

Day 3: Peace

Can you tell me what two Fruit of the Spirit we have already learned?

(love, joy)

Good job! Listen closely as I read Galatians 5:22-23 again and see if you can figure out what Fruit we'll be studying today.

Today, we'll be studying Peace.

Have you ever heard the word peace before?

(answers will vary)

Well, peace can mean a lot of things to different people, but what peace really comes down to is a calm heart that doesn't stir up trouble.

Peace is a difficult fruit to remember. It's easy to want to cause trouble for someone who has caused trouble for you. If someone is being mean to you, you want to be mean back, but having peace stops you.

Jesus said, "My peace I give to you." (John 14:27) Jesus was so peaceful that even when people he knew and loved hurt Him, He didn't fight back. He knew that God would take care of Him.

That's what peace is all about... knowing that God will take care of you. You show this Peace to others by remaining calm, showing Love, and having Joy.

Do you see how the Fruit of the Spirit all work together?

Let's pray:

Dear God,

Help me to be peaceful. Help me to not cause trouble for others and stay calm even when trouble comes my way. Thank you, Jesus, for giving me peace.

Amen.

Add **Peace** to the **Fruit Basket**.

Sing the **Fruit of the Spirit** song from [Scripture Memory Songs](#).

Look for chances to add "fruit" to their chart!