

Saturday, August 1, 2026

We could probably do the same thing with peace as we did with joy last week:

Look inward. What fears or worries are robbing you of your peace right now? Is there any weeds of sin or distrust that is keeping you from peace with God?

Look upward. See how God has made peace with us - through a radical commitment of himself to our well-being, giving himself on the cross. Jesus fought hard for you to have peace with God.

Look outward. Who or what is robbing you of your peace? Is it something you can control? (*If it is possible, as far as it depends on you, live at peace with everyone.* Romans 12:18) If not, then practice benevolent detachment and release them to God.

Look forward. Remember there is a time coming when all wrongs will be put right and God will sets things as they should be, including giving evildoers their just deserts. (see Psalm 37 again) Let that hope motivate you not to waste your time on worrying about things or people only God can handle.

WEEK 4



becoming

fruit of the Spirit summer series



"Becoming" • Week 4

Galatians 5:22 - *The fruit of the Spirit is...peace....*

In such chaotic times as this current cultural moment, the Church has a different and better way of life to offer the world. The fruit of the Spirit is about living life by the Spirit of God in order to become the kind of person this world needs.

This series of devotionals is designed to take us deeper into what God has for us each week, based on the topic of the previous Sunday's teaching.

This week we explore the second fruit of the Spirit - peace.

Instructions: this could be a simple format for your prayer time:

1. Begin with a prayer of approach, asking God to reveal himself to you and to take you deeper into relationship with him.
2. Come with an attitude of humility, submission, and learning, so that you're ready to obey what God says.
3. Pray the Scripture for that day. Read it slowly. What stands out to you? What strikes you? Read it a second time slowly.
4. Keep note throughout the day how you notice or experience peace (or lack thereof) in your life. Be thinking about what you could share with someone else regarding the goodness and love of God.

Friday, July 31, 2026

Psalm 37: 9-10 (NIV)

*⁸ Refrain from anger and turn from wrath;
do not fret—it leads only to evil.
⁹ For those who are evil will be destroyed,
but those who hope in the Lord will inherit the land.*

The peace OF God comes after our peace WITH God, but it doesn't stop there. This peace also affects how we deal with other people.

Is anyone making you angry right now? Name them or the situation and invite Jesus to come into your anger.

Extra credit - invite the Holy Spirit to help you see if there is any way you could bless that person this week?

Thursday, July 30, 2026

Psalm 37:7-8 (NIV)

*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.*

Take a moment to practice the benevolent detachment exercise from this week: "Jesus, I give everyone and everything to you." Name those people/things on your heart and soul and imagine yourself releasing them to God.

Multiple times this week, we've heard the Psalm writer say, "Do not fret." Then he gives ways to do that: "Trust in the Lord. Take delight in the Lord." And then today: "Be still before the Lord." Peace grows in our hearts the more we are in his presence. (like when Jesus shows up in the locked room on Easter evening in John 20.) Even in the midst of our doubts and fears and anxiety, Jesus is present.

What fears or doubts are you experiencing right now? Specifically name them and invite Jesus to be present with you in them.

Monday, July 27, 2026

Psalm 37:1-2 (NIV):

*¹ Do not fret because of those who are evil
or be envious of those who do wrong;
² for like the grass they will soon wither,
like green plants they will soon die away.*

One of the most practical things we can do to experience the peace of God is a practice called "benevolent detachment." Benevolent detachment is the act of giving everyone and everything to Jesus, for him to deal with.

It is "benevolent" because we do this with kind and positive intentions. It is detachment because it releases people and things from our souls that we were never made to carry. It releases things we can do nothing about, and people who affect our lives.

Take a moment to bring to mind a person with whom you are burdened - it could be a good burden, like your desire to see them come to faith. It could be a heavier burden; perhaps they've hurt you in some way.

Once you've brought that person or situation to your mind, you can pray something like, "Jesus, I give everyone and everything to you. I release (that person, that situation, that burden) to you."

Tuesday, July 28, 2026

Psalm 37:3-4 (NIV)

- ³ *Trust in the Lord and do good;
dwell in the land and enjoy safe pasture.*
- ⁴ *Take delight in the Lord,
and he will give you the desires of your heart.*

1. Take a brief moment to practice the benevolent detachment that you started yesterday. "Jesus, I give everyone and everything to you, Lord. I give everyone and everything to you."

2. The peace OF God comes only after you receive peace WITH God, coming to trust in his goodness and saving rescue for your life. Recall how you came to faith and understanding that God rescued you from your sin.

3. Simply love him for doing so, in your own words. ("Jesus, I love you. I thank you for what you've done for me and for the world. I love you.")

Wednesday, July 29, 2026

Psalm 37:5-6 (NIV)

- ⁵ *Commit your way to the Lord;
trust in him and he will do this:*
- ⁶ *He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.*

Peace with God comes with living in the purposes of God. We heard on Sunday, "As the Father has sent me, I am sending you." (Jn. 20:21 NIV)

Yesterday we remembered God reconciling us to himself. One of the main purposes of Jesus was to do just that. But that was not his only purpose. He was also sent "not to condemn the world, but to save (heal, restore, redeem) the world through him."

As God has sent Jesus to heal the world, Jesus sends us to do the same. We don't have to do so on as large a scale as Christ, but what is one small place in your life today to which you can bring healing or restoration or redemption?