



FRUIT(FULL) Peace

#npfruitfull

Week 4
4 of 10

May 2, 2021

Bottom Line: You can be at peace when you know that God is directing your life.

Icebreaker: Where is the most peaceful place in the world to you? Where is the place in your home where you find the most peace? What makes it that way?

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 heart be troubled, neither let it be afraid.* John 14:27 NKJV

We live in a very tense, uptight world, which has been called the “Age of Anxiety.” We all face situations that make us irritable, tense, and rob us of our peace of mind, even harming our health. Three things that most often rob us of our peace are circumstances that are uncontrollable, people who are unchangeable, and problems that are unexplainable. Finding peace is one of our deepest needs. But God has promised peace. So why don’t we always have it? We look for peace like it is a place. But peace is not a place you can go. It is a gift you must receive. Accepting God’s peace doesn’t mean your life will be problem-free. It means that even when your world seems to be falling apart, you will be able to think clearly and sleep peacefully. The peace Jesus gives is not the absence of conflict. It is not about “peaceful circumstances.” Rather, it is about a Spirit-empowered inner peace, a condition of heart and mind, that gives us deep calm and exceptional clarity of vision, allowing us to see and respond effectively to people and situations. It is about God giving us courage and calm in the midst of whatever circumstances we face. Scripture speaks of two kinds of peace: **Positional peace:** *It is objective, a matter of fact.* It has to do with our standing before God. “*God ... sent Christ to make peace between himself and us*” (2 Corinthians 5:18a CEV). **Practical peace:** *Practical Peace is more subjective.* This has to do with how we apply the reality of that peace to the circumstances and situations we face in life. Guilt is the number one destroyer of peace for most people. The only way to have peace of mind is to have a clear conscience, and only God can give that. Those who trust Christ are redeemed, our sins are forgiven, and we have peace with God. Once we are saved and our position with God is secure, life becomes a matter of how we apply that peace to the stuff we deal with every day. To experience the power and peace of the Spirit, you must walk in the Spirit every day. The sin nature and the Spirit are both within you, and they are constantly competing for your attention, your choices, and your behavior. One brings life, and the other results in death. **How do I choose to walk in the Spirit?**

- 1) **Choose to obey God’s principles.** Walking in harmony with them brings peace.
- 2) **Focus on God’s presence.** What I focus on determines what I think. What I think determines my feelings. My feelings determine my behavior.
- 3) **Surrender your anxiety.**
- 4) **Trust God’s purpose.** We are all seeking peace, but Jesus has already offered it to us as a free gift. Accept your gift and live in peace.

THINK IT OVER >>>

What was the most significant part of Sunday’s message to you?

Most of the tension we experience is the result of unresolved conflict. Give an example.

The quickest way to lose your cool is to try to change someone else. Agree or disagree? Why?

Some people try to handle the issues of life by doing their best to manufacture counterfeit peace. Share some examples.

God’s peace is about fulfillment. It is the healing of wounds and the restoration of what is broken. How have you experienced that?

When we receive Christ as Savior and we receive forgiveness, we have POSITIONAL peace—we are right with God. PRACTICAL peace is applying that peace to our daily life. It changes the way we respond. How have you experienced practical peace this week?

LOOK IT OVER <<<

To experience peace we must walk in the Spirit. This is a spiritual battle. We are in a daily competition against the desires and impulses of our old nature, and we have been given the Holy Spirit to “put to death” the old nature. For this to happen in your life, you must be a fierce competitor who chooses the Spirit and says no to the desires of the sin nature. How are you currently finding the ability to do that?

The practical steps to walking in the Spirit start with choosing to obey God’s principles. How do you become aware when you are out of step or harmony with God’s way?

To walk in the Spirit, you must focus on God’s presence. What practical things help you do that?

You must also trust God’s purpose. Trusting involves surrendering your anxiety. Being still is a significant part of positioning yourself to receive God’s peace. How can you do that regularly?

NEXT STEPS

1. Is there any unresolved guilt between you and God? Have a peace talk with Him. Ask for forgiveness and receive His peace.
2. Are you ignoring any of God's principles? Honestly evaluate and handle any areas that are out of line.
3. Give yourself a daily time to "be still and know." Surrender your anxiety.

EVALUATION/ACTION

Realizing and reaching your full potential in Christ

Bottom Line: You can be at peace when you know that God is directing your life.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Monday: Romans 5:1

Tuesday: Philippians 4:6-7

Wednesday: 2 Thessalonians 3:16

Thursday: 1 Peter 5:6-7

Friday: Isaiah 32:17

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)