

"The Fruit of the Spirit, Pt. 3 – Peace"
September 14, 2025
Central UMC – Monroe

Galatians 5:16-26 NRSVUE

¹⁶ Live by the Spirit, I say, and do not gratify the desires of the flesh. ¹⁷ For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. ¹⁸ But if you are led by the Spirit, you are not subject to the law. ¹⁹ Now the works of the flesh are obvious: fornication, impurity, licentiousness, ²⁰ idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, ²¹ envy,^[a] drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

²² By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³ gentleness, and self-control. There is no law against such things. ²⁴ And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also be guided by the Spirit. ²⁶ Let us not become conceited, competing against one another, envying one another.

One of the main concerns Paul had with church in Galatian was building unity, so that they could be effective in their ministry and witness of Jesus Christ.

We must also be unified in order to be effective in our ministry and witness of Jesus Christ.

Paul encouraged the church in Galatia to walk and live in the Spirit.

He implored them to be led by the Holy Spirit and to be in a right relationship with Jesus Christ, so that they would not fall into the trap of self-indulgence; self-gratification, and self-centeredness to the point that Christ was denied and took second place in their life.

Paul dealt with what it meant to walk and live in the flesh, as opposed to walking and living in the Spirit.

He talked about the multiple sins of the flesh.

Not just one of physical sin, but several others.

Listen to some examples:

"Now the works of the flesh are obvious: fornication, impurity, licentiousness, ²⁰ idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, ²¹ envy, ^[a] drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God."

Paul is concerned about these community-destroying behaviors and wants to focus on the peace and unity of the Galatian churches.

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The focus for Paul is about building and strengthening the Christian community, so that the community can be an effective witness in proclaiming the gospel and transforming lives and the world.

Paul then turns his attention to the fruit that is produced when Christ is truly alive in us. When the Holy Spirit is being manifested in our lives.

If you have confessed and received Christ as your personal Lord and savior,

If you have given Christ your life,

if you have a relationship with Jesus Christ,

then there ought to be some evidence of those things.

They are the fruit of the Spirit;

They are evidence of your relationship with Jesus Christ.

The third fruit that comes from walking in the Spirit is Peace.

What is peace?

Peace is calmness;

Peace is stability;

Peace is order;

Peace is not just the opposite of tension or instability or chaos or war or violence;

Put it is the presence of God's spirit; God's soothing and sweet spirit.

Peace is not simply the absence of conflict and strife, but it is total and complete well-being and wholeness that can only come from God.

Peace is the fruit of the Spirit, the result of walking in the Spirit and will come to those who are in Christ Jesus, who share his attitude, love and spirit, so that his "heart and mind," become your heart and mind.

True peace only comes from being close to Christ.

Inner peace that surpasses all understanding;

-not an intellectual pursuit, but something experienced in heart, body and soul.

Peace has the ability to guard/keep our heart and mind;

The ability to strengthen our heart;

The ability to encourage our heart;

The ability to protect our heart;

Order our mind;

Stabilize our mind;

Protect our mind; through Christ Jesus our Lord.

Peace equals and leads to 3 things:

Patience, Perseverance, and Power

1. Peace = **Patience**

Patience is the act or habit of being able to remain calm and not become annoyed when waiting for a long time or when dealing with problems or difficult people.

The act of doing something in a careful way over a long period of time without hurrying;

The act of bearing pain or trials calmly or without complaint.

You're able to be patient when you trust God's time and God's timing.

Peace = **perseverance**, which means to overcome;
to outlast our trials and tribulations.

Perseverance allows us to hang in there because we know that our change is coming.

Sickness, death, loneliness, disappointment, regardless of how drear, dire or desperate our situation is, peace through perseverance will remind us that troubles don't last always.

Finally, Peace = **power**.

The ability to control our frustrations,
control our temper,
control our anger;

control our disappointment;
control our fear;

Control our ego.

People who don't have the power through prayer to practice this power, also don't have peace.

Peace equals the power to withstand the attack of Satan, the enemy.
When God gives you peace,
God gives you holy boldness to stand in the face of evil and hold you
and keep you from all harm.

God gives you the power through peace to stand and conquer it, not
by violent and mean spirited but respond by praying for them and
loving them.

If you don't remember anything else I've said today, remember this.

Peace is a state of being;
a state of knowing believing;
and a state of affirming that, in spite of how bad things seem,
everything will be all right.

Peace is knowing that regardless of the circumstances.
God has your back.

Did you hear me?
Somebody here or worshipping online needs to hear that and be
reminded of that today.

Peace is the assertion that God is ultimately in control.
And as I've said before, God is working for your good.

Peace says in *spite* of my troubles,
in *spite* of my trials,
in spite of my tribulations,
I trust God enough to *not* be anxious and to *not* worry about the
outcome.

That's not always easy, is it?
In our humanity, our flesh, as Paul says, we desire and want a certain
amount of control, knowledge, and even fore-knowledge of how things
will turn out.

That's why peace is a fruit of the Holy Spirit because it is not about our
humanity. It is *in spite* of our humanity.

Peace is a result of **walking** in the Spirit; being **guided** by the Spirit
and **living** in the Spirit.

It is important for us in our faith-walk to submit to the
Spirit so that we can experience peace.

Then we can say,

When peace, like a river, attendeth my way,
when sorrows like sea billows roll;

whatever my lot, thou hast taught me to say,
It is well, it is well with my soul.

It is well with my soul,
it is well, it is well with my soul.

Though Satan should buffet, though trials should come,
let this blest assurance control,
that Christ has regarded my helpless estate,
and hath shed his own blood for my soul.

It is well with my soul,
it is well, it is well with my soul.