



## WEEK TWO: To Bring PEACE

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### SCRIPTURE

Read Luke 1:46-55

### REFLECTION

When you are afraid, what do you do to know God is with you? One important way the people of God feel peace when they are afraid is to sing songs about God's peace.

As our story begins, Mary has just finished talking with an angel who shared big, amazing news with her. She may have felt afraid or nervous or unsure or excited. Maybe more than one of these big feelings were mixed up inside of her. What happens inside of you when you are feeling a lot of big feelings at the same time?

Suddenly, Mary began to sing a beautiful song about God's amazing love, power, and peace.

My soul glorifies our God!  
My spirit rejoices in God, my Savior.  
God's mercy is forever...  
God fills the hungry...  
God reminds all those God loves of God's promises.

As Mary sang, her song reminded her of the peace God brings. Maybe Mary's song brought peace to Elizabeth as she listened. God's peace isn't just the calm of a still river or the silence of a quiet room. God's peace makes sure everyone has enough and knows they belong.

As we read Mary's song, we are reminded it is important to lift our voices and sing. When we sing with our church, our families, our friends, or alone in our rooms, our songs tell the story of the peace God brings to the whole world. As our songs fill our hearts and float out into the air around us, they also bring peace to our lives. When you sing, whether by yourself in your room or with your whole family, remember God is always bringing peace to our lives, our families, and the whole world.

## DISCUSSION QUESTIONS

- Can you think of a time you felt several big emotions at once? How did you help bring peace to your body and spirit when you had those big feelings?
- What is your favorite Christmas song as you prepare for celebrating Jesus' birth? Take turns sharing and, if you have time, sing each song together.
- Is there a part of your favorite song that reminds you of the peace God brings?

## ACTIVITY

### Materials:

- This week's Activity Page
- Scissors
- Glue, tape, staples, etc.
- Art supplies (markers, crayons, colored pencils, etc.)

Songs, hymns, and carols bring us peace when we sing together or apart. We hear the words and melody, and our heart rate slows down, we breathe deeply, and we feel connected to others. Music can link us together.

Take some time to color the lyrics from Mary's song on the Activity Page. Talk about what they mean and why they are special. Then cut them into strips. Link the strips together to form a chain by taping, gluing, or stapling the ends together, linking them one by one. That is not a very long chain! To lengthen your chain, make more strips by writing out on your own paper lyrics of your favorite songs, hymns, and carols that bring you peace.

"Peace on earth and mercy mild."

"All is calm, all is bright."

"Peace on earth, goodwill to all."

"Faithful friends who are dear to us, gather near to us."

You can use your paper chain as a decoration on your tree, on your Advent wreath (away from the candles!), or hung over a doorway. Remind each other that when we sing, we bring peace to ourselves and our world.

## PRAYER

Dear God,

Thank you for giving us the language of music.

Give us peace and remind us we are not alone.

We pray for peace in our home, in our community, and in our world.

Help us to be peacemakers, singing a song of peace to the world.

**Amen.**

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FOR YOU, have done RIGHTLY, GREATHINGS LOVER, for me,

HOLY MANNA

YOUR MERRY, REACHES FROM GOD, for those WHO FEAR YOU.

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