



SPIRITUAL GROWTH REVIEW

The Fruit of the Spirit Is...



THE SECRETS OF BEING FRUITFUL

Memory Verse for this week: *You will keep in perfect peace him whose mind is steadfast, because he trusts in You. Trust in the Lord forever, for the Lord, the Lord, is the Rock eternal.* Isaiah 26:3-4

1. How was your week? Did you find yourself growing in the fruit of the Spirit? How have you seen God at work in you as you grow in love and joy?
2. Take a look at the memory verse above. What is a good definition of peace? Does it mean that we aren't busy or stressed? Does it mean that everything in our life is going the way that we want it to?
3. Think of someone you know that you view as a peaceful person. What is it about their countenance that leads you to believe that they have peace in their hearts?
4. What does it mean to "Let go and let God"? Do we sit back and let God take care of our problems?
5. **1 Peter 5:7** says, "*Cast your cares on him because he cares for you.*" How do we sometimes cast our cares, only to reel them back in? Why do we do this?
6. Let's revisit **2 Corinthians 12:6-10**. Does peace mean trusting that God is going to fix our problems? What are we really finding peace in?

7. Consider Jesus' words in **Luke 22:42**. Peace with the Father comes when we are able to say, "Yet not as I will, but your will be done." How do we bring ourselves to deny or give up our natural desire to be in control to allow the will of God to govern our lives?
8. Is peace essentially declaring that everything is okay in our lives even when there is chaos?
9. Look at **John 14:26-27**. Jesus gives peace to us. Is peace something that can be shared or given away? Can we be ambassadors of God's peace? If so, how?
10. Read **Colossians 3:15**. What does it mean that we have been "called to peace"? Is this an internal peace or something different?
11. Look at **Romans 12:18**. How can there be peace in the church when people are all different, not to mention that we're sinful?
12. Consider **John 16:33**. Is it possible to have peace when our world is falling apart? Is this a realistic goal or are there seasons where peace is just not a possibility?
13. Read **Philippians 4:4-7**. What would you tell someone who is anxious or stressed about how to take their next step towards peace? What should they do?
14. What is one area that you struggle to trust God fully? Can you see how it robs you of peace?

For this week: When do you find it hardest to have peace? What is at the root of this problem? Take a few minutes to cast your cares upon Him. Then, take a deep breath, let go, and thank God for offering you His peace! With peace comes freedom for our heart.