



FRUIT OF THE SPIRIT: PEACE

The fruit of the Spirit is love, joy, **peace**, patience, kindness, goodness, faithfulness, gentleness and self-control. Galatians 5:22,23

▶ FAITH FOCUS

Peace is trusting God to take care of us when we feel worried or fearful.

Have you ever been afraid of the dark or a bad storm? Has someone you cared about been very sick? No matter what scary or bad thing we're facing, God can give us peace.

Where does peace begin?

True peace begins when we ask Jesus into our life. (See *Romans 5:1*.) But God wants us to have peace in all areas of our life. He will always be with us, and He is bigger and more powerful than what scares or worries us.

What should I do when I need peace in my life?

Here are three things we should do:

1. *Pray.* Philippians 4:6,7 tells us to take everything to God in prayer, and God will give us peace. We can ask for peace as often as we need to and trust God to help.
2. *Trust God.* In our Bible story, Jesus immediately calmed the storm for His fearful disciples. But God doesn't always do that. Sometimes He gives us peace and strength to trust in Him—even when He doesn't immediately remove the cause of our fear.
3. *Ask others for help.* It's okay to tell other people when we're afraid and ask them to help us.

How can I know when I have peace?

Our thoughts are the best way to know if we have true peace. We might be able to act like we aren't afraid or worried, but God wants us to trust Him and have real peace on the inside too. Trusting God for peace takes practice. Even Jesus' disciples needed to be reminded not to worry or be afraid, so they could have peace.

CASE SUMMARY



Peace: I won't be afraid because I trust in God.



Psalm 118:6
The Lord is with me; I will not be afraid.



Jesus Calms the Storm
Mark 4:35-41; Philippians 4:6,7

