**The Christian Value of Peace**

**KS 2 – Being at peace with yourself**

Purpose – this is aimed at exploring the value of peace from a Christian perspective, to be at peace with yourself, to be happy and content inside.

**John 14:27:** Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

**Slide 1**

Introductory slide to be displayed while listening to some music (you could use the song ‘Be Still’) and lighting of the candle (or whatever your usual worship/reflection routine may be). Explain that the theme of this reflection/worship session is ‘peace’ but specifically, being at peace with yourself. Find out what the children understand the meaning of ‘to be at peace with yourself’ might be, to reflect on this before transitioning to slide 2.

**Slide 2**

Ask if anyone recognises this image? Of course, it is the world-famous map of the London Underground originally designed by Harry Beck in 1931. Have they ever had to use it before? What was the experience like?

For the purposes of this reflection, it represents our lives – our experiences and relationships. Like the map, our lives can often be quite complicated – as can the impact of experiences we have. This affects how we feel inside. We’ll zoom in to the centre of the map to take a closer look.

*It is worth practising with the next two slides to get the animations to work with your narrative.*

**Slide 3**

Explain that the different coloured train lines represent areas of our lives, eg: family, friendships, school, hobbies etc. The stations represent specific people, places or events that take place. When all of this is OK then our lives tend to be happy, we feel at peace inside – a bit like the underground running efficiently and smoothly. However, sometimes (click on the mouse) bad things can happen that cause our relationships, experiences and situation to become difficult or unhappy; a bit like a station being closed and causing difficulty for everyone. Sometimes even (click to reveal the purple blocks) and entire part of our life can become difficult, and this causes us a lot of unrest and anxiety. A bit like all these stations closing and the underground being thrown into chaos.

Perhaps the children/adults could share ideas for the sorts of things that can happen (it doesn’t have to be from their own personal experiences unless they are happy to share those).

**Slide 4**

When our lives feel like this, then it is likely that we will feel sad, anxious and lonely – certainly not at peace with ourselves. However, there are things we can do about it.

Ask the children/adults for their ideas for example, help from friends/family, saying sorry and asking for forgiveness, taking exercise and listening to music, attend counselling.

Christians also believe that prayer is a powerful tool and that asking God to be present in their lives also makes a huge difference to improving feelings of peace inside – even when we still experience many difficulties.

As ideas are shared, click the mouse to remove the barriers/problems. If we can do these things, then often it helps to make our lives run more smoothly and for us to feel more peaceful inside – a bit like the underground working smoothly with no closures or delays.

**Slide 5**

Christians believe that the presence of the Holy Spirit, God’s presence in their lives, together with prayer, can help to remove the blockages and obstacles in our lives and help us to feel at peace inside. They believe that His peace is something special and can only be experience through His presence in our lives.

Like travelling on the underground, our lives our a journey of experiences and relationships – things will not be easy all the time but God promises to be with us always.

**Slide 6**

Invite the children to join in with the prayer on the screen, to make it their prayer by saying Amen at the end.