

# TRINITY

Episcopal Church & School

May 22, 2022

Hello Trinity Episcopal Church Sunday School Families,

“Peace of Mind and Heart” is the title of this week's lesson, from John 14:23-29. This lesson reminds us that Jesus gives us peace of mind and of heart, which cannot be gained from the world. It also reminds us that even though Jesus has temporarily left, He will come again. Our memory verse for this week is: "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 14:27-28

<https://sermons4kids.com/> is the homepage and where you will find the sermon lesson to read to your children. For this lesson, you will need: a teddy bear.

To the right of the lesson are links to print a coloring page, word search, a crossword puzzle and more. Feel free to use any of these supplemental activities for your child's individual level. Additionally, below the lesson is an instructional video for a related craft.

This week's group activities can also be found in that list of resources beside the sermon reading. Feel free to use and modify any of these activities to suit your family. At the bottom of this email, there is a themed snack idea provided by Sermons4Kids. There you will also find the Discussion Questions and Suggested Prayer Starters from Sermons4Kids.

**Sample prayer for this week:**

*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.*

We pray that you are all doing well! We hope to see you here in church soon!

God bless you,

Leigh Yergler  
Sunday School Teacher  
Trinity Episcopal Church Sunday School

### **Elementary Discussion:**

This week, kids will learn in John 14:27-28 that Jesus promises a gift the world cannot give: peace of mind and heart. When Jesus told His disciples He was going to return to His father, they were afraid. But Jesus comforted them by saying, "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." Kids learned that with Jesus, we can have peace of mind and heart because the Holy Spirit is with us always. We no longer have anything to fear. Whenever we find ourselves in the dark or in the storms of life, Jesus is with us. Bible Memory Verse: "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 14:27-28

#### **MONDAY:**

- What does it mean to have peace of mind and heart?
- Thank God for giving us the gift of peace of mind and heart.

#### **TUESDAY:**

- Why is the gift of peace of mind and heart so special?
- Thank God for being close to our hearts.

#### **WEDNESDAY:**

- Tell about a time you were afraid.
- Thank God for comforting us when we're afraid.

#### **THURSDAY:**

- Why does Jesus tell us not to be afraid?
- Thank God for giving us peace so we don't have to fear.

#### **FRIDAY:**

- Is it easy or hard to have peace?
- Ask God to help you have peace.

## Peace Poppers Snack

You'll Need (please use parental discretion with small items):

- Grapes
- Carrots
- Plates
- Napkins

Do This:

- Give each child a plate, napkin, a handful of grapes and 4-6 carrots.
- Invite kids to use their grapes and carrots to make the shape of peace signs or hearts.
- Remind kids that in today's passage, Jesus explains the gift of peace of mind and heart.
- Enjoy.

DISCUSS:

- *ASK: What does it mean to have peace of mind and heart? Why does Jesus promise this peace?*