



PEACE; THE CALM THAT *EXPELS* CHAOS

Fruit that Pushes Back Chaos & Darkness | Galatians 5:22–23

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law.

Want Peace? Trust Him | Isaiah 26:3

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

Peace: A Reliable Guard | Philippians 4:6–7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Peace: A Gift & Strategy | John 14:25-28

25 “All this I have spoken while still with you. 26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27 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.

28 “You heard me say, ‘I am going away and I am coming back to you.’ If you loved me, you would be glad that I am going to the Father, for the Father is greater than I.

From Weary to Renewed | Isaiah 40:29-31

He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Peace: The Vehicle that Transports the Kingdom to New Ground | Ephesians 6:15

...and with your feet fitted with the readiness that comes from the gospel of peace.

LET'S OBSERVE THE TEXT...

Observe Isaiah 26:3

- Perfect peace is available, all we have to do is trust Him. When you are lacking peace, it's an indication that there's an area in your heart where you are not trusting God. It's an opportunity to stretch your faith and mature in Him. Focusing on Jesus guides our heart & minds towards peace.

Observe Philippians 4:6-7

- Now that we know that trusting Him is the starting point to having peace, we can now put that faith into action by bringing our cares to Him, trusting that He will take care of it *how* He wants, and *when* He wants. The exchange for handing Him our cares, is that we receive a peace that guards our hearts and minds. He's trustworthy, and in His hands we are safe and secure.
 - Read Colossians 3:15 & Psalm 4:8

Observe John 14:25-28

- The Holy Spirit reminds us of truth when chaos tries to confuse us.
- Peace drives out / expels fear and trouble in the heart.
 - Read John 16:33
 - Peace is given in the middle of trouble, not the absence of it.

Observe Ephesians 6:15

- Read Isaiah 52:7
 - Peace is the vehicle that allows us to stand firm and advance God's Kingdom.



CONCORDANCE DEFINITIONS

Peace in Hebrew: (shalom)

- completeness, soundness, welfare, peace

Strong's H7965 - Old Testament

Peace in Greek: (eiréné)

- one, peace, quietness, rest

Strong's G1515 - New Testament

THE PRINCE OF PEACE EXPELS CHAOS

Mark 4:35-41 - Jesus Calms the Storm

35 That day when evening came, he said to his disciples, "Let us go over to the other side." 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" 39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?" 41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

STEPS ON HOW TO RESTORE YOUR PEACE

Step 1: Recognize the Storm

- What storm are you facing right now, and how has it gotten inside of you?

Step 2: Remember Who Is With You

- Where was Jesus during the storm in Mark 4, and how does His presence change your situation?

Step 3: Release Control: Enter into His rest - Wait on Him (Read Isaiah 40:29-31) - Active Faith

- What part of your storm do you need to surrender to God's authority today?

Step 4: Receive His Peace

- What promise from Scripture can you hold onto and let Him speak over your storm?

Step 5: Respond with Faith

- How can this storm become a testimony of His peace in you, and through you to others?



LET'S READ THE AFTER-SUMMARY TOGETHER

Peace is not only something we stand on, it is also something that goes out from us. In our last study we saw that the peace of Christ crushes chaos, silencing the voice of the enemy and breaking his hold. This week we move further into that truth and discover that peace also *expels* chaos, not only within us but around us. When Jesus calmed the storm in Mark 4:35-41, He showed us that His peace is not just personal but also authoritative. It goes beyond being a feeling in our hearts. It is the active force of the kingdom of God, confronting the chaos of the world and driving it back as we advance.

The disciples were experienced fishermen who had faced storms before, but this one was too much for them. Their fear made them question Jesus' faithfulness while He slept at rest. Isn't that how we often respond? The storm gets inside of us, even though we know Jesus is near. Yet notice how quickly everything shifted the moment He spoke. With one word, chaos bowed and peace filled the atmosphere. This teaches us that storms end when God says they end. Our role is to steward our faith and enter into His rest with the things beyond our control.

What followed the calm was just as important as the storm itself. When their boat reached the other side, Jesus immediately confronted a man possessed by a legion of demons. Peace expelled the chaos in nature and then expelled the chaos tormenting a man's soul. He went and shared the good news of what God had done in him, and the city gave glory to God! God's Kingdom expanded and this territory now belonged to God. All because of peace. That is the pattern. Where the gospel of peace goes, darkness is driven out. Isaiah 26:3 and Philippians 4:6-7 remind us that God's peace stabilizes our minds, guards our hearts, and readies us to stand strong when chaos presses in. We are not passive passengers but active vessels, carrying the presence of Christ into every place storms rage.

Ephesians 6:15 pictures peace as the shoes of our armor. Shoes give us traction and mobility. Peace is the stability that keeps us from slipping, but it is also the vehicle that carries the gospel forward. We are the vessels, and peace is the package the gospel travels in. When we walk in peace, the message we carry is believable. A panicked messenger cannot offer stability to others, but a steady one can. Our peace becomes the testimony that Christ is alive in us, and it invites others into the light and knowledge of Him.

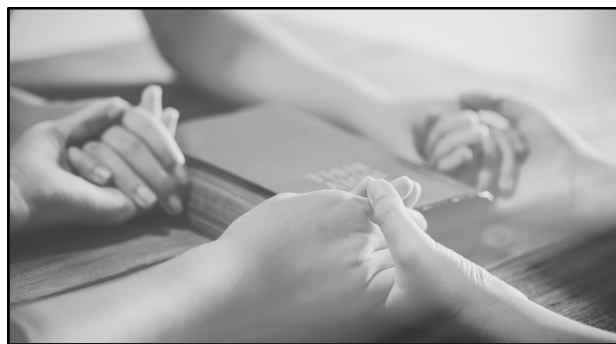
This is why we need a framework to restore peace when it feels lost. **First**, recognize the storm you are facing. **Second**, remember who is with you...Jesus never left the boat. **Third**, release control of what you cannot manage and surrender it to God. Wait on Him and enter into His rest. In His time, your strength will also be renewed (Isaiah 40:31) **Fourth**, receive His peace by letting His Word speak louder than your storm. And **fifth**, respond with faith, turning your storm into a testimony that draws others to Christ. When we walk these steps, chaos loses its hold, and the calm of Christ not only steadies us but expels darkness and advances His kingdom through us.

APPLICATION QUESTIONS

- **Applying Galatians 5:22** – Peace is listed as part of the fruit of the Spirit. In what area of your life do you need to let the Holy Spirit cultivate peace instead of letting chaos grow?
- **Applying Isaiah 26:3** – This verse says God keeps in perfect peace those whose minds are steadfast. What practical step can you take this week to keep your mind fixed on Him when distractions or storms try to pull you away?
- **Applying Philippians 4:6-7** – Paul says not to be anxious but to pray, and that God's peace will guard our hearts and minds. What is one specific worry you can bring to God in prayer today and release into His guarding peace?
- **Applying John 14:25-28** – Jesus gives His peace, not as the world gives. What is the difference between how the world defines peace and how Jesus defines it, and how can you live out the difference this week?
- **Applying Ephesians 6:15** – Peace is pictured as shoes that bring readiness for the gospel. How can you bring stability and peace into someone else's chaos this week as a way of advancing the gospel?
- **Applying Mark 4:35-41** – The disciples panicked during the storm even though Jesus was in the boat. What is one "storm" in your life where you need to remind yourself that Jesus is already with you, and how would that change your response?
 - Jesus told the disciples in verse 35, "Let us go to the other side". That was a direction with a clear destination in mind. Has God given you a promise or a direction that can keep you focused on *it* (rather than focused on the storm) as a finish line?
 - Isaiah 40:31 says, "*They that wait upon the Lord shall renew their strength...*". God alone decides when storms cease. How do you actively wait on Him until then?

CLOSING PRAYER

Lord Jesus, we thank You that you are the calm in the middle of every storm. Where our hearts have been shaken, forgive us for letting fear speak louder than faith. Teach us to rest in your presence the way You rested in that boat, trusting the Father's authority over every wave. We ask that you would anchor our minds and hearts in Your perfect peace, the kind that guards us when anxiety rises and steadies us when chaos surrounds us.



Holy Spirit, fill us so that peace is not only something we experience, but something we carry into every space we step into. Make our lives vessels of the gospel of peace, pushing back darkness and inviting others into your light. Let our footsteps be firm, our faith be active, and our hearts be at rest as we walk with you. In Jesus name we pray, amen.

WHAT'S AHEAD...

Next Week

We will carry on into Galatians 5 as we study "*Patience & Gentleness*" as fruit of the Spirit.

Homework

Read Colossians 3:12-13