



MAR THOMA
CHURCH of SILICON VALLEY
SUNDAY SCHOOL

The Fruit of the Spirit is Peace

Newsletter |9| May 10, 2020

Do you know what is special about today? It's Mother's Day! Happy Mother's Day to all the wonderful mothers and grandmothers out there! Our parents are very special to us. They take care of us and they always have time for us. Even at this time, when so much is happening, our parents cook for us, homeschool us, and still find to do their office work! It must be a lot of stress for them, since they have hardly any time to rest. It's stressful for us kids also. We have to learn independently, do schoolwork on our own, manage our own schedules & even complete extra activities! It can be all so tiring!

So, our question this Sunday is: How can we find peace in a time of struggle? There are many ideas on how to cope with stress; making & sticking to a plan, finding time to rest and doing things we enjoy. But even after we do this, we still feel anxious! Has nobody found the key to peace? But wait! God tells us that the fruit of the spirit is peace! Well, if we have God's peace inside of us, why can't we harness it? Let's look closer at how God's peace can prevail in our lives even in the most stressful situations!

Worship

I've got peace like a river (with Lyrics)



What a friend we have in Jesus (with lyrics)





Bible Passage
Matthew 6:25-34



Devotion
Rev. Larry Varghese



Memory Verse
Philippians 4: 6-7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Do not worry

²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷Can any one of you by worrying add a single hour to your life?

²⁸“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹So do not worry, saying,

‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his

kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.





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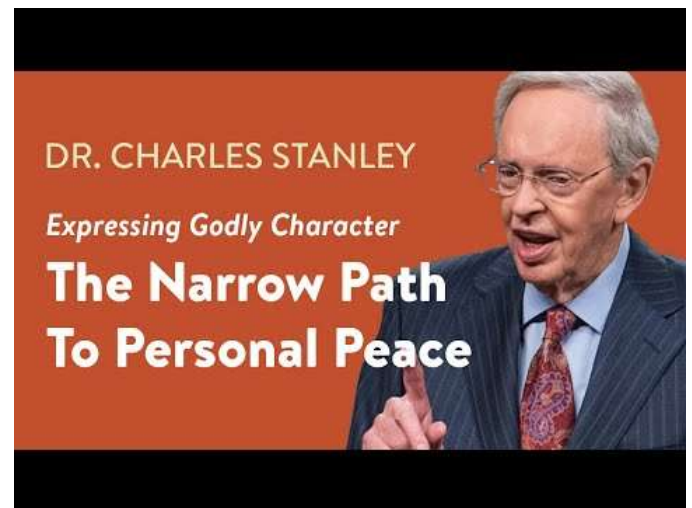


Video Resources

Use these videos to learn more about this week's theme.

Pre-school & Elementary

Middle & High School





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Prayer

Dear God,

Thank you for this day! While all of this hardship is going on, let us find peace in you! Help us to remember that you are in control of everything that happens in our life. Help us to grow closer to you, so we can live a life of peace. We also pray for the families that are scared and worried about their loved ones. Give them the gift of your peace so they will be calm. In Jesus name we pray,

Amen.

Questions?

Submit questions using the form below



[Sunday School Q&A](#)

Feedback

Contact Mrs. Sherine Koshy
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References

<https://douglastalks.com/peace-the-fruit-of-the-spirit-for-kids/>

<https://ministry-to-children.com/peace-bible-lesson/>