



# Practice Peace

## Supplies:

- Writing Instruments
- Copies (attached)
  - Look at the Book
  - Benedict and the Corn Thief (1 copy)
  - Practice Peace

## The Big Questions:

- What is peace?
- How can you cultivate peace in your daily life?

## Break the Ice:

- **How to Start an Argument**
  - Ask participants to pair off and stand face to face.
  - Say: *I'll demonstrate with my partner. I'm going to say a word like YES. My partner is going to say an opposite word like NO.*
  - Do this interchange five or six times—starting out softly in the first interchange and becoming more forceful and loud each time.
  - Demonstrate one more time, using the words: IT'S COLD and IT'S HOT.
  - Ask participants to start similar arguments with their partners.
  - Following the exercise, debrief the group, asking them how the exercise felt.

## Look at the Book:

- Say: *All through the Bible, bad people fight. And all through the Bible, even people who try to follow God, fight with each other. For example, two church leaders, Paul and Barnabas, argue over what to do with a young leader who first gives up and then wants to come back and lead again. Another time, Paul stands up to Peter—face-to-face—and accuses him of being two-faced. Christians argue about whether they can enjoy a steak that has been offered to idols earlier that day. God knows how easily we argue, that our gut instincts are to react quickly and protect ourselves. This is why Jesus said the words you are about to read.*
- Distribute the handout: **Look at the Book** (attached).
- Invite partners to read the scripture responsively to each other and choose several prompts (from the bottom of the handout) to discuss with each other.

## Interact:

- Read to the group the story: “Benedict and the Corn Thief” (attached).
- Distribute the handout: Practice Peace (attached).
- Ask participants to work in groups of three or four to complete the Practice Peace exercise.

## Pray:

- Invite participants to “get alone” somewhere in the room.



- Lead a prayer with the following prompts for each person to use alone with God:
  - Pray for your current enemy.
  - Pray for peace within the youth group.
  - Pray for a person you want to love better.
  - Ask God to give you ideas to make peace in a strong (not a wimpy) way.