

One Step to Freedom
Chapter 6: The Fruit of the Spirit

Lesson 3
Peace

“The fruit of the Spirit is ... peace” (Galatians 5:22).

For most people, peace is an ideal that seems unattainable for themselves or for mankind. As much as man has sought peace, he has failed to truly achieve it. The history of man is full of war and violence, which is the same yesterday and today.

The Bible explains why man cannot have peace. Mankind as a whole has rejected God’s plan for peace. Peace between men can only happen if there is peace between God and man. The only way a person can achieve peace with God is to believe in His Son, “the Prince of Peace,” Jesus Christ.

Read Colossians 1:19-21. As believers, we were once enemies of God because of our wicked ways. Our sins prevented us from having peace with God. As followers of Christ we have received forgiveness for our sins, and have been reconciled to God through the redemptive work of Jesus on the cross.

Read Romans 5:1. Through faith in Christ, we now have peace with God. After we are saved, we need to continue to be at peace with God.

Read Colossians 3:15. God’s peace can rule in our hearts if we are obedient to Him and abide in His will. Many things will challenge the peace of Christians: trials, temptations, afflictions and sin—which all have the potential to rob us of our peace with God.

Read Philippians 4:6-7. Through prayers of thanksgiving and supplication (prayer for our needs) we can trust in God and let His peace rule in our lives. The peace that surpasses all understanding is the peace that God wants us to share with others.

Read Hebrews 12:14. As we have God’s peace ruling in our hearts, we will naturally pursue peace with others.

Read Luke 6:27-28. This passage is the formula for all believers to achieve peace with others. Loving our enemies, doing good to those who hate us, blessing those who curse us, and praying for those who abuse us are the visible actions of the fruit of peace that others can see in our lives.

1. According to James 4:1, what is the reason we don’t have peace now?
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2. Would you say that your inner life, before you became a Christian, was filled with peace? Read Galatians 5:19-21 to help you explain your answer.
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3. Read John 14:27 and 16:33. What is the source of real peace?

4. According to Colossians 1:20-22, why did Jesus die and what was the result?

5. What does Colossians 3:15 say should rule in our hearts?

6. What does Philippians 4:6 tell us to do instead of worrying and what will happen?
See Philippians 4:7.
