

Mom2Mom 1.10.24
The Fruit of the Spirit
Peace and Patience TEACHING
TEACHER Notes

((Teacher, please prepare for this class by rereading Chapter 6-7 of the book "The Fruitful Life" by Jerry Bridges. This will allow you to elaborate on points of the lesson below as you are led by the Holy Spirit.))

I. **((click)) Peace – Meaning of Peace – (10 minutes)**

Meaning of Peace – What it is

The Greek word which has been translated "peace" in Gal 5:22 is the word "Eirene." **The most direct translation of this word is "wholeness that comes when all essential parts are joined together; peace."** {The Strong's Exhaustive Concordance translates the word to mean "**one, peace, quietness, rest, peace of mind**"¹} The Old Testament word for peace is often "Shalom."

Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Here "perfect peace" is actually "*shalom shalom*" indicating both that wholeness and absence of conflict. Notice the mind that is "steadfast" – that sounds a lot like the patience we will discuss in a few minutes.

Words translated as "peace" have been used in biblical passages that speak of armistice and national tranquility, harmony between individuals, the security and safety when you are free from danger, and the Messiah's way that leads to peace that comes from salvation. When Christians think of peace, often it is conveyed as "*the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatever sort it is. It is used of those who, assured of salvation, tranquilly await the return of Christ and the transformation of all things which will accompany that event.*"² (Romans 8:6; 2 Peter 3:14; Romans 15:13; John 16:33)

II. **((click)) Peace – How we experience it**

It is important to understand that the Holy Spirit working in us produces one *singular* kind of peace and that peace is applied or seen in several different contexts.

A. **((click)) Peace With God**

All peace begins because we have peace with God through faith in Jesus. **Without peace with God, we are unable to experience true peace in any other context.**

Before our relationship with God began, we were characterized by alienation and enmity.

Col 1:21 Once you were alienated from God and were enemies in your minds because of your evil behavior.

Our rebelliousness against Him and his directives resulted in wrath against us.

Isaiah 57:20-21 ²⁰ *But the wicked are like the tossing sea, which cannot rest, whose waves cast up mire and mud.* ²¹ *"There is no peace," says my God, "for the wicked. (NIV)*

¹ Strong's Exhaustive Concordance

² Thayer's Greek Lexicon as quoted on <http://biblehub.com/greek/1515.htm>

Rom 8:7-8 The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God.

Just a few verses before our key verse of Gal. 5:22, Paul says in verse 17,
Gal. 5:17 The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions. (NLT)

Rom 8:6 tells us that before salvation, our minds are set on death, **but** the mind set on the Spirit is life **and peace** because--as Rom. 5:1 tells us--*having been justified by faith, we have **peace with God through our Lord Jesus Christ,***

There are many, many places that speak of our God of peace, the peace of God, peace from God through the gospel of peace. See a sampling of those verses in your notes.

Eph 6:15, John 14:27, Luke 24:36, John 20:19, Rom. 16:20, Phil 4:6-9, 2 Thess 3:16, Heb 12:11

B. ((click)) Peace With Self

Because we are at peace with God, experiencing oneness with him and wholeness because of him, we can be at peace within ourselves. **If Jesus is able to take care of our very greatest need, salvation, then we can trust him to take care of our smaller, daily needs.** Often we are troubled by the daily stresses of living in a fallen world, so we respond with emotions like we discussed last year--worry, fear, anger, bitterness, self-pity, despair, and depression. Jesus spoke the truth that his followers would have tribulations in the world, but He also promised to overcome the world. All things are subject to Him and his rule.

John 16:33 These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.

Eph 1:22 And He put all things in subjection under His feet, and gave Him as head over all things to the church,

We can be at peace and live triumphantly because God is our refuge.

Phil 4:7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

I Cor 10:13 No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

It is important to remember that God does not promise deliverance from our trials. Rather, he promises that he will enable us to endure them, and he will redeem them to help us to be completed and lacking in nothing. This quality of peace will also really help us understand applications of the patience that we will also be looking at in this lesson.

Rom 8:28-29 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. ²⁹For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren;

James 1:2-4 Consider it all joy, my brethren, when you encounter various trials,³ knowing that the testing of your faith produces endurance. ⁴And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

1 Thess 5:23 Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.

Heb 13:20-21 Now the God of peace, who brought up from the dead the great Shepherd of the sheep through the blood of the eternal covenant, even Jesus our Lord, ²¹equip you in every good thing to do His will, working in us that which is pleasing in His sight, through Jesus Christ, to whom be the glory forever and ever. Amen.

C. **((click))** Peace With Others

As the peace of God rules in our hearts, all of our human relationships will be affected. Because of our union with Christ at salvation which resulted in wholeness for our souls, we are able to experience practical applications of that union or wholeness as we relate to others. Our human relationships are parallels of our relationship with Christ. **Because we have peace with God, we are able to have peace with others.**

As we participate with the Holy Spirit working to produce His fruit in our lives, we see many instructions in the Scriptures to **do whatever we can to pursue peace with others.** (Mt 5:9, Rom 12:18) Our goals of having a good, happy life are also dependent upon us pursuing peace with others. (1 Pet 3:1-11) **Especially when it comes to our relationships with other believers, we should be very focused on peace with others which produces unity, since we are all members of one body in Christ.** (Col. 3:15, Rom 12:5, 14:19)

Matthew 5:9 Blessed are the peacemakers, for they shall be called sons of God.

Romans 12:18 If possible, so far as it depends on you, be at peace with all men.

1 Peter 3:10-11 (cf. Psalm 34:12-14) "THE ONE WHO DESIRES LIFE, TO LOVE AND SEE GOOD DAYS, MUST KEEP HIS TONGUE FROM EVIL AND HIS LIPS FROM SPEAKING DECEIT. ¹¹ "HE MUST TURN AWAY FROM EVIL AND DO GOOD; HE MUST SEEK PEACE AND PURSUE IT."

Col 3:15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.

Rom 12:5 so we, who are many, are one body in Christ, and individually members one of another.

Rom 14:19 So then we pursue the things which make for peace and the building up of one another.

The peace we seek with others is not "sweeping it under the rug." We are commanded to take initiative even if it means giving up our rights to our own sense of justice or seeking revenge. God says that being at peace with others is so important we should interrupt our worship to take care of problems.

Matt 5:23-24 Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, ²⁴leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering.

The Bible does indicate that **there may be times that we have done everything we can to pursue peace** with others but, for some reason, accomplishing peace is not possible. We need to make sure that we are seeking pastoral counsel in situations like that, so that we can get unbiased, biblical help so you can honestly give a good account to God for your life.

Rom 12:18 If possible, so far as it depends on you, be at peace with all men.

II Cor 5:9-10 Therefore we also have as our ambition, whether at home or absent, to be pleasing to Him. ¹⁰For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.

2 Peter 3:14 Therefore, beloved, since you look for these things, be diligent to be found by Him in peace, spotless and blameless,

III. **Patience** - Meaning of Patience - (10 minutes)

Meaning of Patience – “What” it is

The word “patience” is the translation of several different original language words. Our overall understanding of the concept of patience can be expanded by learning about these original words and their meanings.

In the *Fruitful Life*, Jerry Bridges helps us with these descriptions:

1. **Long Suffering** – enduring abuse; “the ability to suffer a long time under the mistreatment of others without growing resentful or bitter”³
2. **Forbearance** – to put up with or to graciously tolerate one’s faults⁴
3. **Endurance** – the ability to stand up under adversity⁵
4. **Perseverance** – the ability to progress in spite of adversity⁶

IV. **Patience** – “When” it is

*Col 3:12-13 Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and **patience**. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

A. **Suffering Mistreatment**

From small instances of sarcasm to purposeful and malicious wrongs, every day we are asked to live with the actions of others against us. **Long-suffering is the biblical quality of being able to live with those abuses without growing bitter or resentful.** The instances can be relatively small and easy to handle, or they can be life altering.

Jesus handled people insulting and abusing him by entrusting himself to God who is the only one capable of judging justly. (1 Pet 2:23) We are never to take vengeance ourselves, but to leave room for the wrath of God to be displayed against our abusers. (Rom 12:19) God’s wrath against those who abuse his children will happen in his time and in his way, and it will always be the perfect amount of punishment for the crime.

Disclaimer: (teachers, you must read this paragraph word for word) If you are being abused it is right and biblical to get away from that violent situation and immediately seek safety and counsel. You should get all

³ *The Fruitful Life*, by Jerry Bridges. Quote from page 104

⁴ *The Fruitful Life*, by Jerry Bridges. Summarized from page 109

⁵ *The Fruitful Life*, by Jerry Bridges. Quote from page 113

⁶ *The Fruitful Life*, by Jerry Bridges. Quote from page 113

authorities involved if you are being hurt or if violence is happening against you. Patience in this situation would mean allowing God to work out this dangerous situation in the way he decides, using his righteousness as a guide, and relying on the help of the authorities he placed in your life to praise right and punish wrong.

1 Peter 2:23 and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting Himself to Him who judges righteously;

Rom 12:19 Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, "Vengeance is Mine, I will repay," says the Lord.

Knowing that God will deal with sin, we commit ourselves to a faithful God and continue to do good when suffering the mistreatment of others. (1 Pet 4:19) Psalm 37 describes that God is working on the behalf of his children all of the time, faithfully fulfilling his promises to us even while we suffer. It is crucial while suffering to be able to see that God is sometimes accomplishing bigger purposes through the evil against us, both in the world and in our lives. (Gen 50:20)

1 Peter 4:19 Therefore, those also who suffer according to the will of God shall entrust their souls to a faithful Creator in doing what is right.

Gen 50:20 As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.

B. [\(\(click\)\)](#) Responding to Provocation

Sometimes the people around us do things to deliberately make us angry. When we're suffering the mistreatment of others often we cannot do anything about it, but **when we are provoked to anger, it usually presents the opportunity to retaliate or punish the person provoking us.**

God himself was our example to know how to deal with people who provoke us. Humans are constantly rebelling against God's authority and show contempt for his Word. **Yet the Scriptures tell us that God is slow to anger and quick to forgive sins, even the sins of rebellion.**

Exodus 34:6-7 Then the Lord passed by in front of him and proclaimed, "The Lord, the Lord God, compassionate and gracious, slow to anger, and abounding in lovingkindness and truth; ⁷who keeps lovingkindness for thousands, who forgives iniquity, transgression and sin; yet He will by no means leave the guilty unpunished, visiting the iniquity of fathers on the children and on the grandchildren to the third and fourth generations."

Developing the godly quality of being "slow to become angry" will help us to handle direct provocations. Recall that **1 Cor 13, the chapter on love, describes that real love is not easily provoked.**

1 Cor 13:4-7 Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, ⁵does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, ⁶does not rejoice in unrighteousness, but rejoices with the truth; ⁷bears all things, believes all things, hopes all things, endures all things.

C. [\(\(click\)\)](#) Tolerating Shortcomings

Most often we are asked to practice patience when dealing with the idiosyncrasies of those around us. Those little shortcomings, failures, weaknesses, or awkwardness of others that we must tolerate on a daily basis can

provoke us to anger more often than the infrequent abuses of others. **This reveals our proud hearts and judgmental hatred instead of love.**

Scripture calls us to “cover” a multitude of sins with godly forgiveness and promote unity, patience, and love when being irritated by others. *Humility* of mind will empower us to tolerate the shortcomings of others that might otherwise tend to make us irritated and instantly explosive or unwilling to forgive.

Eph 4:2-3 with all humility and gentleness, with patience, showing tolerance for one another in love, ³being diligent to preserve the unity of the Spirit in the bond of peace.

1 Peter 4:8 Above all, keep fervent in your love for one another, because love covers a multitude of sins.

*1 Cor 13:4-7 Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, ⁵does not act unbecomingly; it does not seek its own, is not provoked, **does not take into account a wrong suffered,** ⁶does not rejoice in unrighteousness, but rejoices with the truth; ⁷bears all things, believes all things, hopes all things, **endures all things.***

As we must be patient with the irritating actions of other, God is providing an opportunity to see and deal with our own sinful hearts. Even if we must address sinful actions, Matthew 7 describes taking care of the log in our own eye *before* the speck in someone else’s.

Matthew 7:1-5 “Do not judge so that you will not be judged. ² For in the way you judge, you will be judged; and by your standard of measure, it will be measured to you. ³ Why do you look at the speck that is in your brother’s eye, but do not notice the log that is in your own eye? ⁴ Or how can you say to your brother, ‘Let me take the speck out of your eye,’ and behold, the log is in your own eye? ⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

D. **(click)** Waiting on God

We are many times tempted to be impatient when we long for God to move in a certain way, but we are instead made to wait with prayers unanswered in the way we would like, or think is best.

Psalm 40:1-2 I waited patiently for the Lord; And He inclined to me and heard my cry. ²He brought me up out of the pit of destruction, out of the miry clay, And He set my feet upon a rock making my footsteps firm.

Psalm 37:7 Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes

In Scripture we can see excellent examples of godly people who waited their entire lifetimes to see the fulfillment of God’s promises, but they died without ever seeing the fulfillment.

Heb 6:12 We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.

Learning to have an eternal perspective will help us to see that our earthly understanding of patience is nothing compared to God’s eternal plans.

E. **(click)** Persevering Through Adversity

The Scriptures are filled with examples of godly men and women who persevered despite deep adversity **throughout their whole lifetimes.** Many patriarchs and prophets endured difficult circumstances, but they allowed those circumstances to result in increased love for God instead of allowing them to destroy their lives.

Rom 15:4 For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.

Understanding the godly hope we have in Scripture allows us to have hope in our daily lives, despite trying circumstances and stress. Having faith that God will fulfill his promises gives us strength for daily life. **One of the greatest promises to cling to in difficult circumstances is that God is in control and allowing what he allows for our benefit and his glory.**

Rom 8:28-29 And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.

Also, see Eph 1:11, Col 1:16-17, Isa 45:7-9, Job 42:2, Lamentations 3:37-39

Keeping an eternal perspective in the middle of trials will help us to remember not place our *ultimate* hope in circumstances getting better here on earth. (Reminder: Despair lesson from last year)

John 16:33 "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."

Jesus prepares us for our future in heaven by allowing difficulty to help perfect and complete us here on earth. As we encounter various trials, designed to perfect (make whole, complete) us, we need to ask God's wisdom to see how to grow in the midst of them and handle them with hope and perseverance.

James 1:2-5 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³because you know that the testing of your faith produces perseverance. ⁴Let perseverance finish its work so that you may be mature and complete, not lacking anything. ⁵If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Optional Memory Verse:

Isaiah 26:3 You will keep in perfect peace those whose minds are steadfast, because they trust in you.

(click) Homework

Assign [Worksheet #4](#). This should be read and completed this week and discussed next week.

((click)) Table Discussion Questions (** is also a Large Group Discussion Question)

Application Questions for Peace content

1. How does it affect you to know that peace means "**wholeness that comes when all essential parts are joined together; peace.**" and that it doesn't mean "happy, blissful feelings because everything worked out just fine"?
2. ** How does peace with God naturally lead to peace within yourself and peace with others?
3. How does peace lead to real unity?

Application Questions for Patience content

4. Of the 4 meanings of patience, which is the most difficult for you to understand or apply?

5. ** How do you see patience playing out when suffering mistreatment, responding to provocations, and tolerating shortcomings with other people?
6. How has God helped you grow in patience when waiting on him and persevering through the adversity he has allowed in your life?

Table Time Prayer Request Question:

In what specific ways can we ask Jesus to help you grow in Peace and Patience this week?

((click)) Large Group Discussion Question

Table time discussion questions 2 and 5 will be used for large group discussion.