

THE FRUITS OF THE HOLY SPIRIT – PEACE

Junior High Lesson July 12th



[Click on Link](#)

Main Point: God has given us the Holy Spirit to lead us to Jesus and help us live the Christian life becoming more like Him. The fruit of "peace" is an especially important fruit of the Spirit in the times like we are living in right now. Paul says this about the peace God gives us when we come to him in prayer, *"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

Overview: We live in a time where anxiety is rampant. We thought we were moving out of the COVID pandemic and now we are right back in it. Students are unsure if they will be back in traditional school this Fall, or online. Parents may have concerns about their jobs and income being affected by COVID. Fortunately we have a God who understands that this life can cause us to worry. Jesus says this about worry to his disciples in the Sermon on the Mount in Matthew 6,

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

What does Jesus teach us about worry in this passage? Why does he say that it really makes no sense to worry? What does this passage tell us about how God feels about us? How can this help you when you worry?

Other Bible Verses Worry:

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? Matt 11:28 ff.

"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 14:27

Cast all your anxiety on Jesus because he cares for you."

WHAT'S HAPPENING?

We had a joke in my family that if we didn't have anything to worry about, we would worry about that. Funny yet for all intents and purposes it was true. It was especially true on my mom's side of the family. Her father, my grandfather, had gotten in a motorcycle accident that left him physically handicapped for life. I think that experience left him to worry more about bad things happening than the average person.

He owned a cottage in Northern Michigan and all of our family on my mom's side would spend several weeks at the cottage in the summer. We went water skiing, tubing and were constantly in the boat. My grandpa would sit on his patio overlooking the lake and always watching intently making sure nothing went wrong. My uncle Bob when he was younger had one raced down the hill into the lake to rescue a kid who was drowning. My grandpa remembered that all too well and always made sure we had our life jackets on when we were in the boat or the lake.

This worrisome attitude (my family called it "concern" not "worry") lived on in my mom. She was always very worried when we went out at night and waited up for us to make sure we got home safely. Once I got hurt in a football game and every other game after that she was concerned I might get hurt. The opposite of worry is peace. Peace that comes from God's Holy Spirit. There is a decent chance your family is not altogether too different than mine. Here are some things to remember as you face worry in your life?

MAIN POINT

- 1. Worry comes from a fear that something bad might happen to us? Sometimes it is a healthy fear, but often it is something that has little to no chance of happening.**
- 2. Worry can be a sign of a lack of trust in God. Knowing that God is always with you and watches over you helps you to give our worries to him?**
- 3. When you are prompted to worry it is an excellent time to pray. Paul promises that if we offer our prayers to God with thanksgiving (for what we have) God will give us a peace which passes understanding!**
- 4. The peace Jesus gives us through the fruit of the Holy Spirit is unlike what the world calls peace. Our peace come from a person (Jesus) and is not dependent on circumstances we can't control!**

Share your highs and lows from this past week. Close in pray for each other giving God thanks for your highs and asking God to be with you in your lows.

Discussion Questions With Your Family:

Parents: Talk about how you experienced worry in your family growing up? How do you deal with worry? How does God help you?

Students: What is the biggest thing you worry about? What is the chance of it actually happening? How can you give this worry to God?

Family: Pray for each other's worries right now. Read one of the verses about worry each night at dinner time.

Join us Wednesday @ 7pm on Zoom

BIBLE STUDY, GAMES AND FRIENDS

Click Here To Join the Meeting?

<https://us02web.zoom.us/j/9829170570>



WE ARE HERE FOR YOU

Pastor Mike (818)-693-0974