



FACING
anxiety

FINDING
peace

The Spirit Brings Peace

Galatians 5:22

But the fruit of the Spirit is love, joy, peace,
patience, kindness, goodness,
faithfulness, ²³ gentleness, self-control; against such
things there is no law.

2 Timothy 1:7

for God gave us a spirit not of fear but of power and
love and self-control.

Truths about The Holy Spirit

-Always part of the Trinity:

Genesis 1:2b

the Spirit of God was hovering over the face of the waters.

-Old Testament empowered people for “special service:

Numbers 27:18

So the Lord said to Moses, “Take Joshua the son of Nun, a man in whom is the Spirit, and lay your hand on him.”

Truths about The Holy Spirit

-Active in our salvation:

John 6:63

It is the Spirit who gives life; the flesh is no help at all.

-Sanctifies us:

1 Corinthians 6:11

you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Truths about The Holy Spirit

-Teaches us:

John 14:26

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

-Is in us:

1 Corinthians 6:9 your bodies are temples of the Holy Spirit.

Romans 8 (3X) Spirit dwells in you.

The Holy Spirit & Anxiety

1. Peace is part of the Holy Spirit's nature.

John 14:26-27

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. 27 Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

“Helper” → Greek → *Paraklētos* (Comforter)

The Holy Spirit & Anxiety

1. Peace is part of the Holy Spirit's nature.

“Spirit” → Greek → *Pneuma* (Breath)

John 20:21-22

Jesus said to them again, “Peace be with you. As the Father has sent me, even so I am sending you.” 22
And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit.”

The Holy Spirit & Anxiety

2. Peace is a fruit of the Spirit.

Galatians 5:22-23

the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.”

The Holy Spirit & Anxiety

2. Peace is a fruit of the Spirit.

Philippians 4:6-7

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

The Holy Spirit & Anxiety

3. Peace through Spirit filled prayer.

Romans 8:26

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.



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