

# FAMILY DEVOTION

## The Fruit of the Spirit: "Peace"



"I Will Come To God's Presence When I Feel Stressed Out!"



"... 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'" - Matthew 11:28

### Say:

Mary and Martha were good friends and followers of Jesus. They both knew Him and respected Him very much. When Jesus came to visit Mary and Martha, they had very different reactions.

### Read:

Luke 10:38-42

### Ask/Discuss:

- Who were the sisters in our Bible Story today?
- Which sister was focused on "doing"?
- Where was Mary while Martha was working?

### Say:

Martha focused on the "stuff" and the "tasks" that needed to be done in order to host Jesus. Mary focused on Jesus and on spending as much time with Jesus as possible.

Matthew 11:28 says that Jesus will "give you rest" if you come to Him when you are in need of peace. Time in God's presence will help us produce the fruit of PEACE in our lives.

### Ask/Discuss:

- What are some times we might need peace?
- What are some stressful moments in life?
- What does peace feel like?

### Pray:

Have your children who may be dealing with stress find a place to sit. Instruct them not to pray at first, but to just sit and allow themselves to "soak in" God's peace. Play some soft music and let them allow Jesus to surround them with His peace and take all the stress and pressure off their shoulders and place it on His. Finish by praying as a family for God to give each of you peace throughout the week.

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