

FAMILY DEVOTIONAL GUIDE

GOD HAS MADE A GREAT MANY PROMISES. THEY ARE ALL "YES" BECAUSE OF WHAT CHRIST HAS DONE. SO THROUGH CHRIST WE SAY "AMEN." WE WANT GOD TO RECEIVE GLORY. – 2 CORINTHIANS 1:20

PROMISE OF PEACE

"I LEAVE YOU PEACE. MY PEACE I GIVE YOU. I DO NOT GIVE IT TO YOU AS THE WORLD DOES. SO DON'T LET YOUR HEARTS BE TROUBLED. DON'T BE AFRAID."

–JOHN 14:27

STORY: PRAYER IN PEACE – PHILIPPIANS 4:6–7

DISCUSS:

READ THE BIBLE STORY FROM PHILIPPIANS 4 OR FROM YOUR FAVORITE STORY BIBLE. HAVE YOUR KIDS RETELL THE STORY IN THEIR OWN WORDS & ANSWER THE FOLLOWING QUESTIONS TOGETHER.

In Philippians 4:6–7, Paul reminds followers of Jesus that we don't have to be controlled by worry. Instead of holding our fears, needs, and anxious thoughts inside, God invites us to bring them to him in prayer. When we pray with thankful hearts, God promises to give us a peace that is bigger than what we can understand—a peace that guards our hearts and minds in Christ Jesus.

1. What is something that makes you feel worried, nervous, or afraid?
2. What does Paul tell us to do instead of worrying?
3. Why do you think God wants us to talk to him about everything?
4. What do you think it means that God's peace can "guard" our hearts and minds?
5. What is one thing our family can pray about together this week?

BIG IDEA: PRAYER BRINGS PEACE

DID YOU KNOW...?

Paul wrote the book of Philippians while he was in prison! That means when Paul wrote about peace, he wasn't sitting somewhere easy or comfortable. He was facing something really hard—but he still trusted Jesus. Paul knew that peace does not always come from our problems going away. True peace comes from knowing that God is with us, hears us, and cares for us.

SOMETHING TO NOTE!

Philippians 4:6–7 gives us a beautiful picture of what prayer does in the life of a believer. Prayer is not a magic formula that makes every hard thing disappear. Instead, prayer reorients our hearts toward the presence and faithfulness of God. Paul tells us to bring our requests to God "with thanksgiving," not because every circumstance is good, but because God is always good.

For children, worry can often feel too big to name or too heavy to carry. One of the gifts we can give our kids is teaching them that prayer is a safe place to bring those worries. When we model prayer in anxious moments—not just at meals or bedtime—we show them that God welcomes our real fears, real needs, and real emotions.

The promise of this passage is not that we will fully understand God's peace, but that his peace will guard us. Like a soldier standing watch, God's peace protects our hearts and minds when worry tries to take over. As your family talks about this passage, help your kids see that prayer brings peace because prayer brings us near to the God who is already near to us.

PROMISES

PRAYER PROMPT:

As a family, take turns naming one thing you are thankful for and one thing you want to give to God in prayer.