

PEACE



Proving you care more about each other than winning an argument

READ EPHESIANS 4:31

DAY 1

Sometimes when it comes to choosing peace, we have to work through angry feelings first. Is there a situation lately where you were really frustrated or mad? Grab a sheet of paper and tear it into big pieces. On the different scraps of paper, write what made you mad. If you can't remember a specific situation, just write how you feel, in general, when someone makes you mad. What emotions do you feel and what you want to do. Then take the scraps of paper and get rid of them. You can crumple them up and throw them in the trashcan, or (with a parent's permission), drown them in a cup of water. Whatever you do, just get rid of them.

ASK God to help you get rid of your anger so you can choose peace.

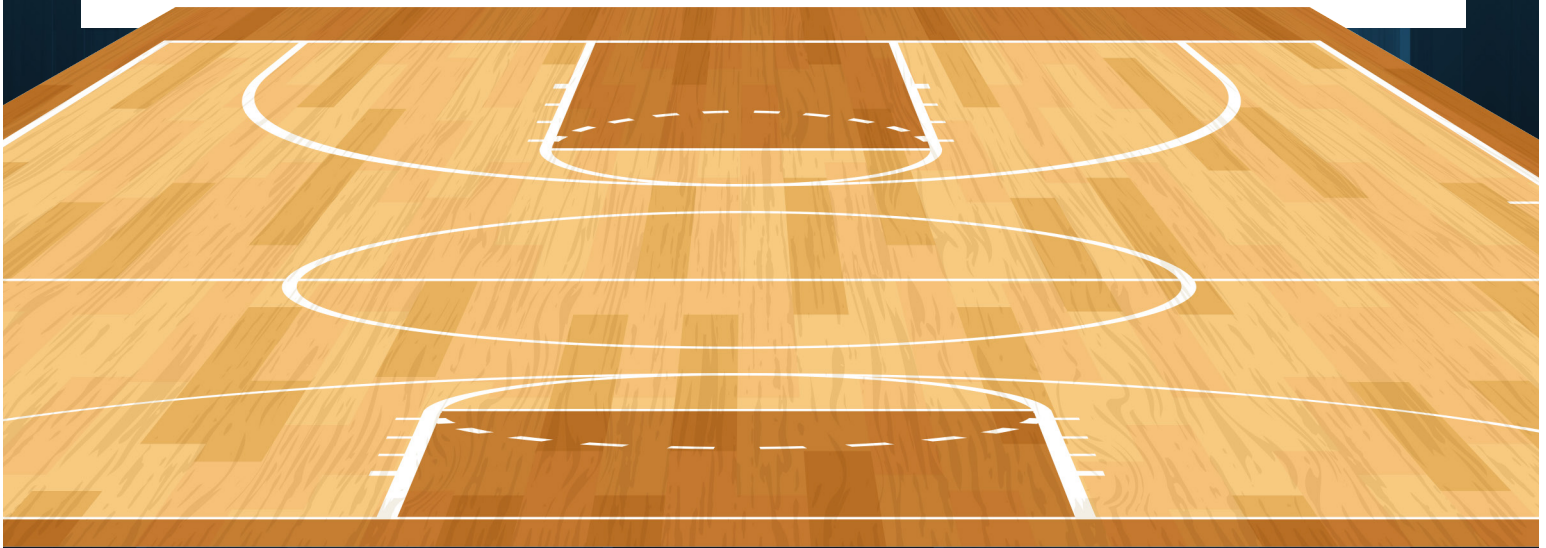
READ PROVERBS 15:18

DAY 2

Ask a parent or guardian if you can have a can of something carbonated—not to drink, just for an experiment. If they're okay with it, step outside (invite them to join you), and shake up the bottle for a minute or two. Then, pointing the can away from you, open it up. Wow! What happened? The liquid went everywhere, didn't it?

If you always walk around angry, it's like you're shaking things up and one day it all just explodes. But if you refuse to fight or shake up conflict, you will experience peace, and so will others around you.

KNOW that good things (including peace, and maybe an occasional soda) will come when you walk away from a fight.



READ 2 TIMOTHY 2:23-24

DAY 3

Prove how smart you are. Can you read this verse without the vowels?

D__n't h__v__ __nyth__ng t__ d__ w__th__rg__ __ng.
__t__s d__mb __nd f__ __lish. Y__ __ kn__w __t __nly l__ __ds t__ f__ghts.

Arguing is dumb. We didn't say that . . . Paul did, in a letter he wrote to Timothy. Here's the thing—he's right! It doesn't take many brain cells to fight; it's the easy way out. Choosing to walk away or to keep the peace is the smart move.

KNOW that walking away from a fight is what smart people do.

(Answer: Don't have anything to do with arguing. It is dumb and foolish. You know it only leads to fights.)

READ PROVERBS 20:3

DAY 4

Get a dry erase or washable marker and go to your bathroom mirror. While you stand there, draw a crown (like one a king or queen would wear) on the mirror above your head. Then draw a scepter on the mirror so that when you stand back, the crown appears to be on your head, and the scepter in your hand. If you have other color markers, you can decorate the royal accessories. Or if you want to get even craftier, make these items out of paper and decorate them.

Proverbs 20:3 says it's the honorable thing to walk away from a fight. The next time you have the choice to fight or walk away, picture yourself standing in front of the mirror wearing your royal attire, and walk away with your head held high.

KNOW that walking away from a fight is what honorable people do.

