
The Fruit of Peace (Keeping Your Heart)

The Fruit of Holiness

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Sermon: The Fruit of Holiness: The Fruit of Peace (Keeping Your Heart)

New Series Messages: “The Fruit of the Holy Spirit II (Producers)”

- Galatians 5:22–23 (AV)²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, ²³ Meekness, temperance: against such there is no law.
- **What’s the purpose of each element, and how do we produce and use them?**
- Sermon: The Fruit of Love (Conquering Hate)
- Sermon: The Fruit of Joy (The Strength of Life)
 - Definition: Permanent Delight from the Lord, Independent of Life’s Chances
 - Purpose: Strengthen Us when Life would Destroy Us
 - Produce: Leaping for it during times of Trouble

Lesson Text

John 14:25–27 (AV)²⁵ **These things have I spoken unto you, being *yet* present with you. ²⁶ But the Comforter, *which is* the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. ²⁷ Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.**

Philippians 4:6–8 (AV)⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. ⁸ Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

Isaiah 26:3–4 (AV)³ Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*: because he trusteth in thee. ⁴ Trust ye in the LORD for ever: for in the LORD JEHOVAH *is* everlasting strength:

Introduction

The Fruit of the Spirit is divided into three categories:

1. Love, Joy, and Peace (Deals with our Relationship with God)
2. Longsuffering, Gentleness, and Goodness (Deals with our Relationship with Each other)
3. Faith, Meekness, and Temperance (Deals with our Relationship with Ourselves)

Let’s now look at the third element of the Fruit of the Spirit that deals with our Relationship with God: Peace.

Worry, Stress, and Depression are forms of fears in the mind that produce Anxiety Disorders. These disorders are the most common mental afflictions or illnesses in the U.S., affecting over 40 million adults in the United States.

We spend over \$200 Billion treating Anxiety; literally fueling the next deadly drug crisis.

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As Christians, we are not immune to these worries, stresses, depression, and fears; and if we don't deal with them properly, they will impact our effectiveness with our calling and with those we're called to.

Matthew 22:37 (AV)³⁷ Jesus said unto him, **Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.**

But when our heart, mind, and soul is stressed, depressed, worried and under an attack of anxiety, we can't love God with all our heart, and can't serve others with all our heart!

In the Marriage Bootcamp that Dr. Grace and I established last year, one of the key things we teach is "Self-Care"! It simply teaches, I can't take care of you if I don't first take care of me. And the only way to take care of me, is to allow God to take care of my heart and mind.

Philippians 4: 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Because our hearts and minds are constantly attacked with stress and worry, God gives us the ability to produce the Fruit of Peace from the Holy Spirit to "Keep Our Hearts And Minds".

Series and Sermon: The Fruit of Holiness: The Fruit of Peace (Keeping Your Heart)

"The Definition, Purpose, and Production of Peace"

I. The Definition of Peace

What is Peace within the Fruit of the Spirit?

John 14: 27 **Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.**

If Jesus left us with peace, why is it that so many Christians are stressed, anxious, worried, suffering from depression and anxiety? Because we are seeking the wrong type of peace.

We want to have peace with each other, peace with brothers and sisters, peace on our jobs, peace in our churches, peace in our businesses and careers, and peace with our spouses.

Matthew 10:34–36 (AV)³⁴ **Think not that I am come to send peace on earth: I came not to send peace, but a sword. 35 For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. 36 And a man's foes shall be they of his own household.**

We are looking for something God never came to give us. And so, when we don't get or find peace, we think something is wrong. But in reality, God actually may be the cause of some of our drama!

The Definition of Godly Peace is NOT Peace with your World, but Peace with Your God!

Romans 8:5–7 (AV)⁵ For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. ⁶ For to be carnally minded *is* death; but to be

spiritually minded *is* life and peace. ⁷ Because the carnal mind *is* enmity against God: for it is not subject to the law of God, neither indeed can be.

When we have peace with God, the stress, the mess, the cares of this world don't matter. They may be at war with you, but you are at peace with God; and so, the world doesn't matter.

Matthew 10:28 (AV)²⁸ **And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.**

II. The Purpose of Peace

Now that we know what peace is, and what it is not; what is its purpose?

Philippians 4: ⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Philippians 4:6 (NLT)⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Philippians 4:6 (The Message)⁶⁻⁷ Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

God knew that life would show up to bring us constant worry, constant fretting, and constant fear of what has happened, what is happening, and what will happen.

This constant worry and fretting would snatch our heart, crushing us; keeping us from loving God and serving each other with all our heart, all our soul, and all our mind.

The Purpose of God's Peace is to Keep our Hearts & Minds when Life would Destroy Them.

Philippians 4: ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

When we pray about everything, tell God what we need, and allow our praises to shape our worries into prayers; the Peace of God will overwhelm us and keep our hearts and minds.

A sense of God will overwhelm you, exceed everything you know, surpassing all your understanding; letting you know that everything will be alright!

Romans 8:28 (AV)²⁸ And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.

III. The Production of Peace

Knowing that the Peace of God is Peace with God, and that its Purpose is to Keep our Hearts and Mind beyond our understanding; How do we Produce the Peace of God?

Since Peace of God it is not world people, getting along with people will not produce it! A life without drama will not produce it! Getting along with family, friends, and loved ones will not produce it.

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Jesus didn't come to bring us world peace. As a matter of fact, some of the drama we are going through, He may be the cause of it!

Remember Jesus said in Matthew 10:34–36, “**Don't imagine that I came to bring peace to the earth! ... 'I have come to set a man against his father, a daughter against her mother, ... Your enemies will be right in your own household!'**”

We Produce Peace when we Put our Minds on God

Isaiah 26:3–4 (AV)³ Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*: because he trusteth in thee. ⁴ Trust ye in the LORD for ever: for in the LORD JEHOVAH *is* everlasting strength:

When you are worried, your mind is not on God; But when your mind **IS** on God, you will **NOT** worry! We Keep our Minds on God when we Pray, Petition, Praise, and Think about God!

Peace will keep our hearts and minds when we **PRAY** to God about everything!

Peace will keep our hearts and minds when we **PETITION** God, asking God for what we need

Peace will keep our hearts and minds when we **PRAISE** God until it destroys our worries

Finally, Peace will keep our hearts and minds when we **THINK** about God.

Philippians 4: ⁸ Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

The Prayer of Serenity (Peace) – Lord give me the Serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

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Midweek Study Lesson Plan (Sermon: The Fruit of Peace (Keeping Your Heart))

Lesson Text

- John 14:25–27, Philippians 4:6–8, Isaiah 26:3–4

Sermon Outline

I. *The Definition of Peace*

II. *The Purpose of Peace*

III. *The Production of Peace*

Questions

I. **Getting to Know “Me”**

1. You have been gifted 1 extra hour per day! What will you do with it?
2. Imagine a world filled with hatred, trouble and fear. You have been named Marvel’s newest super hero tasked with saving the world. You may select one of the following to be your super power: love, joy or peace. Which will you choose and how will you use it?

II. **Into the Bible**

1. According to John 14:27, Jesus makes a distinction between his peace and the world’s peace. By what authority is he using to make this distinction to his disciples? Use scriptural references. Why would they need to use his peace instead of the world’s peace?
2. God makes a promise of perfect peace in Isa. 26:3. Perfect peace is from the Hebrew word “shalowm”, meaning completeness, soundness, welfare, and peace. Is this a general promise or a conditional promise? Explain.

III. **Life Application**

1. Actions speak louder than words... how will you act in peace, joy, and love when,
 - i. You don’t agree with your leader’s actions regarding you,
 - ii. Your spouse makes a decision and doesn’t consult you,
 - iii. Your family treats you like an outcast, and
 - iv. Your co-worker undermines your ability and reputation? List practical courses of action.