



CHRISTMAS  
*Live!*



# Group Time Guide

Supplies Needed: None

## 1. Time to Talk

**Look Up and Read:** John 16:33. In this verse, Jesus tells his disciples that he will give them peace, even when life feels difficult.

- What do you think of when you think of something “peaceful”?
- How do you think Josh and Beka are feeling right now? What do you think they should do?
- Have you ever had something that didn’t go the way you wanted it to?
- If you feel upset or angry, what are some things you could do to calm down?

**Do This:** Pray with the kids.

## 2. Activity

**Say This:** Peace isn’t just something that happens to us, it’s something that takes practice. The more we practice having peace, the more peaceful we’ll be, even when tough things happen.

**Do This:** Practice each of the following ways to have peace. After each one, ask these questions: 1. What was good about that? Was anything difficult about that? 2. When could doing that help us be more peaceful?

- Be quiet and still for one whole minute.
- Tell God “thank you” for three things.
- Stretch as high up as you can, touch the floor, and stretch from side to side.
- Think of a verse, like John 16:33 (read it again together).