



Sunday Kids!

Sunday 29th November

PEACE - ISIAH 9:1-7

Some of you soon will be starting to open up your Advent Calendars. I wonder which one you have this year ?

Advent means 'arrival'. *Advent* is a word to describe Christmas because we were celebrating the arrival of Jesus Christ!

The nation of Israel waited a long time for the Messiah. The Old Testament is *full* of promises that one day the Christ would come. About 700 years before Jesus was born, one of Israel's prophets named Isaiah wrote this special description of the Christ. Read your bible or ask an adult to help you and listen carefully to the names that he gives:

*"For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counsellor, Mighty God, Everlasting Father, **Prince of Peace.**"* – Isaiah 9:6

Today we are going to focus on the last name that was given: *Prince of Peace*. A prince is a ruler, and a Prince of Peace is someone who brings peace whilst they are in charge.

How do we make peace?

In the old days when a king wanted to make peace with another king, he would send the other king some kind of gift. That gift was called a peace offering.

If the other king wanted to be at peace he would accept that gift and they would make a treaty not to fight one another, but to rather work together for each other's good.

Normally it would be the weaker king that would send a gift to the stronger king because the weaker king knew that if they went to war he would lose the war. So, rather than go to war, the weak king would try to make peace with the powerful king.

The Bible describes God as the King of kings. He rules over all other rulers. Jesus is more powerful than any other king, or president, or prime minister, or chief, or prince! Listen to what the Bible says about God:

Romans 3:25 says (my translation):

God presented Jesus as the peace offering to cover for sin. People are made right with God when they receive the offering of the blood of Jesus by faith.

Wow! God is the ruler over all, yet the Bible tells us that God is the one that gave his Son Jesus as a peace offering. That means that we can be at peace with God through the gift of Jesus. Jesus is the best gift that we could ever hope for.

Let's Pray:

Dear God

Thank you so much that you sent your only son Jesus to bring us peace. We pray that during this advent season and during Christmas time we are able to find peace and celebrate the greatest gift.

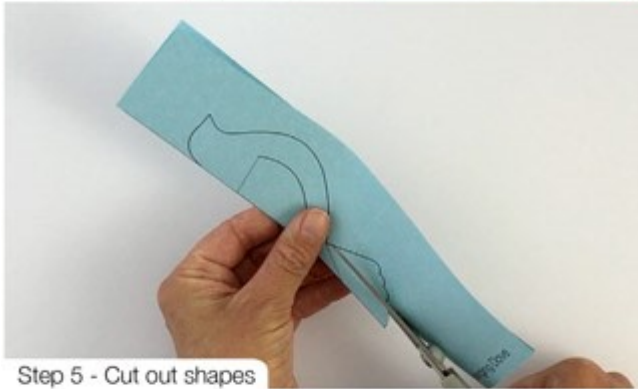
Amen



Step 1 - Print



Step 3 - Cut into sections



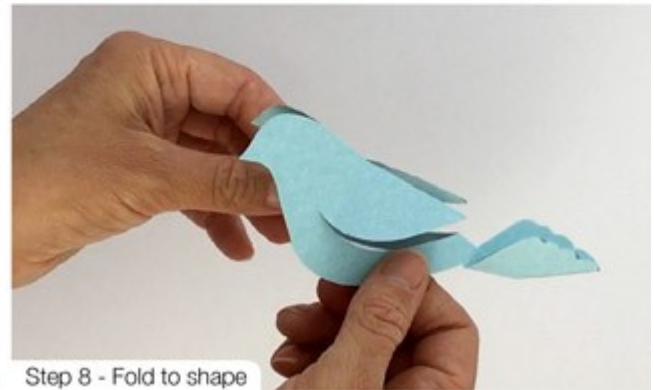
Step 5 - Cut out shapes



Step 8 - Fold tail



Step 7 - Cut wings

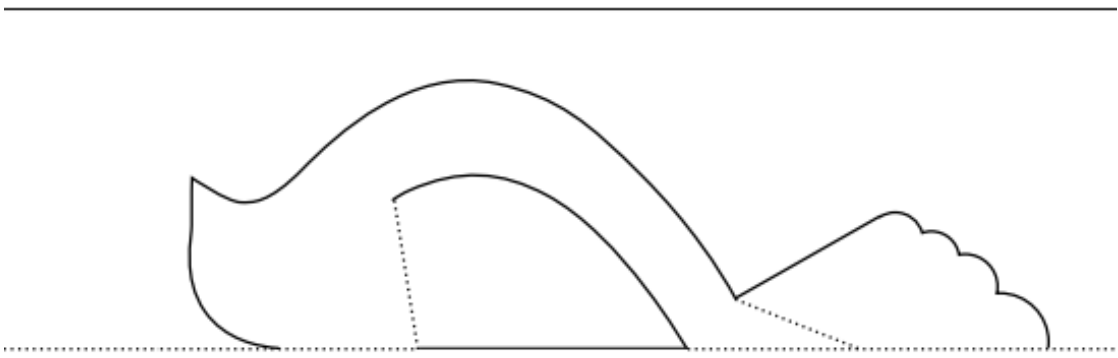
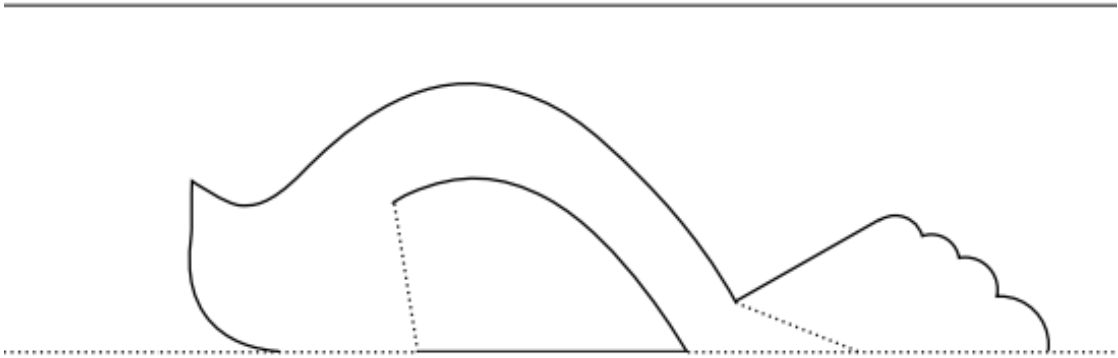
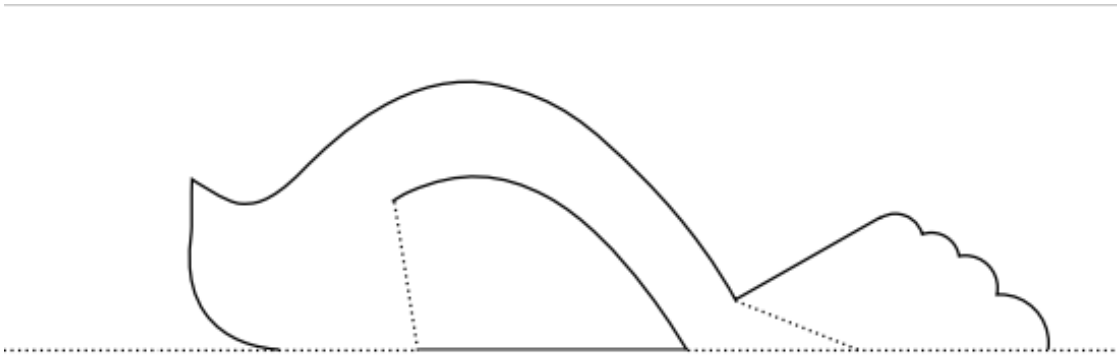


Step 8 - Fold to shape

Peace Dove : you can make your very own peace dove for your Christmas tree or to send to SwanBank Church, where you may see it during the live stream

You will need...

- Card or Paper
- Dove Template (page 3)
- String
- Scissors
- Hole Punch



Peace Exercises

Here are a few things you may want to try out if you ever feel you would like to relax.

Just One Breath BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.



Take one more deep breath and hold for a moment, then release it.



Go on a SAFARI



Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.



Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

