



Christ Church  
Wheelock

St Michaels  
Crewe Green



St Matthews  
Haslington



# Unpacking the Fruits of the Spirit

#2 Peace Friday 19th June 2020

Join us as Vicar Jane  
Lloyd explores the  
Fruits of the Holy Spirit



## What the Bible says about Peace

"and blesses them with peace" (Ps 29.11)

"Peace is what I leave with you" (Jn 14.27)

"Happy are those who work for peace" (Mt 5.9)

"and live in peace with one another," (Mk 9.50)

"Christ himself has brought us peace" (Eph 2.14)

"knew today what is needed for peace!" (Lk 19.42)

"And God's peace, which is far beyond" (Phil 4.7)

"God has called you to live in peace" (1 Cor 7.15)

"We looked for peace, but nothing good" (Jer 14.10)

**"the Spirit produces love, joy, peace," (Gal 5.22)**

"did not come to bring peace, but a sword" (Mt 10.34)

"we have peace with God through our Lord" (Rom 5.1)

"bringing good news, the news of peace!" (Is 52.7)

"on you with favour and give you peace" (Num 6.26)

"and sheep will live together in peace" (Is 11.6)

"righteousness and peace will embrace" (Ps 85.10)

"There was peace in the land for 40" (Judg 3.11)

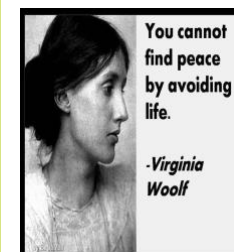
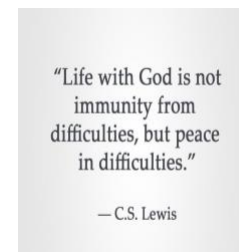
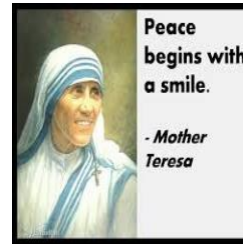
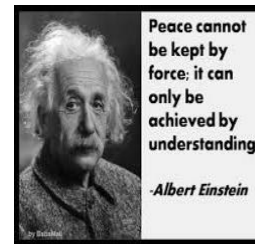
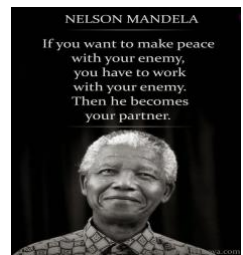
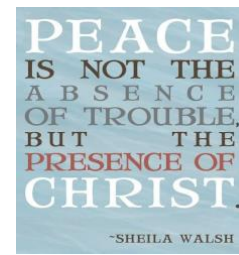
"Pray for the peace of Jerusalem:" (Ps 122.6)

"where you can live in peace." (Deut 12.9)

"the time for war and the time for peace." (Ecc 3.8)

"peace of mind makes the body healthy" (Prov 14.30)

## Famous quotes about Peace



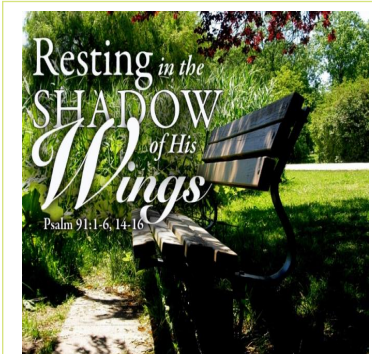
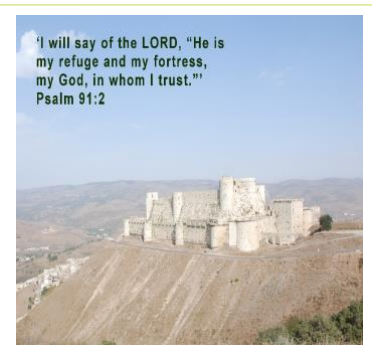
## Vicar Jane reflects on finding peace in prayer

When we first went into lock-down I lost my usual habit of morning prayer. My usual habit is to drop my daughter, Cathy, at the bus stop and walk over the fields, with the CofE "Daily Prayer" app on my phone, praying whilst I walked. It was a peaceful way to start the day, with reading the Bible, familiar psalms and canticles, and the opportunity to bring everything to God, and to thank God all God's blessings. It helped to orientate me in God's ways and give me something of God's perspective and will.

I lost that prayer habit because my lockdown routine is to go for a morning walk with Cathy, and the dog. It keeps us all fit, but I don't have the chance to pray. My sense of peace wobbled, not only through the loss of prayer, but with the stress and worry around Corona Virus

I reflected on peace that comes from the Holy Spirit, and that the enemy of peace is worry. Somethings can be very worrying. But worry robs us of peace and takes our energy, worry makes us forget God's love and care for us. It is in Philipians 4:6-7 we're taught to turn our worry into prayer. And not to forget thanking God for the good things we have.

A member of the congregation put through my door the Cof E booklet, "Prayers. For use during coronavirus outbreak". It is an easy, handy book, which I keep by my bedside (not the phone!) and I pray with it. For "night prayer" we read psalm 91. I found it a helpful affirmation of God's care. It enables me to sleep, resting in God's care and know God's peace. You too might like to read and pray around psalm 91, I pray it gives you peace.





# A Prayer for Peace

Where have you experienced Peace

## Prayer of St Francis

Lord, make me an instrument of your peace  
 Where there is hatred, let me sow love  
 Where there is injury, pardon  
 Where there is doubt, faith  
 Where there is despair, hope  
 Where there is darkness, light  
 And where there is sadness, joy

O Divine Master, grant that I may  
 Not so much seek to be consoled as to console  
 To be understood, as to understand  
 To be loved, as to love  
 For it is in giving that we receive  
 And it's in pardoning that we are pardoned  
 And it's in dying that we are born to  
 Eternal Life  
 Amen



## Arleine and Carleton reflect on their experiences of finding Peace

### A Personal reflection about Peace

When do you find peace? I was asked. Really it's where do I find peace. Initially my thoughts turned to the quiet times, I am more aware of peace when I am on my own. This can be simply in my own home when other family members have left me to go about their own activities and I am able to sit quietly and continue my activity in the quiet of the moment. I also find peace when working in the garden, again this will be when on my own and I have the low noises of nature around me. I can feel that nature is flowing around me and I give thanks for it. Other times of finding peace are again when alone, but yet not alone, when walking by myself around the village, especially in my daily exercise during this time of lockdown, or when driving alone to some destination of other. But finally and mostly it's when I am in St Matthew's Church. I find the quietness here gives me peace from the daily noises of the village around me.

It is at these times that I am able to think and feel I talk to the Lord about the things that concern me. I have conversations in my mind and I am sure that I get answers. It was whilst walking that I had one of these answers, I needed an opening sentence for an assignment when studying the Foundations for Ministry course and it came to me in my thoughts whilst I walked.

Peace is a time of thanksgiving after some disaster. Remember the celebrations of VE day that happened recently. We celebrated Peace after War; the reduction of noise; the deliverance from the news of so many killed in conflict; the returning of the soldiers. Peace was celebrated with much noise and rejoicing.

However, is this the peace that we obtain from Jesus? Not really, I am reminded of the hymn

*'Peace, perfect peace, in this dark world of sin? The blood of Jesus whispers peace within.'*

And the verses that follow. Finishing with,

*"It is enough: earth's struggles soon shall cease, and Jesus call us to heav'n's perfect peace."*

There are other hymns that mention Peace but this one for me is the one that I use in prayer.

### Finding peace in moments of serenity

*"God, grant me the serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference."*

The words of the serenity prayer are hung on the wall in my study, and I often find myself turning to them as I search for peace in those moments in my life when surrounded by the uncontrollable. I think this well-known prayer has never been truer for me than now. As I reflect on where I have found moments of peace, it is normally in the simplest of ways, simple moments in nature, normally involving a lake or a mountain, walking, taking a boat trip, listening to music, praying and talking to God. I am thankful for the beauty of the Earth and no matter how chaotic my life gets, the peace it brings me. I look back and think of moments where the chaos of the world just melts away whether it be sitting on a canoe on a lake in Alaska, or stood on deck at Glacier Bay national park, the cool air and sheer scale of the glaciers washing over me like a proverbial wave of calm. Or exploring the Li River, China stood in awe of the breathtaking limestone karsts or being stood on the great wall of China, stopping and looking out across the mountains. Just taking the time to stop, breath and in that moment feel that little bit closer to God surrounded by the wonder of creation.

