



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).