



## HIGH-ENERGY GAME

[10 min]

### Peace Pause

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#### Play a Version of Red Light, Green Light

Say: **In today's Bible story we heard about how Isaac was peaceful despite frustrating arguments and many start-overs in digging water wells. Things were chaotic, but Isaac stayed calm.**

**Let's play a fun game where you'll get to practice being calm in chaos.**

- Stand at one end of the room, and have everyone else stand at the opposite end.
- When you're facing all the kids, they can't move; they must remain peaceful and still. If you catch someone wiggling, that child is out.
- When you turn your back, everyone can run toward you, trying to get to you to tag you before you turn around again.
- Vary the intervals of time you turn your back to everyone. When you turn to face everyone, try to catch anyone moving.
- The first person to tag you can then take your role for a new round.
- Play as many rounds as time allows.

#### Talk About It

Ask: • **What was it like to stop suddenly when I turned around?**

• **How do you know when to stop or pause if you feel angry?**

Say: **Peace is a fruit of the Spirit. When people stole Isaac's wells, God helped Isaac stop the fight by walking away. God can help us know when to stop and walk away from a fight, or he might want us to pause and think about how to react with peace. When you feel like God is asking you to stop or pause, do it! Ask him for help making peace.**