

The fruit of the Spirit - Peace

Galatians 5:22-23, Philippians 4:6-7

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

The fruit of the Spirit is the result of the working of the Holy Spirit in a Christian's life. The fruit of the Spirit indicates the actions or deeds of a Christian affected by the Holy Spirit.

The third fruit of the Spirit mentioned is peace.

Philippians 4:6-7 New International Version ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

What do we see when we watch the news on television? Do we hear things that make us happy? Do we see something that gives us peace?

We see people killing each other. We see people suffering from hunger. We see people fighting with each other. We see wars and violence.



There is a lot of unrest in today's world. People are anxious and scared. People are afraid they will be attacked in their homes. They are afraid their cars will be hijacked.

What is peace?

Peace can be seen as the absence of conflict.

It is when people do not fight or quarrel with each other.

It is when there is no war.

There is a great need among people for peace.

Many people do not have peace in their hearts because they are dissatisfied with what they have.



For example, people may be dissatisfied with their home, their car, and their amount of money. Many people have beautiful cars, lovely houses, and lots of money, but they still do not have peace. They are still



looking for something that will give them satisfaction.

The peace of Jesus

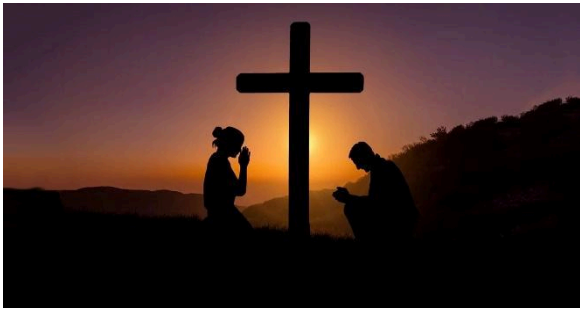
Peace is much deeper than the absence of conflict. True peace is also a feeling of inner peace. It is peace with yourself and peace with God. This true peace is an inner feeling of



contentment and happiness. We can only find this true peace with Jesus.

If we do not give our hearts to Jesus, we will never experience true peace. We will continue to seek but never experience true peace and happiness.

How can we find peace?



We can only have peace by talking to God. By praying to God. In Philippians 4: 6, we should not worry about anything but ask what we want from God through prayer and petition. We must also remember to say thank you for all we have. We must not forget that everything we have is lent to us only by the grace of God.

We can only experience true peace if we accept

Jesus as our Savior and Redeemer.

Die vrug van die gees: Vrede Galasiërs 5:22, Filippense 4:6-7AFR83

GALASIËRS 5:22 Maar die vrug wat die Gees voortbring, is: liefde, vreugde, vrede, geduld, vriendelikheid, goedheid, getrouheid,

Die vrug van die gees is die resultaat van die werking van die Heilige Gees in 'n Christen se lewe. Die vrug van die gees dui op aksies of dade van 'n Christen wat deur die Heilige Gees bewerkstellig word.

Die derde vrug van die gees wat genoem word is vrede.

FILIPPENSE 4:6-7AFR83 ⁶Moet oor niks besorg wees nie, maar maak in alles julle begeertes deur gebed en smeking en met danksegging aan God bekend. ⁷En die vrede van God wat alle verstand te bowe gaan, sal oor julle harte en gedagtes die wag hou in Christus Jesus.

Wat sien ons as ons nuus op die televisie kyk. Sien ons dinge wat ons gelukkig maak? Sien ons dinge wat vir ons vrede gee?



Ons sien mense wat mekaar doodmaak. Ons sien mense wat honger ly. Ons sien mense wat met mekaar baklei. Ons sien oorloë en geweld.



Daar is baie onrus in vandag se wêreld. Mense is angstig en bang.

Mense is bang hulle word in hulle huise aangeval. Hulle is bang hulle motors word gekaap.

Wat is vrede?

Vrede kan beskou word as die afwesigheid van konflik.

Indien mense nie met mekaar baklei of rusie maak nie.

Wanneer daar nie oorlog is nie.

Daar is 'n groot behoefte by mense vir vrede.

Baie mense het nie vrede in hulle harte nie omdat hulle ontevrede is met wat hulle het.

Mense kan byvoorbeeld ontevrede wees met hulle huis, met hulle motor, met die hoeveelheid geld wat hulle het. Daar is baie mense met pragtige motors, lieflike huise en baie geld maar hulle het nog steeds nie vrede nie. Hulle is nog steeds besig om te soek na iets wat hulle tevredenheid sal gee



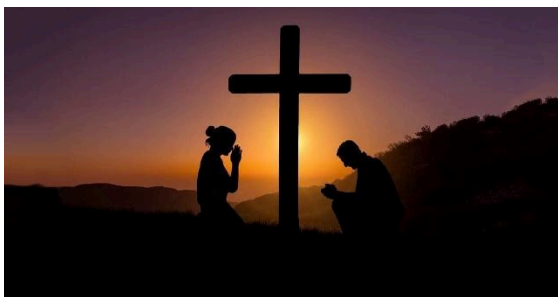
Die vrede van Jesus

Vrede is egter baie dieper as die afwesigheid van konflik. Ware vrede is ook 'n innerlike vrede. Dit is die vrede met jouself en vrede met God. Hierdie ware vrede is 'n innerlike gevoel van tevredenheid en geluk. Hierdie ware vrede kan ons net by Jesus kry.

Indien ons nie ons harte aan Jesus gee nie sal ons nooit ware vrede beleef nie. Ons sal aanhou soek maar nooit ware vrede en geluk beleef nie.



Hoe kan ons die vrede kry?



Ons kan die vrede slegs kry deur met God te praat. Deur tot God te bid. In Filippense 4:6 staan daar geskryf dat ons oor niks besorg moet wees nie, maar dat ons dit wat ons wil hê van God moet vra deur gebed en smeking. Ons moet ook onthou dat ons dankie moet sê vir alles wat ons het. Ons moet onthou dat alles wat ons het slegs deur die genade van God aan ons geleen word.

Ons kan slegs ware vrede ervaar as ons Jesus as ons Verlosser en Saligmaker aanvaar.



