



FRUIT OF THE SPIRIT

PEACE

Family Study Guides

FRUIT OF GOD'S SPIRIT

"Peace"

Family Study Guide

[**NOTE:** We suggest that as you use this Family Study Guide, select and focus on a main portion or two that you feel will help your family's study into Peace. You will probably not be able to cover every aspect, discussion or scripture presented in this guide. Also, some sections in this lesson can be used for Pre-Passover and Unleavened Bread Family Studies. Select the aspects or principles most relevant or helpful to your family.]

Galatians 5:22-23 (NKJV) *But the fruit of the Spirit is love, joy, **peace**, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.*

Objectives:

- Help your family define the true meaning of "peace" as a fruit of God's Spirit.
- Evaluate strategies for peaceful relationships from the story of David and Abigail.
- Collaborate and discuss how Christ lived a life of peace and set an example for us.
- Understand how it is possible to have true peace.

Definition: *Peace involves positive relationships with God and people. Peace is also the spiritual/emotional state of mind that guides how we react to external situations. A peaceful state of mind is not angry, upset or discouraged. It produces an internal peace that is a product of our relationship with God.*

Romans 15:13 (NIV) *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

Psalms 29:11 (NIV) *The Lord gives strength to his people; the Lord blesses his people with peace.*

THREE TYPES OF PEACE

2 Thessalonians 3:16 (GNT) *May the Lord himself, who is our source of peace, give you peace at all times and in every way. The Lord be with you all.*

God's Spirit enables us to have:

1. Physical peace – This is peace in the relational area of our lives.
2. Emotional peace – This is peace in the emotional area of our lives.
3. Spiritual peace – This is peace in the spiritual area of our lives.

1. PHYSICAL PEACE - Peaceful relationships and absence of war

(**Matthew 5:9** *Blessed are the peacemakers...*)

Matthew 5:9 (MSG) *You're blessed when you can show people how to cooperate instead of competing or fighting. That's when you discover who you really are, and your place in God's family.*

One aspect of physical peace is the absence of war. Part of being peaceful is when you are not fighting, arguing and angry with someone. But that alone cannot define true peace.

- If parents separate their children because they are fighting, the fighting stops, but the children probably still do not have peaceful attitudes and feelings towards one another.

True Godly physical peace needs to include more than just the absence of war.

While it is beyond our ability to stop the wars and fighting that goes on in the world—God does expect us to have peace with those around us. This is the kind of peace that helps us become children of God.

- **Romans 12:18** (NIV) *If it is possible, as far as it depends on you, live at peace with everyone.*
- **1 Peter 3:11** (NIV) *...seek peace and pursue it.*

It is not always easy to get along with other people. However, God does tell us what we can do to be peaceful people.

- Think about a time that you felt really at peace in your relationship with others. What did that look like? Who was involved in the relationship? Why did you feel at peace? What positive things were you doing that enabled there to be peace between you?
- Think of another time when you were not in a peaceful situation with another person – but you “made up.” What did you do to make peace and begin to get along again? What steps might be taken next to bring a peaceful and positive relationship? When might it be helpful to step away from a situation for a few moments to an environment where there is absence of war? (Go to your room; go for a walk, etc.)

Read the following passages of scripture from Paul and Peter and discuss as a family:

- What are things we need to do to keep peace?
- What are things we need to avoid doing so we can be peaceful with others?

Romans 12:16-19 (CEV) *Be friendly with everyone. Don't be proud and feel that you are smarter than others. Make friends with ordinary people. Don't mistreat someone who has mistreated you. But try to earn the respect of others, and do your best to live at peace with everyone.*

(NCV) *My friends, do not try to punish others when they wrong you, but wait for God to punish them with his anger. It is written: "I will punish those who do wrong; I will repay them," says the Lord.*

1 Peter 3:8-14 (GNT) *To conclude: you must all have the same attitude and the same feelings; love one another, and be kind and humble with one another. Do not pay back evil with evil or cursing with cursing; instead, pay back with a blessing, because a blessing is what God promised to give you when he called you. As the scripture says, "If you want to enjoy life and wish to see good times, you must keep from speaking evil and stop telling lies. You must turn away from evil and do good; you must strive for peace with all your heart. For the Lord watches over the righteous and listens to their prayers; but he opposes those who do evil." Who will harm you if you are eager to do what is good? But even if you should suffer for doing what is right, how happy you are! Do not be afraid of anyone, and do not worry.*

Lessons from the story of David, Nabal and Abigail

Read **1 Samuel 25** in an easy-to-read version such as [The Message \(MSG\)](#). As you study the story, identify some of the peace-keeping principles from **Romans 12:16-19** and **1 Peter 3:8-14**.

- What did David do to try to establish a peaceful relationship with Nabal?
- What were some mistakes that Nabal made that almost led to war? Discuss how we might make the same mistakes in our relationships with each other.
- How did David's reaction to Nabal almost lead to war?
- What did Abigail do to try to stop the fighting? What do you think would have happened if Abigail had gone to David, yelling at him and arguing with him?
Abigail had the ability to look beyond a crisis and see the big picture. She used gentleness and a peaceful manner in dealing with an explosive situation.
- How can we use Abigail's skills and attitude to promote peace in times of trouble?
- What did David end up recognizing he did wrong in his reaction to Nabal?
- Has there been a time when someone was angry at you and wanted to hurt you? What can you learn from this story that would help you to be peaceful in these kinds of situations?
- Do you think Paul and Peter might have been thinking about this story when they were inspired to write Romans 12 and 1 Peter 3?

Christ's example of being peaceful

There is an example in the Bible where Jesus Christ used a miracle to teach His disciples and others the importance of peace. At the time of Jesus' betrayal at Passover, a crowd of men armed with swords and clubs came to arrest Jesus. Here is what happened:

Matthew 26:50 (NIV) *Then the men stepped forward, seized Jesus and arrested him. With that, one of Jesus' companions reached for his sword, drew it out and struck the servant of the high priest, cutting off his ear. "Put your sword back in its place," Jesus said to him, "for all who draw the sword will die by the sword."* [(CEV) "Anyone who lives by fighting will die by fighting.]

Luke 22:51 (NIV) *But Jesus answered, "No more of this!" And he touched the man's ear and healed him.*

- Why do you think Jesus healed the man's ear? What do you think Jesus wants us to learn from this example?
- Think of a situation where you have seen people respond to an angry person with anger. (For example, think of "road rage"—or an argument with people yelling at each other.) What happened? Did responding in kind bring peace?
Consider the story of David and Abigail—and these verses:

Proverbs 15:1 (NCV) *A gentle answer will calm a person's anger, but an unkind answer will cause more anger.*

Proverbs 15:18 (GNT) *Hot tempers cause arguments, but patience brings peace.*

In another instance when people wanted to harm Jesus, He just got out of the situation instead of picking a fight:

John 8:59 (NET) *Then they picked up stones to throw at him, but Jesus hid himself and went out from the temple area.*

- **What do you think Jesus' examples are telling us about what we should do when people want to fight with us?**
Jesus used the principles found in **Proverbs 22:3** (NCV) *"The wise see danger ahead and avoid it, but fools keep going and get into trouble."*
- **How can we use Jesus' examples to help us pursue peace in our everyday relationships?**
God wants us to do all we can to be peaceful—but we need to realize that peace in the world will not come until Jesus Christ returns and begins re-establishing the Kingdom of God on earth. This is the time we talk about when we celebrate the Feast of Tabernacles.

Isaiah 2:4-5 (TLB) *The Lord will settle international disputes; all the nations will convert their weapons of war into implements of peace. Then at the last all wars will stop and all military training will end. O Israel, come, let us walk in the light of the Lord and be obedient to his laws!*

2. EMOTIONAL PEACE / Peace of Mind

Matthew 5:9 (AMP) *"Blessed [spiritually calm with life—joy in God's favor] are the makers and maintainers of peace, for they will express His character and be called the sons of God.*

Even if we get along with people and live at peace with them, there is another kind of peace that we need—and that is peace of mind or internal peace. We do not have peace of mind when we are worried, anxious, fearful, angry or have feelings of guilt.

Jesus said on the Passover night before His death: **John 14:27** (NIV) *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

He was able to say this—and have peace of mind—even though He knew He was going to suffer that night and die the next day. He further clarified that everything will not always be easy for us – but that when we believe in, trust, and follow Him, we can have peace of mind during bad times.

John 16:33 (TLB) *I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows; but cheer up, for I have overcome the world.*

- **So how can following Jesus Christ give us peace of mind?**

Consider: Why would these statements cause us to NOT have peace of mind?

- *"Just wait till your father gets home!"*
- *"The principle wants to see you in her office!"*
- *"Did you take that money out of my purse?"*
- *"The Patrolman has his lights on behind you!"*

When we break some law or do something wrong—we usually get worried and anxious because we fear what might happen to us. Very often when people don't have peace of mind, it is because of breaking God's laws.

Isaiah 59:8 (TLB) *You don't know what true peace is, nor what it means to be just and good; you continually do wrong and those who follow you won't experience any peace either.*

On the other hand, following God's laws can bring us peace in our minds and hearts

- **Proverbs 3:1-2** *My son, do not forget my law, But let your heart keep my commands; For length of days and long life and peace they will add to you.*
- **Psalm 119:165** (TLB) *Those who love your laws have great peace of heart and mind and do not stumble.*

Jesus will also give this kind of peace to the world in the Millennium when they begin to follow His ways.

Isaiah 32:17-18 *Because everyone will do what is right, there will be peace and security forever. God's people will be free from worries, and their homes peaceful and safe.*

Family discussion: How do the scriptures above—and the principles in the section on *Peace and the Passover*—relate to the principles and meaning of the **Days of Unleavened Bread** and the **Day of Atonement**? [Also see “Family Discussion or Activities” section for a suggested activity]

3. SPIRITUAL PEACE - Peace and the Passover

We can have peace in our relationships and we can have peace of mind even in times of trouble, but the third kind of peace goes well beyond that. Ultimate peace is found in the sacrifice of Jesus Christ and the hope and promise of the Kingdom of God.

- **Philippians 4:7** *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*
- **John 14:27** (NIV) *Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

These verses refer to a peace that goes even beyond the emotional peace of mind that helps us through our daily lives. This is the peace that comes from our relationship with God the Father and Jesus Christ. It comes from faith in God and a total belief in His plan of salvation and our part in it.

It is like children having complete trust in their parents. They know their parents love them and have their best interests in mind. They know they will be taken care of and that their parents will always be there for them. They know that their parents will protect them and provide all of their needs. They feel peace and comfort in their parents' arms.

Many times, things happen in our lives that cause us distress and we do not feel peace at all.

- So, what can we do? How can we have peace when we don't “feel like it”?

Jesus' example gives us some “spiritual tools” we can use to draw close to the Father. A primary tool was prayer. He was in constant contact with his Heavenly Father: *“But He Himself would often slip away to the wilderness and pray.”* (**Luke 5:16**)

But even Jesus was not “automatically” at peace when life was stressful and difficult. Like us—He needed the help of God's Spirit!

After the New Testament Passover service, Jesus—knowing that he was about to go through horrible suffering, pain and death—went with his disciples to the Mount of Olives to pray.

Luke 22:40-44 (NLT) *There he told them, "Pray that you will not give in to temptation." He walked away, about a stone's throw, and knelt down and prayed, "Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine." Then an angel from heaven appeared and strengthened him. He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.*

He prayed fervently all night in order to get help from the Father so he could have the spiritual strength and peace of mind to go through the suffering he would have to endure.

- While some of what He prayed to God is recorded in the Bible—what else do you think Jesus might have been saying to his Father? How do you think this helped Jesus to have peace?
- What could you do similarly when you are having a hard time having peace of mind in times of troubles?

Here are instructions to us regarding prayer and peace.

Philippians 4:6-7 (NLT) *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

In one of the most well-known prayers in the Bible, David had a peace and calmness when facing possible death at the hand of Goliath. He trusted in God's deliverance and His eternal plan for him.

Psalms 23:4, 6 *Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me... Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.*

Many people do not have true peace in their lives because they do not really know what happens after death. We tend to fear the unknown. True and complete peace comes from knowing that we are right with God, and that He is going to make us a part of His Kingdom for eternity.

How does this happen? How can we have this peace?

Passover and Peace

(Parents—you may want to review the significance of the first Passover with your children.)

The children of Israel did not have peaceful minds because they were slaves in the land of Egypt. They did not have freedom to do what they wanted. They were unable to worship God as He wanted them to. God was about to give them peace of mind—and an opportunity for a life of prosperity and freedom.

Exodus 3:7-8 (NLT) *Then the Lord told him [Moses], "I have certainly seen the oppression of my people in Egypt. I have heard their cries of distress because of their harsh slave drivers. Yes, I am aware of their suffering. So I have come down to rescue them from the power of the Egyptians and lead them out of Egypt into their own fertile and spacious land.*

After the Pharaoh had refused to let God's people go, God was going to give one last plague that would strike fear and distress into all who would not obey Him. The children of Israel would not have to worry or be afraid of the plague of death if they followed God's instructions regarding the Passover lamb.

Exodus 12:13-14 (GNT) *The blood on the doorposts will be a sign to mark the houses in which you live. When I see the blood, I will pass over you and will not harm you when I punish the Egyptians. You must*

celebrate this day as a religious festival to remind you of what I, the Lord, have done. Celebrate it for all time to come.

- Imagine how scary, distressed and upset people must have been who were not obeying God.
- Contrast the feeling of relief, and calmness and peace of mind that the Israelites must have felt because they followed God's instructions regarding the Passover.

God delivered the Israelites from death—and brought them out of Egypt and into the Promised Land. What God did with Israel—He is doing with us through Jesus Christ, our Passover.

Peace through Christ our Passover

True peace—given by God—begins with the sacrifice of Jesus Christ as our Passover Lamb. Through Jesus' sacrifice and our response to it, we have peace with God by removing the fear of God's judgment because of sin.

- **Romans 8:6** (NCV) *If people's thinking is controlled by the sinful self, there is death. But if their thinking is controlled by the Spirit, there is life and peace.*
- **Colossians 1:20-21** (ERV) *And through him [Jesus], God was happy to bring all things back to himself again—things on earth and things in heaven. God made peace by using the blood sacrifice of his Son on the cross. At one time you were separated from God. You were his enemies in your minds, because the evil you did was against him.*
- **Romans 5:1** *"Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ."*
- Jesus' very purpose is defined in Luke chapter 1:
Luke 1:77, 79 *To give knowledge of salvation to His people By the remission of their sins... To give light to those who sit in darkness and the shadow of death, To guide our feet into the way of peace.*

Why is the sacrifice of Christ able to give us true peace?

- When we repent of sin—we are keeping God's law and do not have to worry about punishment.
- Our sins are forgiven at baptism—so we do not worry about the penalty of death.
- We are given God's spirit to help us do what we cannot.
- When God gives us His Holy Spirit—it is like a "down payment" on the Kingdom of God—so gives us peace of mind because of hope for our eternal future.

Parents – Even though this section is a higher level of understanding than young children will fully understand, this is a good opportunity to talk with them about what happens to us after death. Talking about God's plan of the resurrection and the kingdom of God will give them faith in God and peace of mind even at a very young age.

Because of our belief in Jesus Christ and the gospel of the Kingdom of God we can have peace of mind—even in the face of death. Most people do not comprehend this "*peace of God that passes all understanding*" (**Philippians 4:7**).

Philippians 4:7 (AMP) *And the peace of God, that peace which reassures the heart, that peace which transcends all understanding, that peace which stands guard over your hearts and your minds in Christ Jesus is yours.*

God's Spirit helps us understand His plan—and gives us peace:

1 Thessalonians 4:13-18 (NLT) *And now, dear brothers and sisters, we want you to know what will happen to the believers who have died so you will not grieve like people who have no hope. For since we believe that Jesus died and was raised to life again, we also believe that when Jesus returns, God will bring back with him the believers who have died. Then we will be with the Lord forever. So encourage each other with these words.*

Isaiah 26:3 (ESV) *You will keep him in perfect peace, whose mind is stayed on You...*

Family Discussion or Activities:

- **Which Holy Days picture putting away sin?** [Unleavened Bread and Atonement]

A primary reason people lack “peace of mind” is breaking God’s laws—because sin brings penalties.

Living God’s way and putting sin out of our lives brings peace.

- 2019 brought the *College-Admissions Scandal*.
- [For small children use example of kids getting in trouble at school or other].
- Identify how many of the Ten Commandments were broken in this scandal?
- Contrast how those who broke the law in the scandal feel—and how those who were accepted to college without cheating feel.
- Think of other situations that demonstrate the benefits of “putting away sin.”

Isaiah 57:19-21 NCV *I will give peace, real peace, to those far and near, and I will heal them," says the Lord. But evil people are like the angry sea, which cannot rest, whose waves toss up waste and mud. "There is no peace for evil people," says my God.*

- As a family, read 1 Peter 3:8-9. Relate it to the story of David and Abigail.
- Peter uses the word *grace* with *peace* in a greeting in his second letter. How are these concepts related? Read the beginning of 2 Peter together and talk about it.
- What can you do as a family to live more peaceably? How can you make your environment more peaceful? Discuss ways that the family can be more considerate to each other and how each family member can show peace when quarrels or disagreements arise.
- Describe and give examples of behavior that is mean or harsh and how the behavior can be changed to become more peaceful. Parents should emphasize to the children that when all family members show peace to each other, everyone wins and the family is happier.
- Make it a goal to act and speak kindly and gently with one another this week. At the end of the week, ask each member if they didn’t enjoy their family a little more that week. Suggest that it become a permanent way to treat one another.
- Discuss the Feast of Tabernacles and learning about the coming Kingdom, a time without war when everyone will be able to live in peace. Do you remember an example God gave us about animals that teach us about peace? [The children with the lion and the lamb.]
- Read a newspaper story that demonstrates war and peace and discuss examples of how people do not live peaceably in this world. [Wars, people hurting others, fights at school, etc.]

- Discuss other biblical examples of peace. [Nehemiah—through leadership—brought peace and restoration of united Israel, of the Sabbath, and of God’s law.]

Additional Resources that you can use in your family studies:

- [Fruit of the Spirit Part 5: Peace—Sermon by Mr. Gary Petty](#)
- [Beyond Today Daily: Anxiety](#)
- [Beyond Today: Confronting Anxiety](#)
- [Good News: The Fruit of the Spirit – Peace-The Hunger of Human Hearts](#)

Possible Classroom Activities

- Talk about the Fruit of the Spirit “Peace.” Come up with examples of behavior that is mean and how the behavior can be changed to be more peaceful.
- Discuss ways to show peace in home, at school, at church, or out in the community. How do you like people to treat you? [Being considerate, being patient, being tenderhearted, being kind, being mild, treating others in a nice manner.]
- Read some articles from the newspaper that demonstrates war and peace and discuss.
- Have each child make a list of ways he or she is going to show peace at home this week. Set a goal to act and speak kindly and gently with one another this week. Decide on a good way to keep track of peaceful actions.
- **Peace - Bible Journaling.** Bring in scriptures, some printed images, and other Bible journaling materials that may relate to the concept of God’s fruit of peace. Have participants put together their own creations with the materials, then explain how they can personally relate to the scriptures, images, or other things produced on their Bible journal page. Was this activity helpful in thinking about what the Bible says about peace? How did it make you feel as you were putting it together?
- As a group, develop some questions having physical, mental, and spiritual peace in life. Then, interview several people in the congregation. Come back and share results. Consider compiling the interviews for the congregation and placing them where they can be shared or read.
- Read these excerpts from this [news article](#) on March 5, 2019

Two girls who were lost in a dense Northern California forest for nearly two days say they survived frigid nights by huddling under a tree branch and a huckleberry bush and by thinking "happy thoughts."

Leia Carrico, 8, and her 5-year-old sister Caroline, said in an interview Monday they went on a hike last Friday past a marker that their parents told them not to pass because they wanted an adventure but lost their way home.

Leia said her sister cried the entire first night and she told her to think happy thoughts as they huddled under a tree branch close to the ground.

"I thought of going to the park with mommy and daddy. I thought of going to the ocean. I thought of everything I remembered, but it didn't work," Caroline said.

Leia kept watch both nights and thought about the good memories from a family vacation to Monterey, California, she said.

Imagine being lost alone in the woods for two days! The girls were very scared and did not feel peaceful in their minds because of all the bad things that could happen. Leia tried to have peace in her mind by thinking happy thoughts.

- **Discuss what you do—or could do—to help you have peace of mind during times you are upset, scared, angry or worried.**
- **Remember that peace of mind is a fruit of the Spirit that comes from God—and He wants us to ask Him for the help to have peace.**
 - **Romans 15:13** *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit".*
 - **Philippians 4:6-7 (NLT)** *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*
- **Activity:** Talk about and color the P.E.A.C.E acronym page below.
- **Activity:** "We Need to Clean Our House" (see end of lesson)

Godly Peace

Pray

Everyday

And

Consider

Everyone

