

# *Fruit of the Spirit*

## *Peace*

This week, we learn about our third fruit of the Spirit: peace. Peace can be calm, freedom from worry or anxiety, harmony in the relationships we have between us and the people we know, contentment, stillness. Maybe we find peace when we sit next to a brook on a sunny day or when we read a book in a comfy chair. But there is a peace that goes beyond any this world can give us. It's the peace we find in Jesus, in the assurance that He cares and loves us no matter what and that He has saved us.

- 1.) The children in our video told us what they thought "peace" meant. Describe "peace" in your own words.
  
- 2.) When have you felt the most at peace in your life? Was there anything special about that time?
  
- 3.) We often can find peace through prayer as Jesus tells us to "cast all our cares on Him because He cares for us!" How can we pray for peace this week? How can we pray for the peace of others?

