

# MORE

## WEEK 3: PEACE

### WEEK 2: ACCOUNTABILITY FOLLOW UP

How well did you follow through with what you heard from God about abiding in Him?

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### INTRO

Today, we're focusing on the fruit of the Spirit called Peace. Peace is a natural result of abiding with Christ. The kind of peace the Bible speaks of isn't just the absence of conflict; it's a deep, inner calm that comes from an outward source. The truth is that God is in control. It's the peace He gives us that guards our hearts and minds, even when life feels uncertain. As we begin this study, let's reflect on what it means to live in God's peace and how we can become a church body that brings that peace into the lives of others.

### BIG IDEA

1 Peter 5:8 reminds us that we have an adversary who is on the prowl seeking someone to devour. Knowing that he is an imitator of God and the Father of lies, it is easy to see that the enemy will twist truths to deceive those who follow Christ. We see this clearly in what Paul discusses in Galatians 5:19-22, where the acts of the flesh and the fruits of the Spirit are opposites.





We as believers have already been given the peace, or, as Pastor Darren mentioned, shalom. (Wholeness, completeness, and well-being). It is complete in us through the power of the Holy Spirit. Jesus promises us this in John 14:26-27. **“But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; My peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”** The problem is that we continually look inward, and as a result, we overanalyze, obsess, and fixate; all of which cause anxiety, worry, and anti-shalom, leading to a trap that loops us in fear, performance, or perfectionism. We have to learn to trade our anti-shalom in for the shalom we receive from God.

1. How have you seen the enemy twist God’s truth, and how did that impact your sense of peace?

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2. What acts of the flesh found in Galatians 5:19-22 derail the peace you have been given?

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3. How has over-analyzing or obsessing on things caused you to lose peace? What helped you climb back out of that trap?

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## READ

- John 14:1
- John 14:15-17
- John 14:26-27
- Romans 8:28

## APPLICATION

In John 14:27, Jesus says, **“Peace I leave with you; My peace I give to you.”**

There are two overlapping phrases in verse 27. The first is that Jesus has left us with peace. The peace Christ leaves us is grounded and belongs to Him. It is found in Jesus and through the work He did on the cross. The second overlap is that Jesus gives us peace. His peace now belongs to us! We have something the world doesn’t have, which is why He said, **“Let not your hearts be troubled.”**

1. What might be keeping you from living in the peace/shalom Jesus already gave to us?

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2. How can Romans 8:28 help us exercise faith over fear?

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## TAKEAWAY

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As we reflect on the peace of the Holy Spirit, it's important to recognize how easily our focus can turn inward (our worries, fears, and attempts to control everything around us). But the peace Jesus offers isn't something we create by trying harder. It's something we receive by trusting Him more fully. We know from experience that Jesus doesn't promise a life free from trouble; however, He does promise that His peace can be found in the middle of our hardships. Peace is not based on how we feel inwardly, but it is focused outwardly, on Jesus, who is the giver of peace. Let's stop carrying what Jesus already offered to carry. His peace isn't something we need to work for; it's already been given to us.

## LISTENING TO THE LORD

### Read:

- 2 Thessalonians 3:16
- Colossians 3:15-17
- 1 Peter 5:7
- Romans 15:13
- Romans 5:1
- Romans 8:28

After reading those verses out loud as a group, please take a few minutes to reflect and pray, asking the Holy Spirit to reveal to you the areas where you need to exchange your inward-focused, anti-shalom mindset for the peace Jesus has already given us.

1. What did God tell you about this virtue?

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2. How can you put that into practice this week?

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## COMMUNION

### Read:

- 1 Corinthians 11:23-29

Take time to reflect on how The Lord has already given us peace or Shalom.

Take some time to reflect on verse 28.

Take communion with and proclaim the Lord's death until He comes again.

