

God can give you peace.

Jesus made a promise to his disciples found in John 14:27: 'My peace I leave with you, my peace I give to you. Do not let your heart be troubled and do not be afraid.'

Jesus' first followers went through many troubles, but they had peace in their hearts. Christians today find peace in their faith too. Jesus is good news, say the Christians, because he gives his followers peace.

Below there are 4 hearts. In each heart, can you draw or write things that you are worried about at the moment. Talk to an adult about what you have drawn and think about how you can find peace.

