

Fruits of the Spirit

Peace



Fruits of the Spirit

- Love
- Joy
- **Peace**
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-Control

Key Scripture

Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

— *Philippians 4:4-9*

Additional Texts

- Romans 5:1
- Ephesians 2:14
- Isaiah 9:6
- John 14:27
- John 16:33
- Isaiah 26:3
- James 3:18
- Colossians 3:15
- Matthew 5:9
- Romans 12:18
- Psalm 34:14
- Hebrews 12:14
- Galatians 5:22-23
- Isaiah 32:17

Notes:

Scratching The Surface

There are several ways that you can experience peace. There is peace with God, inner peace and comfort, pursuing peace with others, peace as a spiritual fruit, and peace that given and received as a blessing. Which of these have you experienced—and in what seasons of life have you experienced each kind of peace?

Deeper Still

How does your relationship with God affect your experience of peace on a daily basis?

Have you ever experienced peace that surpass all understanding? What does that phrase even mean?

God's Word Unearthed

Do you experience more positive or more negative thoughts?

How might you experience peace more often by changing what you think about?

Praying

Lord bless me and keep me; Lord let your face shine upon me and be gracious to me; Lord lift up your countenance come upon me and give me peace.

Adapted from Aaron's Blessing in Numbers 6:24-26

Doing

Name 3-5 places that needs peace instead of conflict. Pray for those places. End by praying for the peace of Jerusalem as we are told to do in Psalm 122:6!

Name 3-5 people whose lives have been upended by circumstances. Pray for them!