



Small Group Discussion Guide

Series: Fruit of the Spirit

Peace

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” — Galatians 5:22–23

Opening Questions

- When you hear the word *peace*, what comes to mind?
 - On a scale of 1–10, how much peace would you say you’re currently experiencing in your life?
 - Where do you most often lose your peace?
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1. What Is True Peace?

Read:

- Isaiah 9:6–7
- John 14:27

Discuss:

- How does the Bible’s definition of peace differ from the world’s definition?
- Where do people commonly look for peace that doesn’t last?

2. Three Types of Peace

A. Peace With God (Eternal Peace)

Read:

- Romans 5:1
- 2 Corinthians 5:18

Discuss:

- Why is peace with God foundational to every other type of peace?
 - What happens when we try to “go our own way” instead of God’s way?
 - Have you experienced a moment where you felt at peace with God?
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B. Peace of God (Internal Peace)

Read:

- Philippians 4:6–7
- John 16:33

Discuss:

- Why do you think Jesus promised peace but also promised trouble?
- What does it practically look like to let the peace of God “rule” in your heart?

Application Exercise:

Have each person identify one current stressor.

Pray specifically over that situation using Philippians 4:6–7 as a guide.

C. Peace With People (Relational Peace)

Read:

- Ephesians 2:14–15
- Galatians 3:28

Discuss:

- How does distance from God affect your relationships?
- Where is there currently tension in your life?

Challenge:

Is there someone you need to forgive or reconcile with this week?

3. How Do You Obtain Peace?

Read:

- Matthew 11:28–29
- Colossians 1:19–20

Discuss:

- What area of your life do you struggle to surrender?
 - How might control be stealing your peace?
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Personal Reflection

- Which of the three types of peace do you most need right now?
 - Peace with God
 - Peace of God
 - Peace with People
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