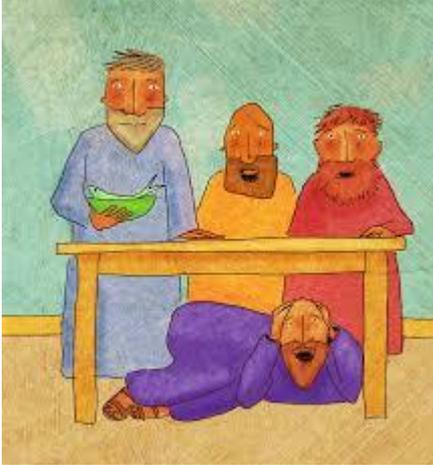


What happened *after* Easter? What did Jesus do? Who did he meet? And where do *you* fit into God's amazing story?



## Upper Room...

Jesus' disciples were confused, afraid and hiding in a locked room from the Jewish leaders. But Jesus wasn't bound by walls or isolation or fear. Suddenly Jesus appeared, saying "Peace be with you!" They were amazed and overjoyed. Jesus breathed on them and gave them the Holy Spirit. [How do you need God's peace today?](#)

## Sunday 19 April | Peace be with you

You can read today's story in *The Jesus Storybook Bible* pages 318-321, or in the Bible in John 20:19-23.

'Peace be with you!'



### Look up! to see what God has to say

'Peace be with you!' Jesus says this to his friends twice, so it must have been really important! God's peace can calm, reassure and comfort us when we are fearful. [If you are worried about something, ask God for His peace.](#)



### Look in! to see how to live out the story with faith-filled friends

Do you hold grudges? Jesus talked about forgiveness, and how the Holy Spirit can help us forgive others. [If you need help to forgive someone hurting you, ask God to show you how.](#)



### Look out! to see how we can share this story with others

When we worry about something, we can feel like the disciples - stuck (in a locked room!) and scared. God's peace changed the minds of the disciples, and they were 'overjoyed.' [Pray for a friend or someone who is worried and ask God to send them His peace.](#)



### A blessing for your Bubble

Into your spacious hands and loving heart dear God I place my fears, my "what ifs," my spinning world and mind. Comfort me with the truth, no fear is too big for the Great One who is always with me. I am never alone. Calming God, bring courage. Tender Spirit, breathe peace. Gentle Jesus, be close. AMEN.

peace  
BE WITH YOU