

The Fruit of the Spirit is PEACE

The fruit of the spirit are the attitudes and actions the Holy Spirit develops in our lives when we ask Jesus into our hearts. Today's topic is peace.

What does peace mean? Have you ever had an argument with someone? What did you argue about? How do you feel while you argue? When someone has told you to stop fighting, have you walked away and remained angry? How do you feel then?

Let's try a simulation. Tighten your fists. Keeping your fists tight, also tighten your arm muscles... next tighten your leg muscles...now even tighten your face muscles. Keep all these muscles tight for a few more moments. Do you feel the strain in your muscles? How long can you go on with your muscles tightened before they start to get tired?

Now relax your muscles. Did you utter a sigh of relief? Does it feel good to relax your muscles?

That good feeling is like being at peace. Sometimes things happen to us that make us feel angry, cause us to argue with others, or make us frustrated and stressed out. We are not at peace at those times. If we are not at peace, we might not have the right attitude or might not act correctly with the next person we meet. This can get us into trouble; we might even hurt someone we love with inappropriate words or actions.

A wise man named Solomon wrote something about peace. Let's read what he wrote in Proverbs 14:30:


• *"A heart at peace gives life to the body, but envy rots the bones."*

Have you ever felt like your bones were rotting because you were not at peace? What phrases would you use to describe how you feel when you're not at peace? Would you rather have a peaceful heart?

In a letter to some people long ago, a Bible writer gave some advice. In Hebrews 12:14a it says:

• *"Make every effort to live in peace with everyone."*

What are some ways you can live at peace with others today? Is there anyone you are not at peace with right now? (You don't have to answer that question out loud.) What can you do to make your relationship with that person more peaceful?



When Jesus lives in you, you do not automatically have the characteristics of love, joy, and peace. You have to desire to act in these ways. When you open yourself to the working of the Holy Spirit, he will help you to show people love, to share your joy in God, and to be at peace with others.

Psalm 29:11 says:

- *"The Lord blesses his people with peace."*

Let's thank God for that blessing.

Prayer:

Dear Jesus, thank you for blessing us with peace. Peace feels so much better than anger and frustration. Showing peace to others is better for building relationships than are arguing and fighting. Those actions just destroy relationships. Send your Holy Spirit to help us exercise the peace you bless us with each day. Amen.