



Fruit of the Spirit: Peace

Greet:

- Spend a minute getting a 30-60 second update from each student on what they are doing with their time, how they are feeling, etc. Within reason, be strict with the 30-60 seconds!
- Set proper expectations of how the group needs to operate so everyone can have a chance to talk and to not talk over each other.
- Ask someone to pray as y'all begin.

Follow Up:

- What were things that you noticed as good and were able to thank God for them to help cultivate joy over the last two weeks?

Opening Question/Thoughts:

- Ask the group: What is the first thing that comes to your mind when you hear the word, "PEACE"?
- Describe what peace looks like in your home? Is it hard or difficult to maintain?

We know that peace has to do with wars ending, people generally being nice to each other, and some sort of quietness around our homes. But Paul says that peace is part of the Fruit of the Spirit. Peace is the third mental and God-focused quality the Spirit produces in our lives as we walk in him.

Let's watch this week's teaching video to hear more about what Biblical peace is.

[24Seven | Fruit of the Spirit: Peace | 4.19.20](#)

Peace is not just the absence of conflict - it is taking what is broken and restoring it to wholeness with God, with others, and with the world. The Fruit of Peace means that we can have an inner quietness regardless of circumstances. It also means that we move towards others and the world to be agents of peace.



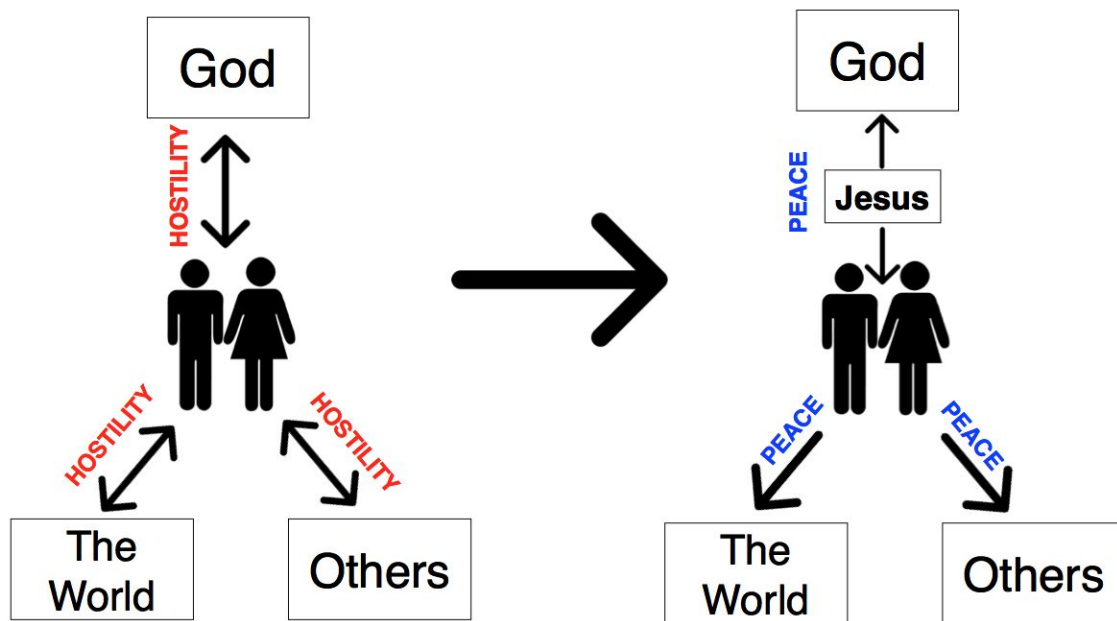
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Dive In:

Because of our sin, there was hostility between us and God. We could not be in a relationship with him because we were broken and unwhole. But Jesus comes and creates peace between us and God because of the cross.

Read Colossians 1:19-20

For God in all his fullness was pleased to live in Christ, and through him God reconciled everything to himself. He made peace with everything in heaven and on earth by means of Christ's blood on the cross.



The opposite of peace is war and hostility. It might be weird to think about you being hostile towards God. But if we don't have peace with God, we are hostile and at war against him.

- How would you practically know if you are hostile towards him?



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Once we have peace with God, peace with other people and the world becomes a fruit that believers should actively produce through the power of the Holy Spirit in two ways.

1. Peace With Others:

This is easier said than done, especially with other people. Oftentimes our relationships with our friends, siblings, and parents seem more hostile than peaceful. We can tend to be in *conflict* with them.

- Has there been a conflict between you and someone this week? Tell the group about it.

What is the reason that our relationships with those people can feel more hostile than peaceful? Turn to James and let's read what he says about this.

Let's read James 4:1-2.

¹ What is causing the quarrels and fights among you? Don't they come from the evil desires at war within you? **2** You want what you don't have, so you scheme and kill to get it. You are jealous of what others have, but you can't get it, so you fight and wage war to take it away from them.

The reason it is difficult to live in peace with other people is because of our selfish desires. There is going to be conflict in our lives - but that doesn't mean that there cannot be peace. Remember, peace is not just avoiding conflict. It is taking the broken and making it whole.

James gives us some practical advice in how we can live in peace with people in Chapter **1:19-20**

19 Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. **20** Human anger does not produce the righteousness God desires.



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2. Peace with the World (Our Circumstances)

Read Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

- What circumstances make you feel incomplete like something is missing?
- What emotions tend to overcome you in difficult circumstances?

Apply:

- Are you quick to listen, slow to speak, and slow to get angry? What are the results when you are not these things?
- Peace is not just avoiding conflict. It is making broken things and relationships whole. What is a way you have made a relationship whole again? Do you have a desire to do that with people you are in relationships with?
- What does it mean about your spiritual condition if you do not desire to create peace with other people?
- Are you at peace with God or at war with Him?

Practice:

Peace is not just a feeling; it is something we must practice and pursue with others. Make a list of ways you can live in peace with your family this week and hold each other accountable to do them.

Here are some examples:

- Never raise your voice or yell.
- Ask for forgiveness when you are wrong. Forgive others when they are wrong.
- Thank your siblings and parents when they do something for you.
- Find a way to serve or sacrifice and don't tell anyone except your small group.
- When you feel tension or angry towards someone, move towards them and talk to them rather than avoiding and burying it.



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Pray:

- Pray for God to expose your hostility towards him and towards others.
- Thank God for sending Jesus to make peace between him and us.
- Ask God for courage and strength to not be selfish and seek peace with our family this week.