

# **Bible Study Packet**

## **The Fruit of the Spirit: Peace**



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**Pastor Marlon McDuffie**  
**Lead Pastor**

**The Fruit of the Spirit**  
**Read Galatians 5:16-26**

**Peace: Overcoming Anxiety**  
**For this lesson read: Philippians 4:4-9**

1. Read Philippians 4:4-9. What key words or phrases do you notice?
2. What is the tone of the passage?
3. What elements do you notice that may be connected to possessing “the peace of God”?

4. Paul urges his readers, “Let your gentleness be evident to all” (verse 5). The word translated as gentleness (NIV) implies showing kindness even in the face of unkindness. How can a gentle response enable us to live at peace with other Christians and those who don’t know Christ?

5. According to verse 6, what is Paul’s antidote to worry and anxiety, regardless of the situation we face?

6. Why is it important to balance our prayer requests with thanksgiving?

7. It doesn't make sense to feel peaceful when facing something that normally makes us anxious. How does Paul assure us that God can calm our fears even when we can't figure out how this works? (verse 7)

8. How can focusing on what is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy help us to overcome our anxiety and feel at peace (verse 8)?

9. Why is it crucial for us to put into practice what we have learned from Paul and the rest of Scripture? (see verse 9)

10. In verse 7 Paul promised that the Philippians would experience the “peace of God” in response to their prayers and thankfulness. In verse 9 he promised that the “God of peace” will be with you them as they follow Paul’s example. How are these two promises interconnected?

11. In the Old Testament, the word often used for peace was shalom. This word indicates a wholeness or completeness versus an absence of anxiety or fear. How might shalom help us better understand the Holy Spirit’s work in filling us with peace?

### **For Further Study**

Read Matthew 6:25-34 where Jesus explains the futility of worry. How does this passage add to what you have learned in Philippians 4:4-9?

Also look at Psalm 46. What contrasts do you see between life within the city of God and the state of the world outside? (see also John 16:33)