

## Fruit of the Spirit - Peace

Acts 12: 1-10

- 1 It was about this time that King Herod arrested some who belonged to the church, intending to persecute them.
- 2 He had James, the brother of John, put to death with the sword.
- 3 When he saw that this met with approval among the Jews, he proceeded to seize Peter also. This happened during the Festival of Unleavened Bread.
- 4 After arresting him, he put him in prison, handing him over to be guarded by four squads of four soldiers each. Herod intended to bring him out for public trial after the Passover.
- 5 So Peter was kept in prison, but the church was earnestly praying to God for him.
- 6 The night before Herod was to bring him to trial, Peter was sleeping between two soldiers, bound with two chains, and sentries stood guard at the entrance.

- 7 Suddenly an angel of the Lord appeared and a light shone in the cell. He struck Peter on the side and woke him up. 'Quick, get up!' he said, and the chains fell off Peter's wrists.
- 8 Then the angel said to him, 'Put on your clothes and sandals.' And Peter did so. 'Wrap your cloak round you and follow me,' the angel told him.
- 9 Peter followed him out of the prison, but he had no idea that what the angel was doing was really happening; he thought he was seeing a vision.
- 10 They passed the first and second guards and came to the iron gate leading to the city. It opened for them by itself, and they went through it. When they had walked the length of one street, suddenly the angel left him.

## How to Get a Good Night's Sleep



Weeds to be rooted out ....

anxiety  
strife  
jealousy

## Peace – the Fruit of the Spirit

### What it isn't ...

- Peace is not merely the absence of activity
- It is not the absence of hostilities
- It is not an escape from reality

### What Peace is...

Philippians 4:7

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

Peace (the fruit of the Spirit) is a tranquillity of heart which derives from the all pervading knowledge that we are in the hands of God

### Why we don't have Peace

- The restless spirit
- Guilty conscience
- The lonely heart

### How to have Peace

Philippians 4:4-6

*Rejoice in the Lord always. I will say it again: rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

- Instead of worrying - PRAY

*Phil 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

- Instead of worrying - PRAISE

**CONCLUSION**      The peace of God that reigns in our hearts begins with peace WITH God

*Psalm 23:2-3 He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake.*

*John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

*John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.'*

*Psalm 4:8 In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.*