

FRUIT OF THE SPIRIT : PEACE

Peace, as described in Galatians 5:22, is not the absence of conflict or the avoidance of hardship; it is a deep, settled confidence in God that holds steady even when life feels uncertain. The Greek word *eirene* (and the Hebrew *shalom* behind it) means wholeness, completeness, and right relationship, first with God and then with others. You were created to experience this kind of peace, yet sin fractured that design, leaving you restless, anxious, and separated from God. But through the finished work of Jesus Christ on the cross, that relationship is fully restored, and the Holy Spirit now takes up residence in your heart to produce peace that the world cannot give and cannot take away (John 14:27). This is not a peace you manufacture through effort or positive thinking; it is a supernatural fruit that the Holy Spirit grows in you as you walk with Him and trust in the promises of God.

SUPPORTING SCRIPTURE

- 1. Peace Comes Through Justification by Faith.** “Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” (Romans 5:1) The foundation of all true peace is a right standing before God. Because Jesus bore your sin and gave you His righteousness, you are no longer at war with God...Hallelujah!
- 2. Peace Guards Your Heart and Mind.** When you bring your anxieties to God in prayer with thanksgiving, the peace of God, which surpasses all understanding, will guard your heart and mind in Christ Jesus. The Holy Spirit uses this peace as a guard over your inner life. (Philippians 4:6–7)
- 3. Peace Is Found in the Mind Set on God.** “You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” (Isaiah 26:3) Your thought life matters. The Spirit renews your mind (Romans 12:2) so that fixing your eyes on God becomes a natural, life-giving habit.
- 4. Peace Governs Relationships.** “Let the peace of Christ rule in your hearts, to which indeed you were called in one body.” (Colossians 3:15) As the Holy Spirit bears His fruit in you, that peace becomes visible in how you treat your family, your neighbors, and your fellow believers.

DISCUSSION QUESTIONS

- 1. What is the Holy Spirit’s role in producing peace, and how does that differ from simply “trying harder” to be calm or conflict-free?** *Possible Answer:* Peace is listed among the fruit of the Spirit, which means it is supernaturally grown in the believer by the indwelling Spirit and not manufactured through willpower. When you “walk by the Spirit” (Galatians 5:16, 25), you are yielding to the Spirit’s work rather than striving in the flesh. Human strategies for calm are temporary; the Spirit’s peace is rooted in a daily relationship with God (Romans 8:6; John 14:26–27).
- 2. In what area of your life is peace hardest to find right now, and what does that reveal about where your trust is placed?** *Possible Answer:* Areas of anxiety often expose where we are trusting in ourselves, our circumstances, or other people rather than God. The Holy Spirit uses these moments to invite you into deeper dependence on Christ. Prayerfully identify the fear beneath the anxiety and bring it honestly before God (Psalm 56:3; 1 Peter 5:7).
- 3. Is there an unresolved conflict with another person that the Holy Spirit may be prompting you to pursue peace in? What is one step you could take this week?** *Possible Answer:* Peace as a fruit of the Spirit spills outward into relationships. The Spirit convicts and empowers us to seek reconciliation, not to win arguments or preserve pride, but out of love. Consider initiating a conversation, offering forgiveness, or asking for it (Matthew 5:9; Matthew 18:15; Romans 12:18).
- 4. How might intentionally meditating on Scripture and prayer this week help the Holy Spirit grow deeper peace in your heart?** *Possible Answer:* God’s peace is not passive; it is cultivated through spiritual disciplines that keep your mind set on Him (Isaiah 26:3). As you read Scripture, the Holy Spirit illuminates truth that drives out fear. As you pray, you release burdens to God. Both create the conditions in which the Spirit’s peace flourishes (Philippians 4:6–9; Colossians 3:16).

GOSPEL CONNECTION

For those who do not yet know Jesus: the restlessness you feel is a signal. Sin has broken your peace with God, but Jesus Christ, the Prince of Peace (Isaiah 9:6), bore your sin on the cross and rose again so you could be made right with God. Repent, believe in Him, and the Holy Spirit will give you a peace the world cannot offer or take away (2 Corinthians 6:2).

For those who follow Jesus: the invitation is equally urgent. If anxiety or strife has crept in, you may be walking in the flesh rather than with the Spirit. Return to the cross, confess where you have sought peace in lesser things, and ask the Holy Spirit to restore and steady your heart. His peace is yours in Christ (1 John 1:9).

DAILY DEVOTIONS

MONDAY — Peace with God

Key Verse: “Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.” (Rom. 5:1)

Reflection: All lasting peace begins at the cross, where Jesus removed the enmity between you and God. You are no longer under condemnation; you have been declared righteous through faith in Christ. The Holy Spirit seals and confirms this peace in your heart as a present; this is your reality! You will never stand before God condemned...Thank You Jesus!

Application: Do you live each day as someone who is truly at peace with God, or do you still relate to Him as though you must earn His favor? *Possible Answer:* If you are in Christ, your standing before God is settled, not by your performance but by His grace. Ask the Holy Spirit to make Romans 5:1 feel as true in your heart as it is in Scripture.

Prayer: Father, thank You that through Jesus I am no longer Your enemy but Your child. Help me to rest today in the peace Jesus has purchased for me. Let Your Holy Spirit quiet every doubt and remind me that my standing is secure, in Jesus' Name, Amen.

TUESDAY — Peace That Guards

Key Verse: “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6–7)

Reflection: Anxiety is a signal that you are carrying something God has called you to release. When you bring your burdens to Him in prayer with a grateful heart, the Holy Spirit responds with a peace that does not make sense by worldly standards.

Application: What worry are you holding onto today that God is inviting you to surrender in prayer? *Possible Answer:* Name the specific fear honestly before God. Thanksgiving is the key that unlocks this peace, so begin by reminding yourself what He has already done and thank Him for it. Trust that the Holy Spirit will replace the anxiety with a calm that only He can give.

Prayer: Lord, I confess I have been carrying burdens You never asked me to carry alone. I bring them to You now with a grateful heart. Send Your Holy Spirit to guard my mind with a peace I cannot manufacture on my own, in Jesus' Name, Amen.

WEDNESDAY — Peace Through a Fixed Mind

Key Verse: “You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” (Isaiah 26:3)

Reflection: Your thought life is the battlefield where peace is either won or lost each day. The Holy Spirit's work of renewing your mind (Romans 12:2) means that as you meditate on Scripture and fix your thoughts on God, He produces a growing, steady peace within you. Peace and trust are inseparable, where trust grows, peace follows.

Application: What are you most consistently thinking about throughout your day, and how is it shaping the level of peace you experience? *Possible Answer:* Identify one or two recurring anxious thoughts and replace them this week with a specific Scripture promise. The Holy Spirit uses the Word to anchor your mind and cultivate the peace God promises.

Prayer: Father, forgive me for the time I spend dwelling on fears instead of Your faithfulness. Renew my mind by Your Spirit and Your Word. Teach me to fix my thoughts on You so that Your perfect peace is part of my life today, in Jesus' Name, Amen.

THURSDAY — Peace in Relationships

Key Verse: “Let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.” (Col. 3:15)

Reflection: The peace the Holy Spirit grows in you is never meant to stay private; it is meant to overflow into how you treat the people around you. You are called to be a peacemaker, not because conflict is easy to navigate. Letting that peace “rule” means allowing it to be the deciding vote in how you respond to others rather than fear, anger, unfairness, public opinion, etc.

Application: Is there a relationship in your life right now where you are choosing pride or avoidance over pursuing peace? *Possible Answer:* The Holy Spirit convicts and empowers; He will not ask you to pursue reconciliation without equipping you for it. Take one concrete step toward that person this week, trusting that the Holy Spirit who is peace will guide each word and action.

Prayer: Jesus, You are the Prince of Peace and You have called me to reflect You in my relationships. Where I have chosen pride over peace, forgive me. Give me the humility and courage Your Holy Spirit provides to pursue reconciliation. Let Your peace rule in my heart and in my home, in Your Holy Name, Amen.

FRIDAY — Peace as a Witness

Key Verse: “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.” (John 14:27)

Reflection: The peace Jesus gives is categorically different from anything the world can offer; it holds steady under pressure, grief, and uncertainty, and that difference is visible to others. When the Holy Spirit produces this supernatural calm in you during hard seasons, it becomes a living testimony to the reality of Christ. Your peace is not just a personal blessing; it is a proclamation of the gospel.

Application: How might the peace the Holy Spirit has given you serve as a witness to someone in your life who is anxious or searching? *Possible Answer:* Ask the Holy Spirit to make you aware of moments this week when your calm in difficulty might open a door for gospel conversation. Be ready to point beyond your own peace to its source; a risen Savior who has overcome the world (John 16:33).

Prayer: Lord God, thank You for a peace that the world did not give and cannot take away. Let my life be marked by it in a way that draws others to You. Fill me with Your Spirit this week so that Your peace in me becomes a signpost to Your grace, in Jesus' Name, Amen.

Sources : Ferguson, Sinclair B. The Holy Spirit; MacArthur, John. The MacArthur New Testament Commentary: Galatians; Moo, Douglas J. Galatians. Baker Exegetical Commentary on the New Testament; Stott, John R.W. The Message of Galatians. The Bible Speaks Today.