



Fruit of the Spirit

Part 3: Peace

Galatians 5:16-23

5 ¹⁶ Live by the Spirit, and you will not gratify the desires of the sinful nature. ¹⁷ For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.

¹⁸ But if you are led by the Spirit, you are not under law.

¹⁹ The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

1. Peace is not found in - *WORRY AND ANXIETY*

"My life has been filled with terrible misfortune; most of which never happened." Michel de Montaigne

"Worry gives you the illusion of control." Robert Leahy

Peace is found in - *TRUST IN GOD*

"Do not let your hearts be troubled. Trust in God; trust also in me." John 14:1

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians. 4:6-7

Do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? Matthew 6:25-27

2. Peace is not - *SOMETHING YOU PRODUCE*

"God cannot give us peace and happiness apart from Himself, because it is not there." C.S. Lewis

Peace is - *RECEIVED FROM GOD*

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.

John 15:5-6

Peace is - *MEANT TO BE SHARED*

Blessed are the peacemakers, for they will be called children of God. Matthew 5:9

Peacemakers who sow in peace raise a harvest of righteousness. James 3:18

Community Group Questions:

1. In what ways have worry or anxiety caused you not to experience God's peace?
2. How would you describe "peace is not something you produce" in your own words?
3. Is it difficult for you to be or see yourself as a peacemaker? Why or why not?