



A STUDY OF THE FRUIT OF THE SPIRIT

## WEEK FIVE PEACE

### DAY 1

1. Begin your study time with prayer, and read Galatians 5:22-23. List the fruit of the Spirit in order:
  
2. According to Isaiah 57:20-21 and Isaiah 59:7-8, who cannot have peace? How are their lives described?
  
3. In Ephesians 2:13-17, who is our Peace, and what did He do?
  
4. Jesus' death on the cross allowed us to have peace with whom in Romans 5:1 and Colossians 1:19-20?
  
5. Where and when did you accept Christ's sacrifice for your sin that gave you peace with God? If you have not done so, this peace is offered to you. Simply call upon the Lord to be saved (see Romans 10:9).
  
5. Write out this week's memory verse and place it somewhere you will see it often (e.g., bathroom mirror, phone case, near the kitchen sink).

### Scripture Memory:

You will keep  
him in perfect  
peace, whose  
mind is stayed  
on You,  
because he  
trusts in You.

~Isaiah 26:3

I'm praying about:

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## DAY 2

1. Begin your study time with prayer. When do you struggle to maintain peace? What things steal your peace? About which things are you most anxious?
2. What does Matthew 6:25-34 say about worry, and what should you do instead?
3. According to 1 Peter 5:6-7, what should you do with your anxieties?
4. What does Philippians 4:6-8 instruct you to do when you feel anxious, and what will be the result if you obey these verses?
5. Write this week's memory verse below:

## DAY 3

1. Begin your study time with prayer. What does John 14:27 instruct you not to do? About which things are you most fearful?
  2. The disciples encountered a storm in Mark 4:35-40 and became afraid. What did the disciples lack in verse forty that led to fear? How is this also true in your life?
  3. What do Psalm 9:10 and Psalm 56:3 instruct you to do when (not if) you are afraid?
  4. What does Isaiah 26:3 promise to those who trust in the Lord? If you know Jesus, this is accessible to you, regardless of your circumstances. How can you better lay hold of it?
  5. Write this week's memory verse below:
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## DAY 4

1. Begin your study time with prayer. What terrifying situation does King Hezekiah face in 2 Chronicles 32:1-8, and what words of encouragement does he offer his people in verses seven and eight?
2. How can you apply these words to circumstances in your life that cause you distress?
3. How does Sennacherib try to instill fear in the hearts of the people in 2 Chronicles 32:9-19? How is this relatable to opportunities to fear as you face battles in your life?
4. What does King Hezekiah do, and what is the result of this confrontation in 2 Chronicles 32:20-22?
5. Write this week's memory verse below:

## DAY 5

1. Begin your study time with prayer. Peace is not the absence of distress, but rather the ability to navigate such seasons without being disturbed by them. Why do Psalm 46:1-3, Isaiah 41:10, and Isaiah 43:1-2 say you should not fear?
  2. What promises do Psalm 33:18-22 and Psalm 34:4-10 hold for those who hope in God?
  3. In Psalm 16:8 and Jeremiah 17:7-8, what is the result for those who place their trust in the Lord?
  4. Who has great peace, according to Psalm 119:165, and how can you use this tool to maintain peace even in troubling times?
  5. Write this week's memory verse below:
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