



# HERO TRAINING







# Group Time Guide

Supplies Needed: Orange cone

## 1. Time to Talk

**Look Up and Read:** Philippians 4:6-7. This verse is about the peace God can give us.

- What is something or somewhere you know of that is “peaceful”?
- How do you think Beka is feeling? Why?
- Have you ever had to make peace with a friend or family member? How do you think Josh and Beka can find a peaceful way to fix this problem?

**Ask:** Is there anything going on you’d like God’s help with this week?

**Do This:** Pray with the kids, talking about things they brought up if appropriate.

## 2. Activity

**Do This:** Challenge each kid to run and touch the cone, then run back so the next person can go, relay style. If possible, time them to see how fast they can get everyone to the cone and back.

**Discuss:** In the verses about the armor of God (Ephesians 6) it says peace is like shoes we can wear. Why do you think that might be? (Kids may not know, that is ok. Ask the follow up questions to further the discussion.)

- What do shoes help us do? (Go faster, run without getting hurt.) So could this verse mean that we should hurry, even race, toward being peaceful?
- What are some ways we can make peace in these situations?
  - When we have argued with a friend?
  - When we have disobeyed our parents?
  - When we hurt someone’s feelings?

**The Point:** The “good news” of peace is the story of Jesus. If we want to have peace with others, the best place to start is by telling them about Jesus. Then it’s up to us to follow Jesus’ example and forgive, be kind, and care about others.