experiencing the peace of God described in [verse 7](#)? Notice the encouragements in the surrounding verses.

Think about the stressors of life that you listed. What would it look like to actually put Paul's encouragements into practice this week?

Live as Sent

As you practice experiencing God's peace, how can you share that experience with others you know who are struggling with anxiety and worry apart from God?

connect **daily**

Day 1 [Galatians 5:16-26](#)

Day 2 [Matthew 6:25-34](#)

Day 3 [Matthew 14:22-33](#)

Day 4 [Philippians 4:4-9](#)

Day 5 [Colossians 3:12-17](#)

connect at home

CONNECT with Pre-K and Kindergarten (Little Mo)

Memory Verse: "God made us to do good works." Ephesians 2:10 (NCV)

Ask: We have learned about Jesus, Samuel, and David. Who did we learn about this week?

Say: Daniel! Daniel rocked because he did what God wanted him to do.

Pray: "Dear God, we want to do things Your way. We know that means doing good things. Can You show us what good things we can do? Thank You! Amen."

CONNECT with Elementary (KidMo and Forty-Five)

Memory Verse: "We are God's creation. He created us to belong to Christ Jesus. Now we can do good works. Long ago God prepared these works for us to do." Ephesians 2:10 (NIRV)

Ask: What unique skills did God give David that prepared him for his fight with Goliath?

Share: God made you to be you. Share about ways you've seen God use the gifts He's given you to bring glory to His name.

Pray: Thank God that He gives us skills and experiences that prepare us to serve and love Him and others.

CONNECT with Middle School

Read: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27 (NIV)

Ask: What do you think it means that Jesus gives us His peace?

Pray: Take a second to pray and ask that the peace of God would be present in your life today.