



## Experiencing the Genuine Jesus

THEME:

# PEACE IN A DIVIDED WORLD

Verse:

*“For He is our peace; in His flesh He has made both groups into one...”*

(Ephesians 2:14)



### Materials: Role play clothes

#### Message:

**ASK: Give me a thumbs up if you ever worry! What do you worry about?**

Do you know that most kids worry about something, and that it's normal to do so? Some kids worry about friends, pets, scary stories, schoolwork, missing a soccer goal, or even their families.

Although it's normal to worry, it is not okay to stay worried! Jesus wants us to be at peace. This doesn't mean just being at peace by getting along with others, it also means to be at peace in our minds.



So how do we do this?

Well, I want to show you one way that might work for you.

*(Teacher Note: Role play with a grown up in front of the children. One person is the child and let the other be the parent. You can even dress the part!. THIS is really as much for the grown-ups as it is for the children. Adults should validate their children's worries and then teach them how to self-regulate themselves and face their fears. Keep in mind that many parents don't really listen to their children due to their hectic life style, while other parents try to solve all their children's problems for them. Neither one is productive.)*

Today I have asked \_\_\_\_\_ (insert the name of the volunteer) to help me out. I will be the \_\_\_\_\_ (parent) and Mr./Mrs. will be the \_\_\_\_\_ (child).

It may go something like this...

You will role-play the wrong way to listen to your child. The parent in this little drama is busy preparing supper. He/she asks the child how his or her day at school was. The parent absent-mindedly listens but does not validate child's feelings nor asks leading questions to aid the child in facing their worries realistically. They also do not brainstorm ways the child can solve the problem.

**STOP & ASK:** What do you see happening in this role play?

Now, role-play the right way to listen. In the drama, the child goes to his/her parent with the problem. This time the parent actively listens to their child's worry. The parent validates their worries, asks self-reflecting and questions, asks the child to suggest some possible solutions.

Example: a child has a spelling test and is worried about getting a good grade. The parent validates concern and asks what would qualify for a good grade. The parent asks what the child could do to get a good grade. (A possible response could include studying the words.) The supporting parents asks how they could help.

**STOP & ASK:** What did you notice this time?

Child went to a trusting adult and shared worries.

Child worked out a plan with the adult.

Adult listened and offered support.

Jesus is a wonderful parent to us and listens to our concerns. He wants to help us to not worry by showing us to live with confidence. This brings peace to our lives.

