

### For deeper reflection

1. What type of things disquiet your soul?
2. Psalm 131:1 identifies our own pride as a stealer of peace. At the very least, this looks like comparison with others.
  - How have you experienced comparison being something that stunts peace in your own life?
  - How might the gospel of Jesus shape this tendency to prideful comparison? (This may be something to discuss with a friend or in community)
3. Psalm 131:1 identifies a concern with things that are beyond us as a significant “disquieting” source in our life.
  - What type of things *that you can do nothing about* do you allow to bring distress into your life? Why do you think this is?
  - What strategies do you use to limit digital technology from flooding your world with these type of sources?
4. Do you believe God is sovereign and that he loves you fully?
  - If so, why do you lack peace? Do you forget his sovereignty? His love?
  - Take time to simply ask God to restore a clear vision of both his sovereign power and his personal love for you.

# GALATIANS 5



## THE FRUITFUL LIFE

*But the fruit of the Spirit is love, joy, **peace**, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*  
**Galatians 5:22-23**

What does real growth and change look like? The Bible describes an organic process in which the quality of Jesus' own life is cultivated, by his Spirit, in the lives of his followers. This quality of life is not a list of virtues that we accomplish but “fruit” produced in us by the Holy Spirit as we actively delight in and rest in Jesus. While this fruit has many dimensions, each dimension grows in relationship to the others to increasingly form us as a whole person.

This “fruit” is the type of life we were originally designed to live but is now produced against the backdrop of a world marred by sin. As this fruit develops, it blesses those around us and creates a community that is a glimpse of the world to come—a community filled with individuals who are both unique in themselves and being conformed to the image of Jesus.

Join us this Fall as we explore how this life of Jesus is cultivated in the life of his people and how this may lead you to a more Christlike version of yourself.

## John 14

<sup>25</sup>[Jesus said] “These things I have spoken to you while I am still with you. <sup>26</sup>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. <sup>27</sup>**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.**

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## Luke 22

<sup>39</sup>And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. <sup>40</sup>And when he came to the place, he said to them, “Pray that you may not enter into temptation.” <sup>41</sup>And he withdrew from them about a stone’s throw, and knelt down and prayed, <sup>42</sup>saying, “Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.” <sup>43</sup>And there appeared to him an angel from heaven, strengthening him. <sup>44</sup>And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground. <sup>45</sup>And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, <sup>46</sup>and he said to them, “Why are you sleeping? Rise and pray that you may not enter into temptation.”

<sup>47</sup>While he was still speaking, there came a crowd, and the man called Judas, one of the twelve, was leading them. He drew near to Jesus to kiss him, <sup>48</sup>but Jesus said to him, “Judas, would you betray the Son of Man with a kiss?”

## Romans 5

<sup>1</sup>Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ

# Peace to You

November 5, 2023 | Galatians 5:22-23 | Pastor Roger Williams

## The Holy Spirit cultivates the peace of Jesus in his people as a picture of the world to come.

### 1. Where is peace located?

*“my peace I give to you...”*

**John 16** <sup>33</sup>I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

### 2. What does peace do?

*“...not as the world gives, do I give to you...”*

**Luke 12** <sup>22</sup>And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on.... For all the nations of the world seek after these things, and your Father knows that you need them.

**Romans 14** <sup>17</sup>For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit...<sup>19</sup>So then let us pursue what makes for peace and for mutual upbuilding.

### 3. How does peace deepen?

*“...let not your hearts be troubled, neither let them be afraid...”*

#### Psalm 131

<sup>1</sup>O LORD, my heart is not lifted up;  
my eyes are not haughty;

I do not occupy myself with things  
too great and too marvelous for me.

<sup>2</sup>But I have calmed and quieted my soul,  
like a weaned child with its mother;  
like a weaned child is my soul within me.

<sup>3</sup>O Israel, hope in the LORD  
from this time forth and forevermore.

**Philippians 4** <sup>4</sup>Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup>Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.