

Unit 1: Fruits of the Spirit

Lesson 1.2: Fruits of the Spirit – PEACE

Teacher Preparation and Materials Needed:

Scriptural Reference:

Galatians 5:22 - 23 — The Fruits of the Spirit

John 14:27 — Jesus' gift of peace

Philippians 4:6 - 7 — The peace of God guarding our hearts and minds

Activities:

Choose based on time available. Instructions and supplies listed below.

Activity: Hands-On Craft – “Dove of Peace Mobile”

What it means: The dove is a Christian symbol of the Holy Spirit and peace (remember Noah's Ark)

Words of the week:

խաղաղութիւն - kha-gha-ghoo-tyoon - peace

աղաւնի - a-ghav-nee - dove

լիութիւն - lee-oo-tyoon - fullness, completeness

Objective:

Students will understand that peace is a fruit of the Holy Spirit that brings calm and wholeness to our hearts, even when life is difficult.

Moral Character Focus:

Knowledge: Explain that peace means wholeness and completeness, not just quietness or absence of conflict

Understanding: Recognize that Jesus gives us a different kind of peace through the Holy Spirit that stays with us even during difficult times

Application: Identify practical ways to grow peace in their hearts (prayer, forgiveness, gratitude, obedience) and bring peace to others

Values: Develop a desire to trust God completely and allow the Holy Spirit to fill their hearts with His peace

Memory Verse:

“Peace I leave with you; my peace I give to you.”

— John 14:27

Lesson

Open with prayer:

Իմաստութիւն Յօր՝ Յիսուս, տո՛ւր ինձ իմաստութիւն, զբարիս խորհել եւ խօսել եւ գործել առաջի Քո՝ յամենայն ժամ. ի չար խորհրդոց, ի բանից եւ ի գործոց փրկեա՛ զիս. եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն:

Eemasdootyoon Hor Heesoos, door eents eemasdootyoon uzparees khorel yev khosel yev kordz arachi ko hamenayn jham. Ee char khorhrtos, paneets yev kordzots prgya zees yev voghormya ko araradzots eents pazmameghees. Amen.

Wisdom of the Father, O Jesus, grant to me the wisdom to think, speak, and do that which is good in Your sight. Save me from all evil and distracting thoughts, words, and deeds. Have mercy upon your creatures and upon me, a great sinner. Amen.

**Wisdom Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Lesson Body: PEACE

Let us start by creating an atmosphere of peace around us. Close your eyes for a moment and think of the most peaceful moment you've ever had. Maybe you were wrapped in a blanket during a thunderstorm. Perhaps you were listening to music or sitting with someone you love. Try to recognize that calm feeling in your heart. That's a small glimpse of what God's peace is like. The kind of peace that comes from the Holy Spirit is even stronger. It doesn't disappear when life gets loud or messy. God's peace is something we can carry with us, even when everything around us feels difficult.

Today we're going to discover how peace is more than quiet — it's a powerful gift that helps our hearts rest in God, even when the world isn't perfect.

What Is Peace?

The word peace means more than just “no fighting” or “being quiet.” In the Bible, the word Jesus would've used was *shalom* — a word that means wholeness, completeness, and everything made right.

When we talk about peace as a fruit of the Holy Spirit, we're talking about a kind of peace that lives inside us. It's not about having a perfect day or a silent room. It's about trusting that God is in control — and that He loves us, no matter what. Even if we're surrounded by noise, arguments, or worries, the Holy Spirit can help our hearts stay still and calm.

Peace from the Holy Spirit

Before Jesus left His disciples, He gave them a special gift. He said: *“Peace I leave with you; my peace I give to you. I do not give to you as the world gives.”* — John 14:27

This wasn't just a goodbye message. It was a promise. Jesus was saying: *“The kind of peace I have — deep, unshakable peace — I'm giving to you.”*

St. Gregory of Tatev, a wise Armenian Church Father, once said that peace is *“the calm of the soul in the embrace of God.”* His beautiful words show that our hearts calm and quiet because we know we are being held by God Himself.

Words of the Week:

խաղաղութիւն - **kha-gha-ghoo-tyoon** - **peace**
աղանի - **a-ghav-nee** - **dove**
լիութիւն - **lee-oo-tyoon** - **fullness, complete-**

Memory Verse:

“Peace I leave with you; my peace I give to you.”

— John 14:27

Discussion Pause:

Q: How do you think this peace lives in us?

Q: How can we achieve this peace?

Q: How does trusting God bring peace?

Q: What do you think St. Gregory meant by “the calm of the soul in the embrace of God”?

Q: How does going to church bring us peace?

Peace in the Armenian Church

If you pay attention during the Divine Liturgy, you’ll notice how often the priest talks about peace: “Peace unto all” (խաղաղութիւն ամենեցուն)

That’s not just a polite greeting. The Church is reminding us that peace begins with God and then spreads from one heart to another, as long as we stand together in faith.

When the Holy Spirit fills us with peace, we become peaceful people who speak gently, forgive easily, and help others feel safe.

The Holy Spirit helps peace grow in our hearts when we:

- Pray regularly, even just small prayers during the day
- Forgive people instead of staying upset
- Thank God for the blessings we have
- Obey God’s Word, which leads us toward peace instead of trouble
- When we do these things, we’re not just being “good”
- We’re watering the seed of peace inside us — the one the Holy Spirit planted

A Story of Peace: St. Mesrop Mashtots

We can see a great example of peace in the lives of our great saints, such as St. Mesrop Mashtots.

He was given an enormous task: he had to invent the Armenian alphabet so that the people of Armenia could read the Bible in their own language and spread God’s word.

The journey wasn’t easy, yet St. Mashtots didn’t falter. Some people didn’t believe in what he was doing. They didn’t even think that it was possible. Others tried to stop him. St. Mashtots didn’t get angry or give up. He stayed calm, prayed, and put all of his trust in God. And guess what? His peaceful heart helped him finish the mission — and today, we still use the alphabet he created. He did all of this by the power of God’s peace.



Read From the Bible

Now lets try to understand how the Holy Spirit grows peace in us. We can find answer to that question in the Bible. Let's read!

Galatians 5:22 - 23: The Fruits of the Spirit

John 14:27: Jesus' gift of peace

Philippians 4:6 - 7: he peace of God guarding our hearts and minds

Q: *What do these verses teach us about God's peace?*

Q: *How can the Holy Spirit help us keep peace in our lives?*

The Holy Spirit grows peace in our hearts when:

- We pray regularly, even in small moments during the day
- We forgive people who have hurt us
- We thank God for His blessings
- We obey God's commands, which lead us away from sin and toward harmony

When we have this kind of peace, we can bring it wherever we go — into our home, school, and church.

Activity: Hands-On Craft – “Dove of Peace Mobile”

What it means: The dove is a Christian symbol of the Holy Spirit and peace (remember Noah's Ark).

Materials (per student):

- White cardstock or thick paper
- Scissors (for teacher use)
- Hole punch
- String or yarn (cut into 12-inch pieces)
- Crayons or colored pencils
- Glue sticks
- Optional: small olive branch cutouts (green paper)
- Dove template (pre-printed)

Setup:

Pre-cut dove shapes for younger children (ages 5-7)

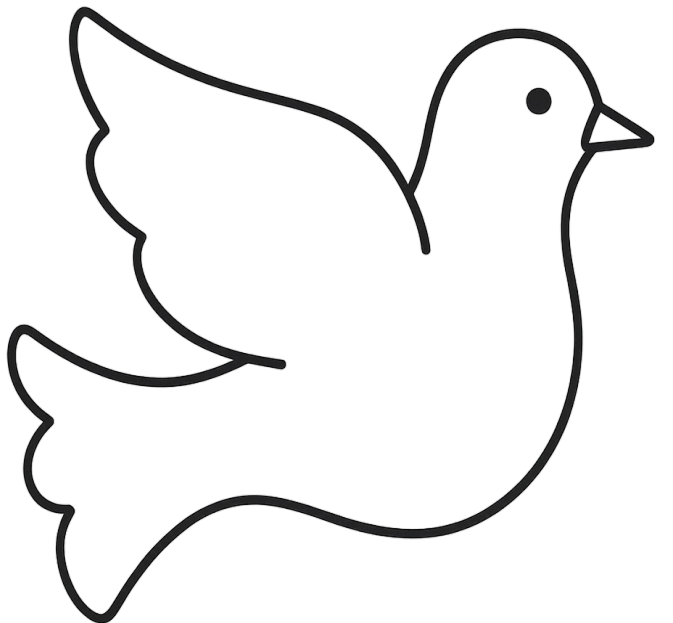
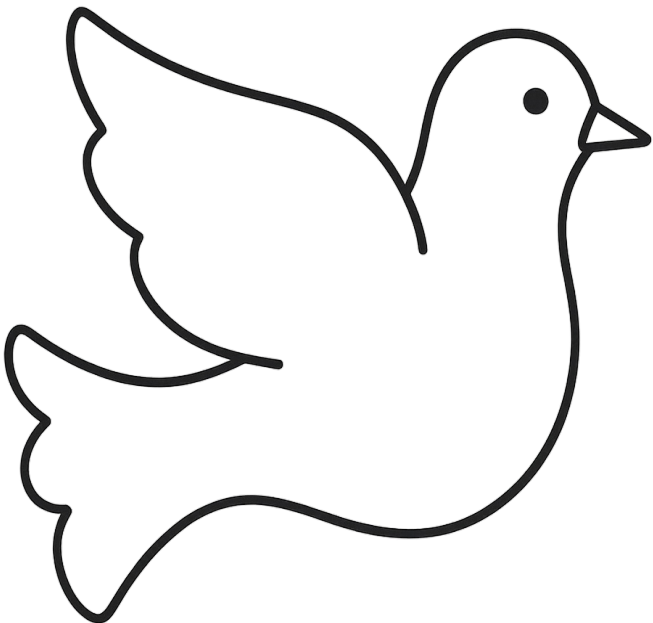
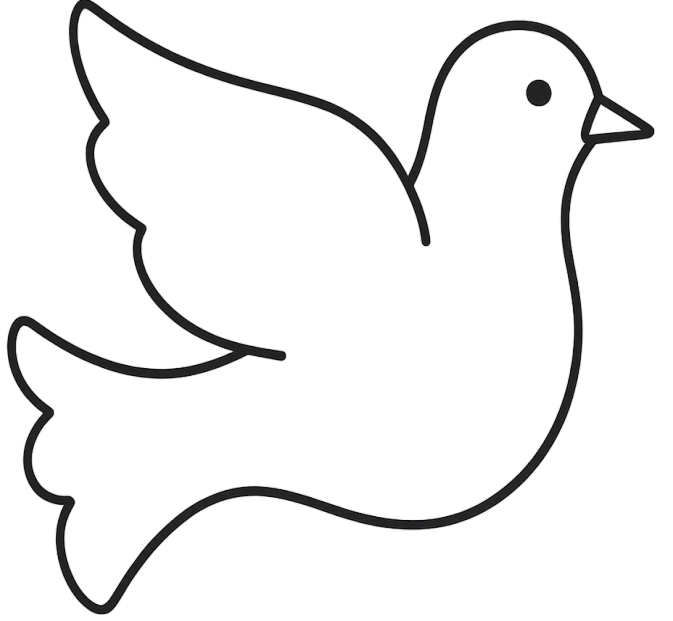
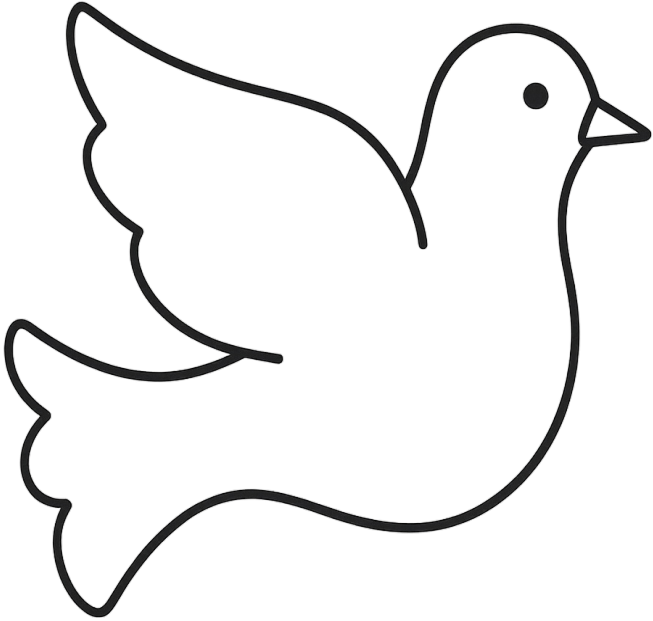
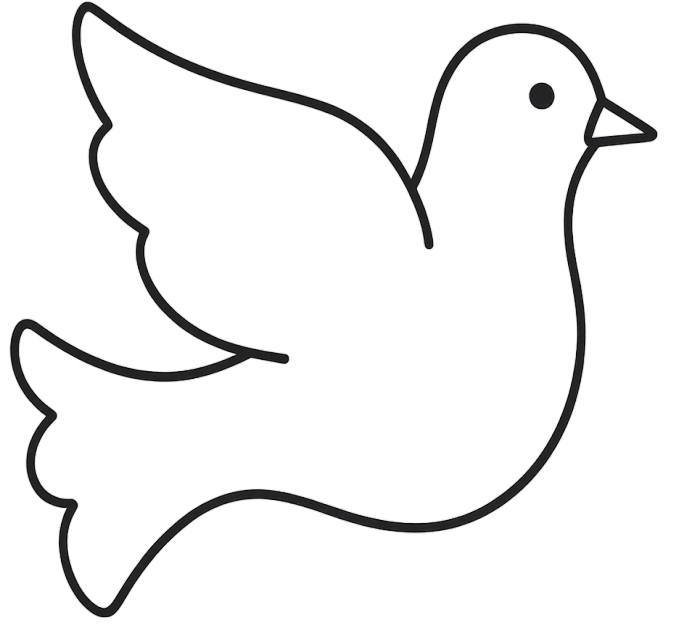
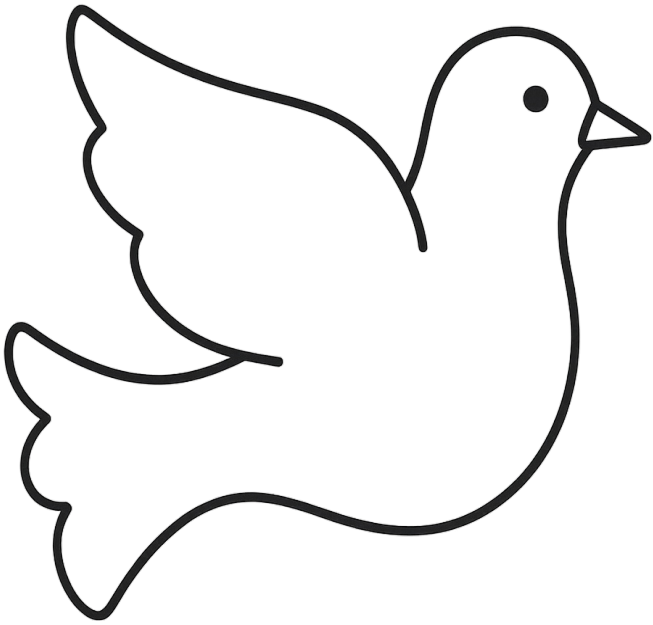
Have all materials organized at each table

Instructions:

1. Give each child a pre-cut dove shape (or trace and cut out dove shape if children are helping).
2. Color and decorate the dove (help children write “Peace be to all” on its wings or let them copy it).
3. Punch a hole at the top (teacher does this), thread the string through, and tie a loop for hanging.
4. Optional: Help children glue or tape a small paper olive branch to the dove's beak.
5. Take it home and hang it where you can see it every day as a reminder to live in peace.

Aproximate Time: 15-20 minutes

Teacher note: Circulate to help with writing and ensure all children complete their craft successfully.



Review

Memory Verse Review:

“Peace I leave with you; my peace I give to you.” (John 14:27)

Words of the Week Review:

խաղաղութիւն - kha-gha-ghoo-tyoon - peace

աղաւնի - a-ghav-nee - dove

լիութիւն - lee-oo-tyoon - fullness, completeness

Lesson Review:

Questions:

1. What is peace? (*Peace means more than quiet or no fighting. It means wholeness, completeness, and everything being made right by God*)
2. Who gives us real peace? (*Jesus gives us His peace through the Holy Spirit*)
3. How do we grow peace in our hearts? (*By praying regularly, forgiving people who hurt us, thanking God for His blessings, and obeying God’s commands*)
4. What did St. Gregory of Tatev say peace is like? (*“The calm of the soul in the embrace of God”*)
5. What is one way you can bring peace to others this week? (*Answers will vary: staying calm, saying kind words, being patient, helping stop an argument, forgiving someone, etc.*)
6. What do we hear often during the Divine Liturgy that reminds us of peace? (*The priest says “Peace unto all” which reminds us that peace begins with God and spreads from one heart to another*)
7. Why does Jesus say His peace is different from the world’s peace? (*Because His peace stays in our hearts even when things are difficult, loud, or messy around us*)
8. What was the Hebrew word Jesus used for peace, and what does it mean? (*Shalom — it means wholeness, completeness, and everything made right*)
9. How does trusting God bring us peace? (*When we trust that God is in control and loves us no matter what, our hearts can stay calm even when life gets difficult*)
10. What symbol reminds us of peace and the Holy Spirit? (*A dove — like the one that appeared at Jesus’ baptism and brought the olive branch to Noah*)

Life Application

What are we going to do with what we have learned today?

You can practice living with God’s peace by remembering that the Holy Spirit helps you stay calm even when things around you get loud or difficult. When you face arguments at school, feel worried about tests, or get upset with your siblings, you can take a deep breath and ask the Holy Spirit to fill your heart with peace. You can pray small prayers throughout the day, choose to forgive someone who hurt you, and thank God for your blessings. Just like the dove carries peace wherever it flies, you can carry God’s peace into your home, school, and friendships by speaking gently, helping solve problems instead of making them bigger, and trusting that God is always in control and loves you completely.

* *Departing Prayer, written by St. Nersess the Grace-filled (Shnorhali).*

Close with prayer:

Պահապան ամենայնի Քրիստոս, աջ Քո հովանի լիցի ի վերայ իմ, ի տուէ եւ ի գիշերի, ի նստիլ ի տան, ի գնալ ի ճանապարհ, ի ննջել եւ ի յառնել, զի մի երբեք սասանեցայց եւ ողորմեա՛ Քո արարածոց եւ ինձ բազմամեղիս: Ամէն

Bahaban amenayn Kreesdos, ach Ko hovanee leetsee ee vera eem; ee dveh yev ee keesheree, ee nsdeel ee dan, ee knal ee janabarh, ee nunchel yev ee harnel, zee mee yerpek sasanetsayts yev vog-hormya Ko araradzots yev eents pazmamyghees. Amen.

O Christ, guardian of all, let Your right hand guard and shelter me, by day and by night, at home and abroad, in sleeping and in waking, that I may never stumble. Have mercy upon Your creatures and upon me, a great sinner. Amen.