# Study 5: The Fruit of the Spirit- Peace

## Talk about

Describe a person in your life who most displays the peace of God. What makes them stand out? How would you describe your experience of peace in your life right now?

## Introduction

Writing from prison to the Philippian church, Paul continually points to Jesus as our source of joy and our model for life and godliness. In chapter 4, Paul reveals powerful truths about the peace of God and how to experience it in our lives individually and in community. May His peace rest on you!

## Scripture: Read Phil 4:4-9

## Discussion

1. Paul twice encourages the Philippians to rejoice “in the Lord” at all times (v4). He quickly follows this up with the encouragement to “Let your gentleness be evident to all…” (v5). Gentleness is also translated as ‘graciousness’ or ‘reasonableness’. What do you think is the connection between “rejoicing”, “gentleness” and “peace”?
2. There are times when we might become anxious, but instead of feeding that anxiety, Paul encourages us with some very practical steps towards peace. Describe each of those steps in detail (v6). Why do you think every step is important?
3. According to verse 7, the result of our prayers is that we encounter the peace of God. How does Paul describe this peace and what does this peace do to us?
4. What we meditate on can significantly impact our peace, which is why Paul encourages the Philippians to meditate on certain kinds of things. What things come to mind that match these descriptions (v8)? What things come to mind that are the opposite?
5. As we imitate Paul in these ways, what promise can we eagerly anticipate (v9)?
6. Personally, why do you feel you need God’s peace in your life right now?
7. Based on the above passage, what step might you take together with God to grow the fruit of peace in you?

## Prayer:

Invite the Holy Spirit to fill the gathering of your life group/discipleship group.

Pray with one another for specific situations that need the peace of God to break through.

Pray that this fruit might grow in our lives.