

# Receiving His Peace

Series: Fruit of the Spirit

August 23, 2015

## INTRODUCTION

The Apostle Paul lists the Fruit of the Spirit in Galatians 5:22-23 – “*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*” Today, we’re going to be looking at the quality and fruit of peace from the Gospel of John.

## DISCUSSION QUESTIONS

1. What are some of the things you worry or stress about the most? What are some things in your life that make you anxious or fearful? Why?
2. What would it take to make you have a greater sense of peace? What things would you say need to happen in order for you to have peace?
3. Read John 13:1-5. How would you have responded if Jesus washed your feet? Describe in your own words what it must have felt like to be one of Jesus’ disciples as He was washing their feet.
4. Read John 13:21-38. If you were one of the disciples sitting with Jesus during the meal, how do you think you would have felt after hearing and witnessing everything that happened? Why?
5. Read John 14:23-24. What did Jesus emphasize for His disciples during this tense and anxious time? Why did He stressed the importance of obedience during a time like this?
6. Read John 14:25-27. What is the significance of tying the Counselor, the Holy Spirit, to having peace? According to Jesus, what does it mean to have true peace? Where can we truly find and attain this peace?

## CONCLUSION

“Anxiety is so spiritually toxic that the command to not be afraid or anxious or fearful is the most frequently repeated command in the Bible. Anxiety cuts us off from the flow of the Spirit like almost nothing else. It robs us of joy and paralyzes our ability to trust God...Those living with uncontrolled anxiety mistakenly think they deserve the punishment or pain of a prolonged string of anxiety-producing thoughts or they live under the illusion that worry enhances the control factor.

Biblical peace – what we experience when living in the flow of the Holy Spirit – is the settled conviction at the core of our being that all things are in God’s hands; therefore, we can live free of burden, worry, and fear...Anxiety can keep us from saying yes to God’s callings on our lives. We need to learn to cast our anxiety on God and choose peace.” – John Ortberg

*“27 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.” – John 14:27*