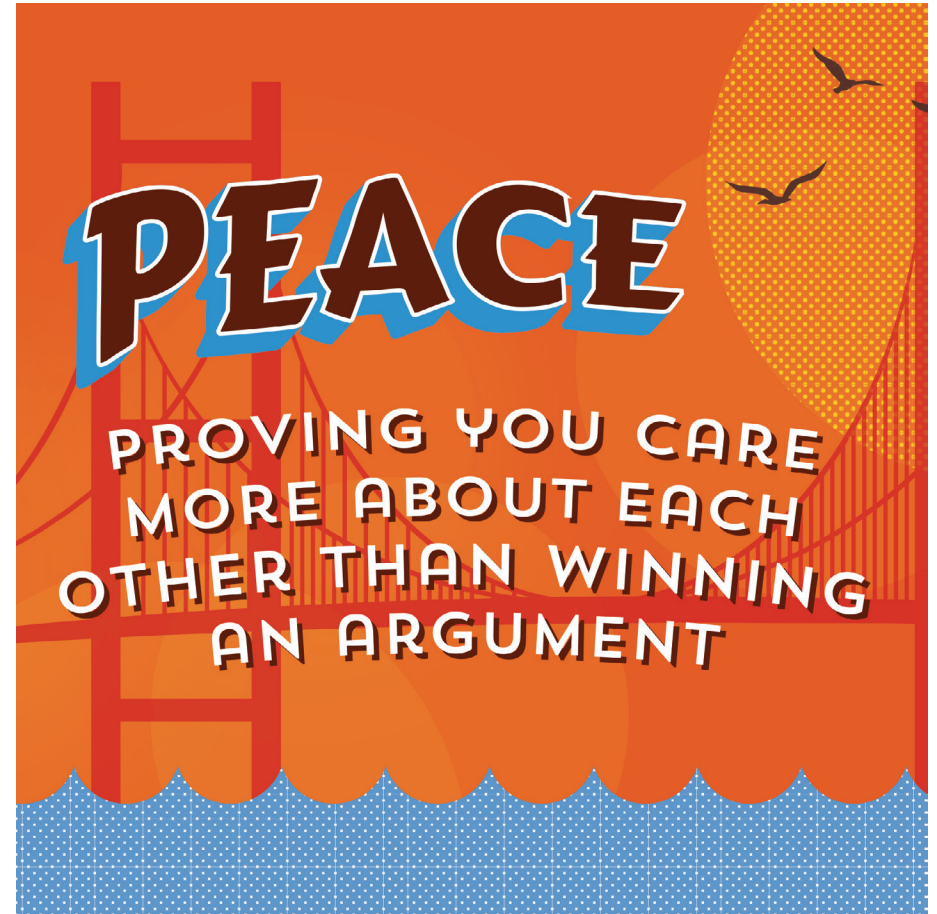


Spend some time thinking about the question below and journal your thoughts or share them with a parent.

WHAT

are ways you can be a peacemaker?

Lined writing area for journaling responses to the question.



Day 1

Go to <http://bit.ly/SundaysAtHomePreteen> and watch this week's episode of The So & So Show.

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that:

- 1. You liked:
2. You learned:
3. You'd like to know:

## Day 2

### Read 1 Samuel 25:1-35

The story of Abigail and David involves a lot of human interaction. Some people treat each other well, and others are downright rude. As you read through the story, circle the words that describe peaceful interactions, and underline the words where someone is not showing they care about others.

Lastly, highlight David's words at the very end of the passage:

"Go home in peace. I've heard your words. I'll do what you have asked."

Abigail worked hard as a peacemaker to be a part of the solution, and as a result, God blessed her and kept David and Nabal's men safe!



## Day 3

### Choose Your Own Adventure:

Is there a situation you're facing right now where you can be a peacemaker? If so, fill in the blanks to this first prayer to ask God for help being a part of the solution:

"Dear God, thank You for the positive example of peacemaking from Abigail's life. She was willing to take the blame for something in order to protect her family and friends. Right now, I am facing a tough situation with \_\_\_\_\_. I want to help and be a peacemaker, but I'm not sure what I need to do. Please give me wisdom to know what to do, and help me be courageous like Abigail who chose to intervene and be a part of the solution. Help me to choose peace. In Jesus' Name, I pray. **amen.**"

Even if everything in your world is pretty peaceful right now, you can ask God for help to be a peacemaker in any challenging situation that comes your way.

"Dear God, thank You for the positive example of peacemaking from Abigail's life. She was willing to take the blame for something in order to protect her family and friends. She chose to intervene and be a part of the solution. Help me to be creative, bold, and brave like Abigail and to choose to be a part of the solution when hard things come my way. Help me to choose peace. In Jesus' Name, I pray. Amen."

## Day 4

### You can show you care about others by being part of the solution.

Get a parent or friend to help you with this. Borrow a wooden spoon or something similar from the kitchen and sit in a chair. Have the other person hit your leg gently just below your kneecap. What happens? Your leg comes up, doesn't it? That's called a reflex. It's when you do something quickly without thinking about it. When it comes to your physical reflexes, you don't have a choice in the matter, but when it comes to peace, we can choose to ignore our reflexes and choose peace instead.

If you're in a fight with someone, or you are surrounded by people who are fighting—whether it's a battle of words or people are physically hurting each other—it's natural to want to quickly jump in and defend yourself or those you love. But using hurtful words or our bodies to hurt each other is not the way to bring peace to a situation. Instead, when our reflex is to choose wise words and wise actions, we can end a fight before someone gets hurt badly.

Share with each other some of the ways you can be a peacemaker instead of reacting in hurtful ways.

## Day 5

### What are ways you can be a peacemaker?

It's one thing to want to be a peacemaker, but knowing how to be part of the solution can be tricky! Hopefully you came up with some good ideas when you were talking with your parent or friend yesterday, but you can never have too many peacemaker tools in your toolbox!

In the toolbox below, you'll see some good peacemaker "tools" to get you started. Fill up the box more by writing some of the ideas you came up with yesterday, as well as any others you can think of.



It's not always easy to be the peacemaker, but God has given you the tools you need to be a part of the solution. He has given you a heart to care, a brain to think, the Bible for wisdom, and your mouth and hands to say and do the wise things!