

BePeaceful

BeSpace activities to bring a sense of joy and peacefulness to your life...

Christians believe that they can experience peace even through the most difficult of days. They believe that the Holy spirit will comfort them and bring a peace that cannot be achieved through themselves.

1. Peaceful flowers

Often we have worries and troubles on our mind. This means that we cannot feel peaceful. Christians believe that if they tell God their worries and troubles, that he will hear them and be with them. If you would like to you can draw a flower like the ones in the picture. Colour it in and carefully cut it out. If you would like to, write your worry on the petals. When you have done this fold the petals inwards. Place the flower in a bowl of water and watch what happens. As you are watching, tell God what is worrying you at the moment and/or think about a trusted adult who you could talk to about the worries that are on your mind.



Further instructions can be found at: www.instructables.com/id/Blooming-Paper-Flower

2. Peace waste

Sometimes we don't feel peaceful because we know we have done something wrong and we need to say sorry or put something right. Christians believe that if they say sorry to God that he forgives them and gives them a fresh start. If you would like to, use a bit of paper and write or draw something you are sorry about, either something that's happened recently or from a while ago. If you don't want to write it down, you can just think about the thing you are sorry for. Then, screw up the paper as a symbol of being sorry. At this point, if you would like to you could say sorry to God and then throw your paper away in the recycle bin or if you're with an adult, you could burn it. This shows that once we have said sorry to God we are forgiven and given a new start.

3. Peace Zip Prayers



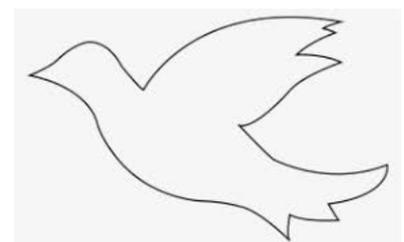
Around the world there are lots of places where there is fighting and war happening. In the news we often hear about situations that are not peaceful. You may know of a situation where people are arguing and have fallen out. An undone zip can symbolise the gap made by people who are at war with each other. When the zip is done up it brings together the two sides of the material it is attached to...



...this is what it is like when there is peace among people. If you would like to you could find some different coloured zips that you have in your clothing. For each colour zip that you can find think of a country, situation or people who are fighting or arguing with each other... and undo the zip. As you do the zip back up say a prayer or hope for peace in that area or situation.

4. Doves

A dove is a symbol of peace all over the world. Can you think of words that are related to peace and friendship? Christians believe that they are called to be peacemakers – and that they can ask the Holy Spirit to help them do this. Draw a dove or find one to print out from the internet if you can. Write down the words you thought about for peace and friendship. Can you think of someone who may need you to be their friend, or a situation where you may be able to bring peace? If you would like to, you could pray to God to help you or reflect on how you can be a peace maker.





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**“Blessed are the peace makers
for they will be called
children of God.”**

Matthew 5:9 (NIV)

**“The God of peace be
with you all.”**

Romans 15:33 (NIV)

Print and cut
out your
BePeaceful
Card to take
away...