



## DISCUSSION GUIDE

Part 3 of The Fruit of the Spirit

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**“We experience the fruit of the Spirit by pursuing Jesus, not by relying on our own effort.”**

*Discuss:*

- *In what ways are you tempted to strive for peace in your own strength instead of trusting Jesus?*
- *How does pursuing Jesus lead to a deeper experience of the fruit of the Spirit in your life?*

### **Emotional Peace (Genesis 15:1; Philippians 4:6-7)**

*Discuss:*

- *What kinds of thoughts or fears tend to disturb your emotional peace most often?*
- *How can prayer and gratitude help re-center your heart when anxiety starts to take over?*

### **Relational Peace (Genesis 14:11-16; Matthew 5:9)**

*Discuss:*

- *How did Abram's actions reflect a desire to protect peace, even at personal risk?*
- *Are there any relationships in your life that need restoration? What step could you take this week toward peace?*

### **Circumstantial Peace (Genesis 15:2-5; Matthew 8:23-27)**

*Discuss:*

- *How do you typically respond when life feels out of control or uncertain?*
- *What does Jesus' calm presence in the storm tell us about His authority over our circumstances?*

### **Spiritual Peace (Genesis 15:6; Isaiah 9:6; Romans 5:1)**

*Discuss:*

- *How does trusting in God's promises bring spiritual peace?*
- *What's the difference between being at peace with God and simply feeling peaceful?*

