

Small Group Guide: The Fruit of the Spirit -- Peace

Overview

This guide is based on a sermon from Romans 5:1-5, 1 Samuel 25, and 2 Samuel 20, exploring what it means to be filled with the Spirit's fruit of peace. The discussion below will help your group reflect on peace with God, peace of mind, and the work of making peace in daily life.

Key Takeaways

1. Peace with God is the foundation of all other peace. Romans 5:1-2 reminds us that justification through faith brings peace with God through Jesus Christ. This is not something we earn or maintain through our own effort -- it is a gift secured at the cross. Every other dimension of peace in our lives flows from this settled reality.

2. Peace of mind comes from keeping our eyes on the bigger story. Abigail's intervention with David in 1 Samuel 25 illustrates how easily a single insult or offense can cause us to lose sight of what God is doing in and through our lives. She reminded David that God handles enemies in unexpected ways and that his life was bound up securely with God. When we fill our minds with what God has already done and what He has promised, our peace of mind is anchored.

3. Working for peace is not the same as avoiding conflict. The wise woman of Abel in 2 Samuel 20 did not retreat from trouble. She stepped into it with courage, faithfulness, and a commitment to resolve conflict according to God's will. Genuine peace requires engagement, not avoidance.

4. The fruit of the Spirit comes as a cluster, not individually. Peace cannot be separated from kindness, goodness, faithfulness, and self-control. Pursuing peace while neglecting the other fruit of the Spirit produces something cold and hollow. The Spirit grows them together.

5. Our peace with God is a powerful witness. When people see a Christian at peace in the middle of chaos and tribulation, it becomes compelling evidence of genuine faith. The peace of God is not just a personal blessing -- it is a testimony.

Discussion Questions

Opening

1. The sermon began with a simple question: Was your week filled with peace? Looking back on the past week, what most disrupted your sense of peace? Was it a person, a situation, a message you received, or something internal?
 2. How often during a typical week do you consciously think, "I am at peace with God"? What keeps that reality from being more present in your daily thinking?
-

Romans 5:1-5 -- Peace with God

3. The sermon described baptism as an unconditional surrender -- coming to God with nothing to offer, and walking away with His peace placed inside of you. How would you describe what it felt like, or what you imagine it would feel like, to surrender fully to God in that way?
 4. The sermon made the point that the cross is the greatest image of peace because it is where justice for sin and merciful sacrifice meet. How does returning to the cross help you when your peace of mind is disrupted?
-

1 Samuel 25 -- Peace of Mind

5. The sermon observed that David was not undone by King Saul chasing him, but by a single foolish remark from Nabal. Why do you think relatively small offenses sometimes disturb us more than larger trials?
 6. Abigail reminded David that his life was "bound securely in the bundle of the living by the Lord your God." What does it look like practically to keep your life tethered to God rather than to your circumstances or to what others say about you?
 7. Abigail also reminded David that God handles enemies in unexpected ways, referencing the sling -- a callback to David and Goliath. Can you think of a time when God resolved a conflict or dealt with a difficult person in a way you never would have anticipated? What did that teach you about letting go of the need to retaliate?
 8. The sermon asked: "Why are you hurling yourself toward a fool?" When someone says or does something that provokes you, what habits or practices help you pause before reacting? What would it look like to develop more of those habits?
-

2 Samuel 20 -- Working for Peace

10. The city of Abel was known as a place where people went to resolve conflict, not avoid it. Is there a conflict in your life right now that you have been avoiding rather than working through? What is one faithful step you could take toward resolving it?
 11. The wise woman of Abel said she was both peaceable and faithful to God. She was unwilling to make peace on terms that violated God's will. Have you ever been tempted to resolve a conflict in a way that would have required you to compromise your faithfulness to God? How did you navigate that?
 12. The sermon warned against a kind of imposed peace that is orderly but cold -- peace achieved through control rather than through the Spirit. Can you identify any relationships or environments in your life where that kind of false peace exists? What would genuine Spirit-filled peace look like there instead?
-

The Fruit of the Spirit as a Cluster

13. The sermon made the point that we cannot selectively pursue peace while ignoring kindness, goodness, faithfulness, and self-control. Which of the other fruit of the Spirit do you find it hardest to hold alongside peace? Where do you see them pulling against each other in your life?
 14. John 16:33 records Jesus saying He has overcome the world -- spoken before the cross, in the past tense. How does it change your perspective on an uncertain week ahead to know that Jesus has already declared victory over whatever trouble is coming?
-

Peace as Witness

15. The sermon closed with a story about an underground church in Afghanistan, where the peace of God was visibly present even in a dangerous and war-torn environment. What does that story stir in you? How does it reshape what you think is possible for the peace of God to accomplish in your own context?
16. The sermon said, "When people see you at peace with God, it becomes a powerful evidence of your faith in God." Think of someone in your life who

consistently models this kind of peace. What is it about them that points you to God?

Practical Applications

Choose one or more of the following to practice this week:

Anchor in the morning. Before you check your phone or email, spend five minutes recalling what God has already done for you and what He has promised. Write down one thing from Scripture that reminds you of your peace with God, and return to it when your peace is disrupted during the day.

Name the bigger story. When something or someone threatens your peace this week, ask yourself: What is the bigger story God is writing in my life right now? Write it down if it helps. Practice zooming out from the immediate offense to the larger narrative of what God is doing.

Engage one avoided conflict. Identify one relationship or situation where you have been keeping the peace through avoidance rather than resolution. Pray for wisdom and courage, and take one concrete step toward addressing it faithfully and kindly this week.

Audit your peace. At the end of each day this week, ask yourself two questions: Was I at peace with God today? Did I carry that peace into my interactions with others? Note what helped or hindered you, and bring your observations back to share with the group next week.

Pray for a peacemaker. Think of someone in your life -- a spouse, a parent, a church member, a coworker -- who regularly works for peace in ways that go unnoticed. Pray for them specifically this week, and consider telling them what you observe in them.

Closing Prayer Focus

Close your group time by praying together around these themes:

- Gratitude for the peace with God secured through the cross
- Honesty about specific disruptions to peace that members are facing
- Courage to engage conflict faithfully rather than avoid it
- Trust that Jesus has already overcome whatever the coming week holds
- A request for the Spirit to grow the full cluster of His fruit in each member's life

