

# Make Waves: What you do today can change the world around you.

## DAY 1

### Read Philippians 4:6-7

Do you ever make an “if/then” statement? Like . . . *If I go to bed early tonight, then tomorrow I’ll feel rested.*

If and then are like cause and effect. The cause, going to bed early, can lead to the effect of getting enough sleep. But there’s an even stronger word used in today’s verse. Paul tells us that “when” you tell God about your worries, “then” peace will wash over you!



### Suds of Peace

1. Write today’s verse on an index card.
2. Put the card in a zip-top sandwich bag and seal it tight.
3. Find some tape and hang it up right underneath the shower head in your shower. That way it won’t get quite so wet.



When you take a bath or shower this week, name some things you’re worried about. Pray for God’s peace to wash over your heart and mind. Take a few deep breaths and thank God for the peace He gives. Ask Him to help you make peace with others.

## DAY 2

### Read 2 Corinthians 13:11

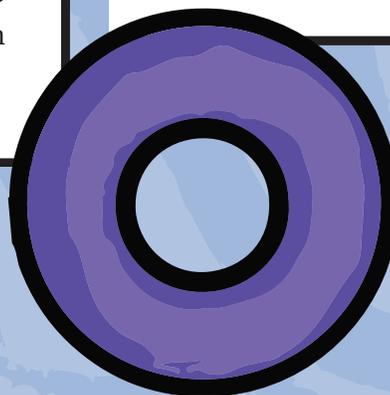
What does peace mean to you? Write your definition below.

Peace is \_\_\_\_\_

Today’s verse gives us some ideas for making waves of peace:

1. Work to make things right.  
Peace isn’t easy and it doesn’t come naturally. But with God’s help, you can work to make things right.
2. Help one another.  
If you’re looking to help instead of hurt or make your point, you’ll be working toward peace.
3. Agree with one another.  
The relationship is always more important than being right. So, even if you are right, you need to work towards agreement.

Which one is the hardest for you? Find a marker and circle it. **Pray and ask God to help you make waves of peace this week.**



## Read Colossians 3:15

### King or Queen of the Kingdom

If you were the king or queen of a country, what is the first thing you would do? What would your kingdom look like?

1. Grab a piece of paper.
2. Come up with a name for your kingdom and create a logo or flag for your new country.

Rulers rule. They make laws. They enforce them. Some kings and queens will do whatever it takes to maintain their power, even declaring war on neighboring countries that threaten their rule.

Thankfully, God doesn't rule that way. Our God is a God of peace. Because of what Jesus has done for us by dying on the cross and being raised back to life on the third day, we are forgiven. God sent Jesus to make peace.

As a Jesus follower, your job is look for ways to bring peace. It's giving in sometimes even when you think you're right. It's finding a solution or a compromise that works for everyone. It's deciding that getting along is better than getting your way.

**Remember, you can help others make peace.**

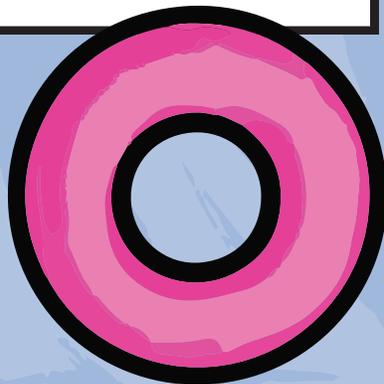
## Read 1 Thessalonians 5:15

Think about the last time you got into an argument. Do you remember what it was about? Did you say or do something unkind because someone said or did something unkind to you? When we're hurt, it's easy to want to payback a wrong with a wrong.

But the problem with wrong for wrong is that you never get back to right. When you keep paying the person back, you never win them back. You can do something really hurtful that you can't fix.

That's why peace is always a better choice. Next time you get into an argument, before you pay back a wrong with a wrong, stop. Take a deep breath. Then ask yourself, "What is best for the other person?" And then—and this will be the hardest part—do it. Do the thing that's best for the person you're fighting with.

This will not be easy but there's good news. When you are a follower of Jesus, you have access to the Holy Spirit as your helper and guide. So stop and pray and thank God for sending His Spirit to help you make waves of peace.



You can help others  
make peace.