

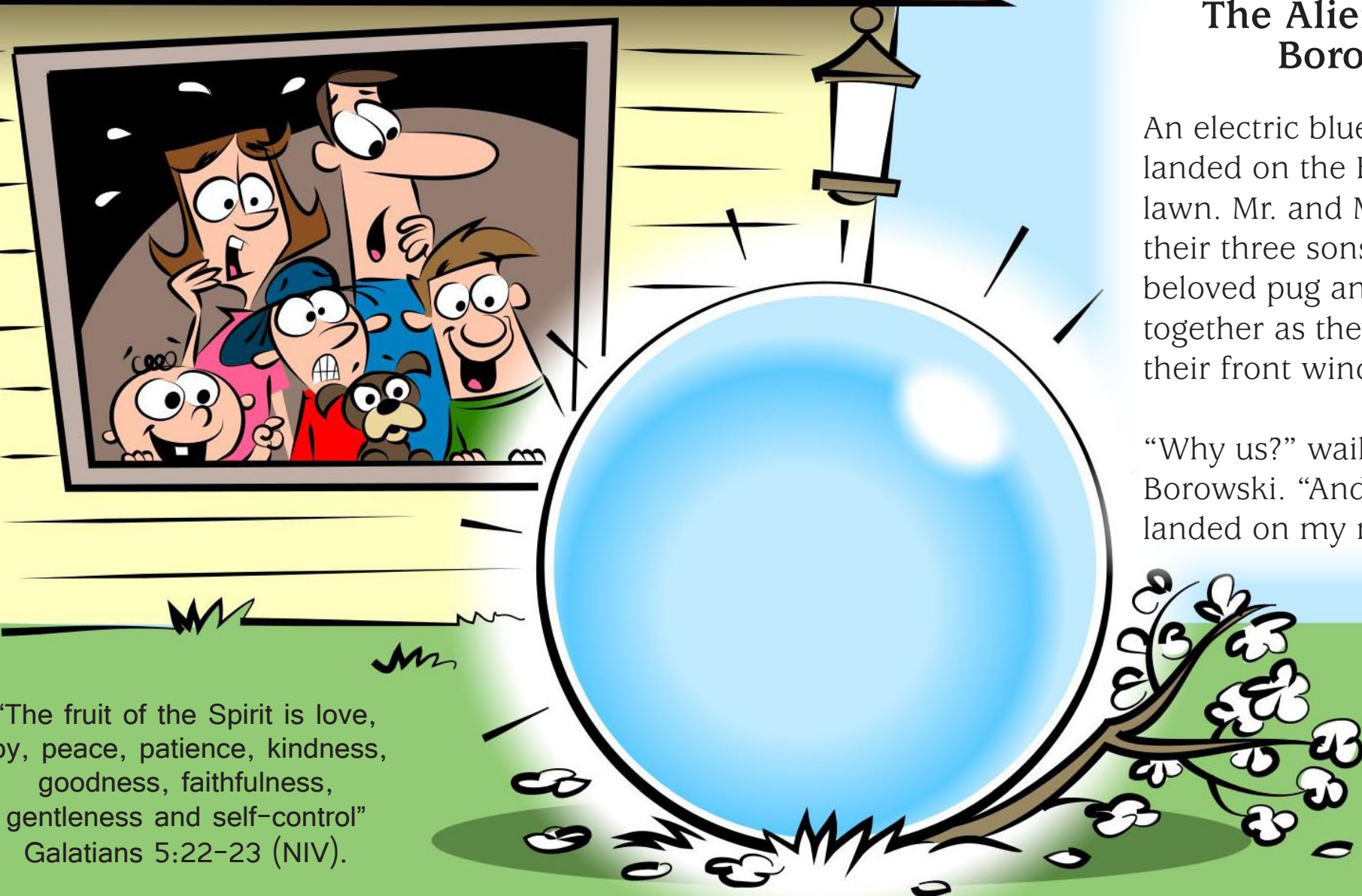
# Spirit Fruit: Peace

## The Alien and the Borowskis

An electric blue-green orb had landed on the Borowskis' front lawn. Mr. and Mrs. Borowski, their three sons, and their beloved pug anxiously huddled together as they peered out their front window.

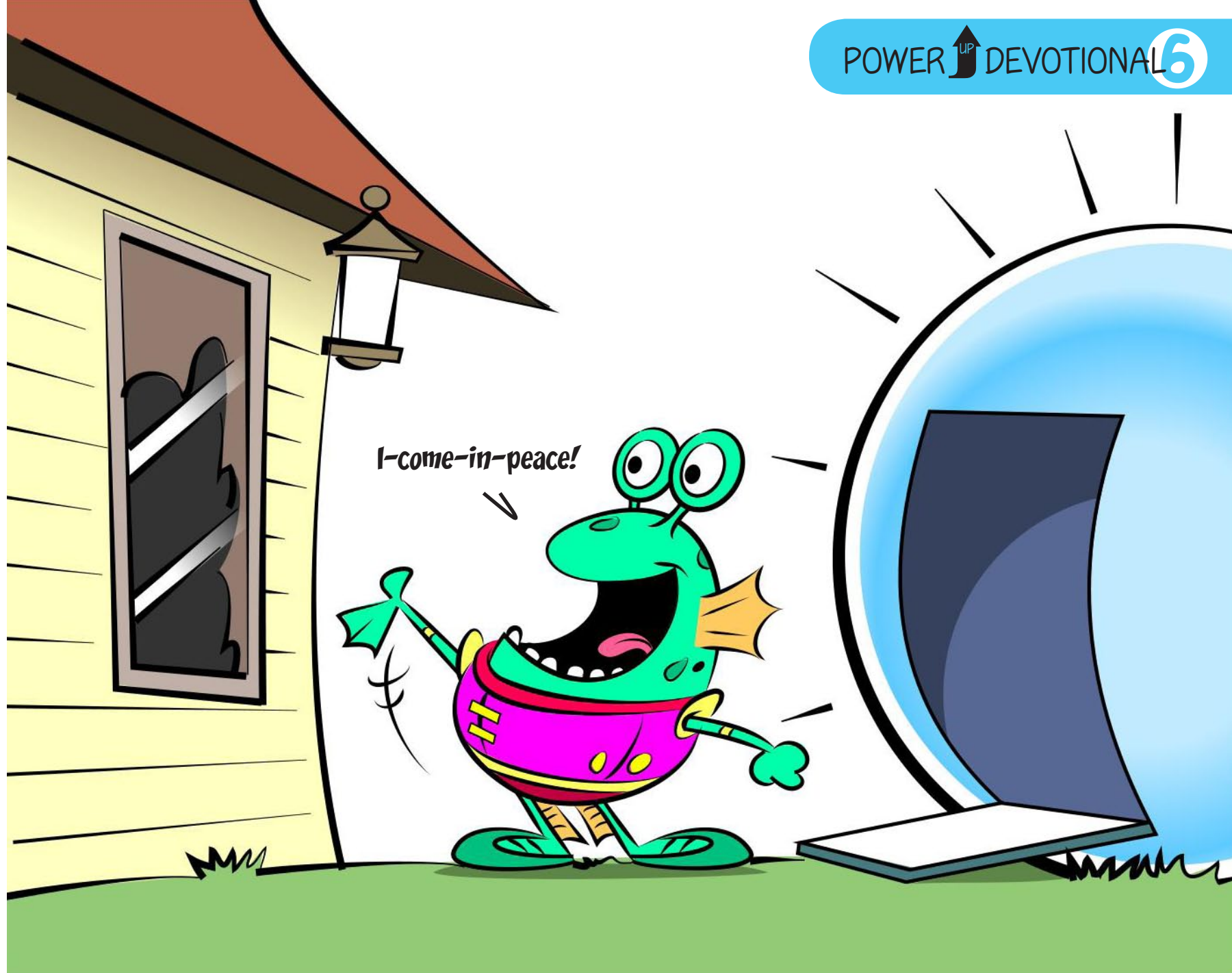
"Why us?" wailed Mrs. Borowski. "And that thing landed on my magnolias!"

"The fruit of the Spirit is love,  
joy, peace, patience, kindness,  
goodness, faithfulness,  
gentleness and self-control"  
Galatians 5:22-23 (NIV).



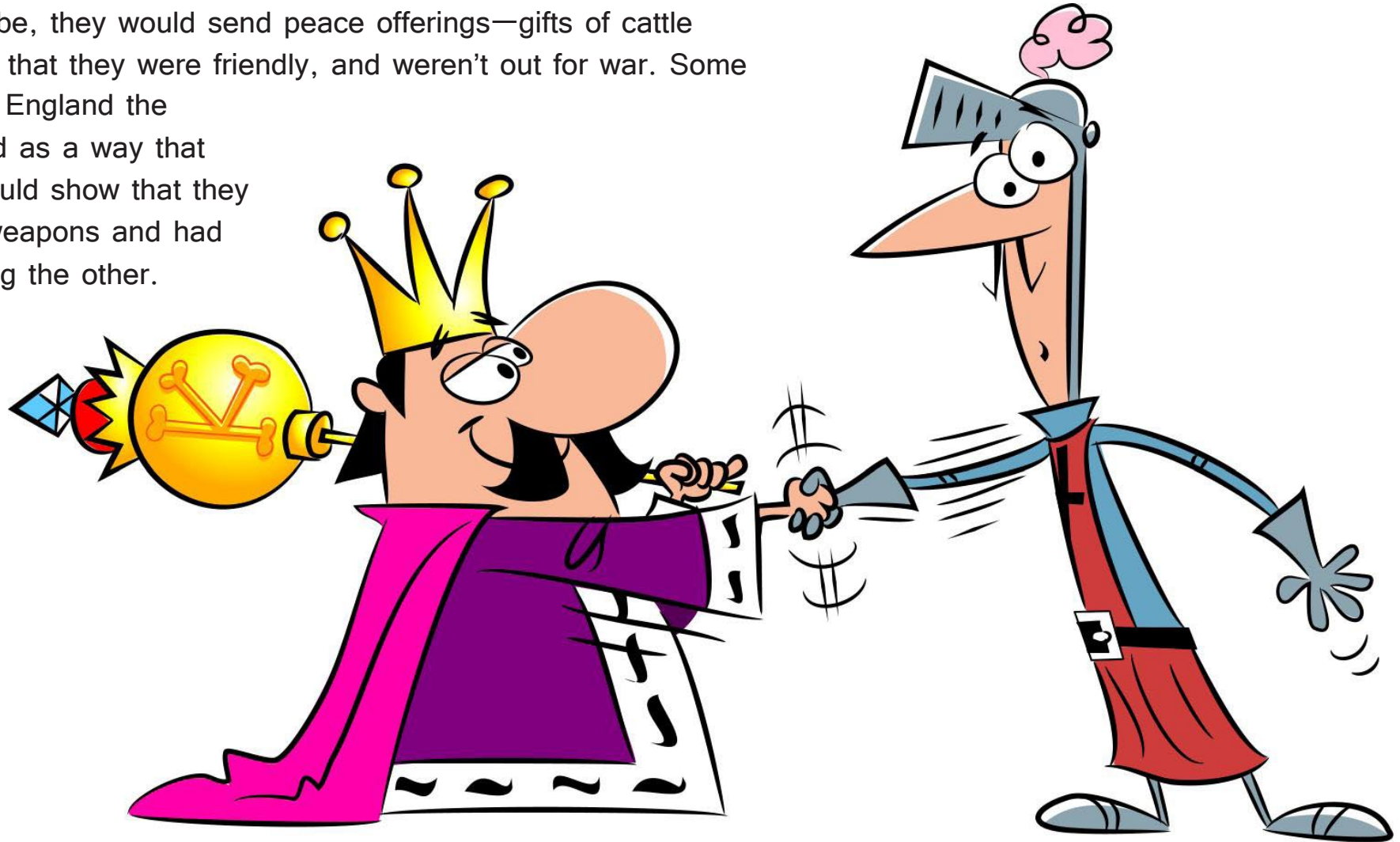
Just then a “shhphst” sound was emitted from the orb and an opening materialized. Slowly, a webbed leg appeared, and the rest of the otherworldly creature followed. With halting steps, the alien made his way toward the Borowskis’ window. Holding up his webbed fingers, he warbled, “I-come-in-peace.”

\*





Perhaps you've seen a movie or an animation with a scene similar to this one. Or maybe it was a totally different setting and story, but this same expression was used. For as long as civilizations have been in existence, mankind has used different gestures or wordings to show peaceful intentions. In Bible days, when a certain people were in the vicinity of another tribe, they would send peace offerings—gifts of cattle and sheep—to show that they were friendly, and weren't out for war. Some say that in medieval England the handshake originated as a way that kings and knights could show that they weren't concealing weapons and had no interest in harming the other.





From Bible times to the present day, peace has been a basic human desire.

Although we might not be faced with the same fears as a knight may have had during the Middle Ages, or as the Borowskis had when faced with an alien on their lawn, still, none of us like being afraid, worried, or fearful. We want to be assured of having peace, and while we might not get a handshake or an “I-come-in-peace” greeting from our worst fears, we have something better than that.

**In the Gospel of Mark, Mark recounts the following story.**

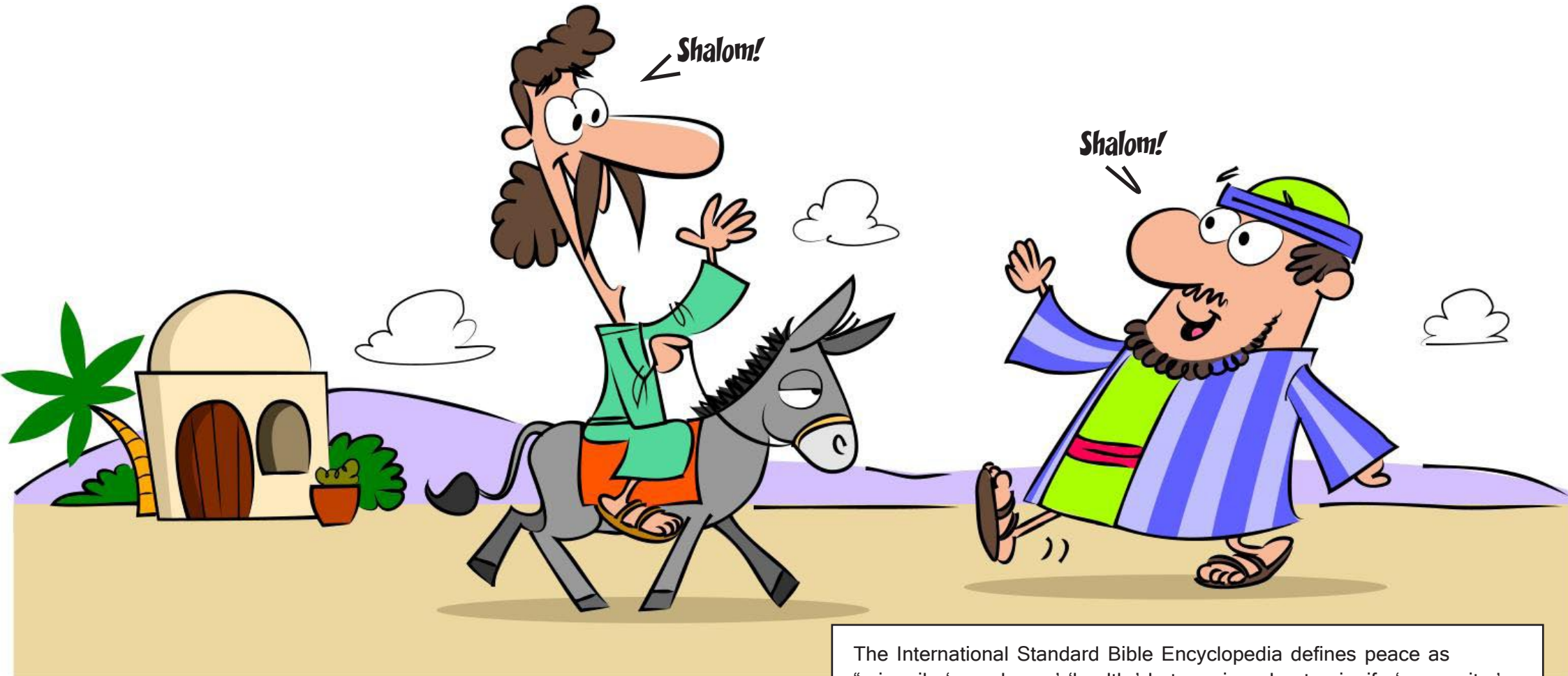
One day Jesus and His disciples were in a boat crossing the Sea of Galilee. Suddenly a storm arose, and the disciples began to fear for their lives. The storm was so bad that Mark says the disciples thought they were going to drown. Jesus remained sleeping, however, and so the disciples decided to wake Him up. When Jesus awoke, He rebuked the weather and said, “Peace, be still!” And the wind and the waves obeyed Him. Jesus turns to His disciples and says, “Why are you so fearful? How is it that you have no faith?” (Mark 4:40 NKJV).



You see, the disciples shouldn't have had reason to fear. They were with Jesus. Just as Jesus calmed the troubled sea for His disciples, He can calm the worries and fears that we are faced with. He is also in control of the circumstances!



The Hebrew word used in the Old Testament for “peace” is “shalom.” *Shalom* was a blessing that people would say as a greeting during Bible times. The peace that was being described in the word “shalom” wasn’t just an absence of war or conflict; it was a state of wholeness and prosperity that they were wishing for their friends and neighbors.



The International Standard Bible Encyclopedia defines peace as “primarily ‘soundness,’ ‘health,’ but coming also to signify ‘prosperity,’ well-being in general, all good in relation to both man and God.”  
(<http://www.internationalstandardbible.com/P/peace.html>, accessed April 1, 2011)



**Our strength**



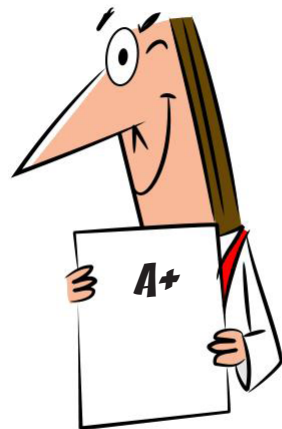
**Our refuge**



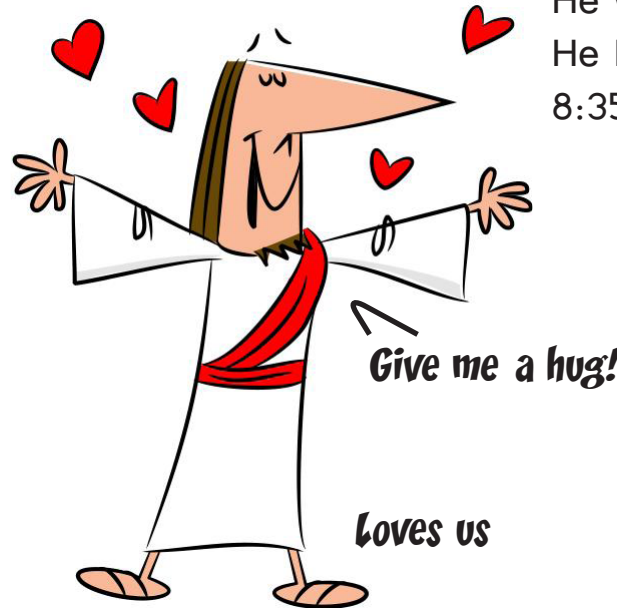
**Our joy**



**Supplies**



**Will not fail us**



**Loves us**

**Peace is a result or fruit of Jesus' Spirit in our lives.** Jesus gives us soundness, well-being, and prosperity because of Who He is, and all that He does for us:

He is our strength. (Psalm 28:8)  
 He is our refuge. (Psalm 46:1-3, 5)  
 He is our reason for joy. (Acts 2:28)  
 He supplies for us. (Philippians 4:19)  
 He will not fail us. (Deuteronomy 31:6)  
 He loves us. (1 John 3:1a, Romans 8:35, John 3:16)

**When you are worried—whether about making new friends, acing an upcoming exam, or making the lacrosse team—you aren't experiencing the peace that Jesus gives.** Jesus promised, "Peace I leave with you; My peace I give you. I do not give to you as the world gives" (John 14:27). Jesus knew that lasting well-being, soundness, and prosperity—all those meanings of the word peace—could only be found in Him.

Whenever you begin to feel worried or afraid, take time to think on Jesus and His many promises in order to find calm and peace. Isaiah explained this spiritual principle when he said about God, "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!" (Isaiah 26:3 NLT).

Another way to enjoy the peace that Jesus gives is to read God's Word so that your faith can grow. The more of God's promises that you know, the more you will be sure of the peace (soundness, well-being, prosperity) that is yours through Jesus. He said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world" (John 16:33 NIV).





**Bite-sized:** Jesus gives us peace—well-being and prosperity—that can only be found in Him.



**Memorize it:**

- I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. (John 16:33 NIV)
- You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! (Isaiah 26:3 NLT)

**Action:** Write out your favorite verses that appear in this article on small cards. Keep these cards close by so that you can commit them to memory.

When doing something new, or when faced with a situation where you are feeling insecure, pull out your memory cards and keep your mind focused on God's promises.

**S&S link:** Christian Life and Faith: Biblical and Christian Foundation: The Fruits of the Spirit-2b

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