

**Key Verse:** *"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."* — John 14:27

### **SUMMARY**

This week we talked about how fear and anxiety often make problems look bigger than they really are. Just like Jake thought the dog was a giant monster when really it was a normal Labrador, our fears can grow out of proportion and control our lives. But God doesn't want us to live stuck in fear—He offers us His peace, which is stronger than our circumstances. The peace of Jesus isn't temporary or shallow; it's deep, lasting, and available to anyone who trusts Him. True peace is possible when we choose to have a relationship with God and rest in His love.

### **ICEBREAKER**

What's the funniest or weirdest thing you've ever been afraid of as a kid?

### **DISCUSSION STARTER**

Think about a time you were worried or anxious about something, and later you realized it wasn't as bad as you thought. How did that change the way you saw the situation?

### **DISCUSSION QUESTIONS**

1. Why do you think fear and anxiety can feel so overwhelming sometimes?
2. What are some common fears or worries students your age deal with?
3. Jesus said His peace is "not like the world gives." What do you think He meant by that?
4. How do you think God's peace is different from temporary calm (like distractions, sleep, or fun)?
5. If peace is possible with God, what's one step you can take this week to let Him bring peace into your life?

### **ACTIVITY:**

#### **Fear Exchange**

- Give each student a small piece of paper.
- Ask them to quietly write down something that causes them stress, worry, or fear.
- Then, have them flip the paper over and write the word "PEACE."
- Collect the papers in a bowl or trash bag (symbolizing giving those fears to God).
- Remind them that just as they released that paper, they can release their fears to God and receive His peace in exchange.

### **WRAP-UP**

Fear and anxiety can feel huge, but they don't have to control us. Jesus offers us peace that doesn't come and go with our feelings or circumstances—it's steady and lasting.

**Final thought:** This week, when fear or stress tries to take over, pause and pray: *"God, I receive Your peace right now."* Practice giving your worries to Him and watch how His peace changes your outlook.

