

Feet Fitted with the Gospel of Peace: “Walk It Out” Challenge

Theme Verse:

“...with your feet fitted with the readiness that comes from the gospel of peace.” – Ephesians 6:15

Quick Lesson (1–2 Minutes)

Sometimes life feels like a storm—loud, confusing, and full of distractions. But when we walk with God, we can have peace no matter what’s going on around us. God’s peace helps us stay steady and trust Him even when life gets messy.

Activity: Peace Path Guided Walk

Objective:

One child at a time walks a marked path while a trusted partner gently **guides them with peaceful words**—all while distractions like bubbles, pool noodles and noise tempt them to lose focus. It’s a practice of learning how to listen to God’s voice and walk in peace.

Supplies Needed

- Spray paint or chalk to **mark the Peace Path**
 - Bubble machine(s)
 - Background music or playful noise-makers (optional)
 - Extra towels if needed
 - Blindfolds
 - Pool Noodles for them to step over
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How It Works

1. Spray or chalk a winding path on grass or pavement.
 2. One child at a time walks the path with blindfolds on.
 3. Another child (or leader) walks **just behind**, gently guiding them with peaceful, directions to lead them on the path and with encouraging words like:
 - “You’ve got this.”
 - “Don’t worry about what’s around you—just keep walking.”
 4. While they walk, **bubbles blow around them** and **pool noodles are thrown into their pathway** to create distractions.
 5. The others in the group use noise makers to distract them.
 6. Once they reach the end, they switch roles or reflect on what it felt like to stay focused.
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Age Group Modifications

Age Group	Adjustments
K–2	Walk the path without blindfolds
3–5	Let them choose a “peace partner” from their group
6–12	Add light obstacles (cones to step around)

Leader Tips

- Be intentional about creating a calm, peaceful tone—soft voices, slow movement, and words of comfort.
- Encourage kids to **listen** to their partner and **focus on their own path**, not on what others are doing.
- Remind them: **Peace doesn’t mean there’s no chaos—it means we’re steady inside because we know God is with us.**