



## WEEK TWO

### We have peace because God is with us.

Scripture: Matthew 1:18–25

#### Reflection

- There was a man named Joseph who was going to marry a girl named Mary. After marriage, Joseph hoped they would have children together.
- Joseph was not planning on being a father before they were married, and when he heard Mary was going to have a baby, he was afraid. Maybe Joseph did not understand there are many ways to be a family. He was not at peace with this new plan. In fact, he started thinking about ways he could change the plan.

Have you ever had a big change of plans? Did you feel at peace? Did you feel nervous? God knew that Joseph was feeling nervous. An angel of the Lord appeared to Joseph in a dream and said, “do not be afraid” to embrace this new plan. The angel told Joseph to marry Mary, to name their baby “Jesus,” and that Jesus would save God’s people.

This message must have given Joseph peace about the new plan because when he woke up, he married Mary and committed himself to be a father.

The writer of Matthew tells the reader this plan would fulfill a prophecy from the Hebrew Scriptures: “...and they shall name him Emmanuel,” which means, “God is with us.”

This does not mean Joseph and Mary called Jesus “Emmanuel” around the house. Instead, it means every time Joseph and Mary thought about their son, they would remember God was present in their son and God wanted to be present with the whole world. Even though our plans change and unexpected things happen, God is always with us. Like Joseph, we can find peace knowing we are not alone when plans change.

#### For Discussion

- When has your family had a change of plans? How did you feel?
- What makes you feel peaceful? When do you need God’s peace?
- How does God’s presence help us feel peaceful?

## Family Activity: Emmanuel Pinwheel

- Take a deep breath in.                      Take a deep breath out.
- Do you remember what Emmanuel means? It means God with us! No matter where we are, what we do, or how we feel, God is always with us—just like our breath!

Breathe in.                                      Breathe in.  
Breathe out.                                    Breathe out.  
God is with me.                                God is with us.

There are many different things we can do to help our bodies feel calm, and taking deep breaths is one of them! Filling our lungs with oxygen helps our body relax and reminds us God is with us. Let's make Emmanuel pinwheels to practice our deep breathing.

Use a ruler to measure and cut a piece of paper into a 5"x5" square. Fold the square diagonally so the two opposite corners touch, then unfold. Now fold the paper diagonally the other way so the *other* two opposite corners touch, then unfold. The creases should form an "X" inside your square.

Use scissors to cut a slit on each diagonal line, stop about 1/2" from the center. Bring the right side of each slit upwards so the corners meet the center of the paper (do not fold a crease!). Use a glue stick to keep the corners in place. Your paper should now look like a pinwheel.

Poke a metal brad through the center of your pinwheel—be sure to pierce through all four corners and the paper. Then wrap the metal brad around the wooden dowel to attach the pinwheel. You'll want this to be fairly tight so the pinwheel stays in place. Now turn the pinwheel sideways and use your breath to make it spin!

Practice your Emmanuel pinwheel breaths.

As you breathe in, say, "Emmanuel." As you blow all your air into the pinwheel, watch it spin and say, "God is with us."



### MATERIALS

- Paper
- Ruler
- Scissors
- Gluestick
- Metal brad
- Wooden dowel

### Prayer

- Dear God, sometimes we feel nervous or afraid when unexpected things happen or think
- we have to face them ourselves. When our plans change, help us remember we are not
- alone and you are always with us. Amen.

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