



WELCOME TO

JLAL Youth Development Ministries

Discover Your Sanctuary Within

Exploring the Fruits of the Spirit

PEACE

Sunday, May 18, 2025





YouTube



Caleb Gordon - I Need Peace (Official Music Video)

Official music video Caleb Gordon single "I Need Peace" - available everywhere:

Spotify - <https://open.spotify.com/track/1b9yRZtZfHemldpHYtpckC?...>

Jesus – The Prince of Peace

Peace

The Fruit of the Spirit for Your Life

Welcome to our journey exploring peace as a fruit of the Spirit. Over the next forty minutes we'll discover what peace truly means and how it can transform your daily life.

"I'm leaving you well and whole. That's my parting gift to you. Peace. I don't leave you the way you're used to being left—feeling abandoned, bereft. So don't be upset. Don't be distraught."

John 14:27 (The Message)

Pray for peace in your heart and for others.



What is Peace?

Defining True Peace:

Peace is Important in Your Life



Not Just the Absence of Conflict

Peace goes deeper than just "no fighting." It's an inner calm that stays with you even during life's storms.



Peace is something you can Read about in the BIBLE

"God's Spirit makes us loving, happy, **peaceful**, patient, kind, good, faithful, gentle, and self-controlled."

(Galatians 5:22-23)



A God-Given Gift

Peace is something we receive, not something we create through our own efforts. Even as a youth you have this gift . Ask members here about **PEACE** in their life.

Question Time: Peace In Your Life



When did you last feel truly peaceful?

Think about that moment. What made it possible?



What steals your peace most often?

Identify your peace thieves: people, situations, or thoughts.



How might peace change your daily decisions?

Would your choices be different if peace guided you?



Where do you need peace right now?

Name that situation silently or share with a trusted friend.



Peace in Real Life Situations

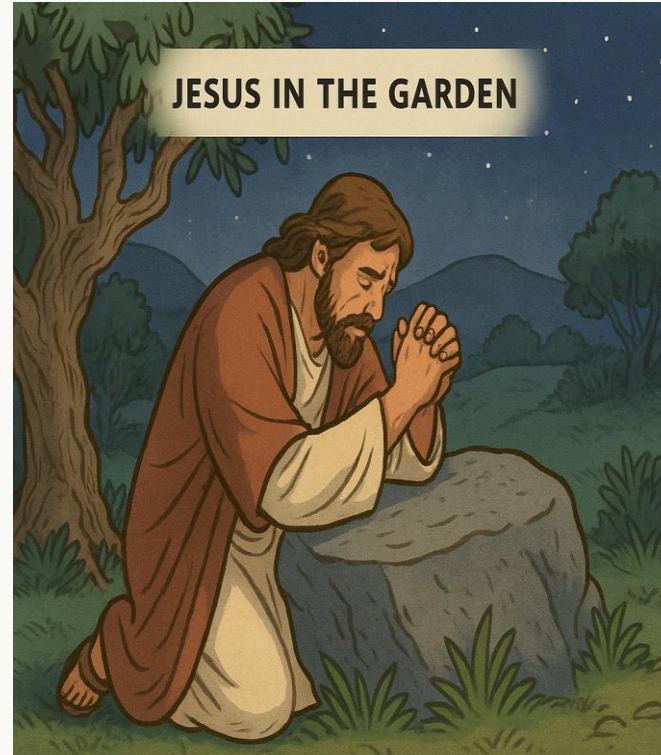


Isaiah 9:6 (Message Bible)

**Calls Jesus
“Prince of Peace”**

**“For a child has been
born—for us!
the gift of a son—for us!
He’ll take over
the running of the world.
His names will be:
Amazing Counselor,
Strong God,
Eternal Father,
Prince of Wholeness.”**

This verse reminds us that Jesus came to bring peace, healing, and guidance to our lives.



JESUS IN THE GARDEN

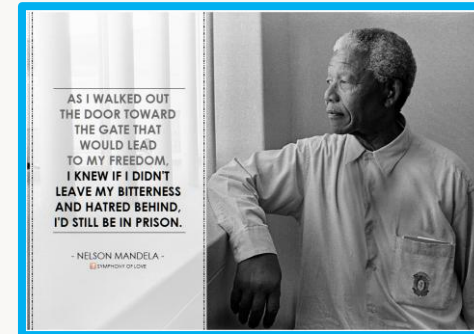
Jesus wanted peace as he prayed in the Garden of Gethsemane. He was about to be arrested and knew he would suffer greatly. In his heartache, he prayed for another way.

Jesus poured out his fears to God: “Father, remove this cup from me. But please, not what I want. What do you want?” He trusted God’s will and knew he could lean on Him for comfort.

God sent an angel from heaven to strengthen Jesus, helping him find the peace he needed. Even while praying more intensely, Jesus found courage to face suffering.

When he awoke his disciples, Jesus said, “What are you doing sleeping? Get up. Pray so you can rise above this time of trial.” He found peace by giving God his troubles.

Nelson Mandela



Nelson Mandela was a brave leader from South Africa who spent 27 years in prison for standing up against unfair treatment of people based on their skin color. Even after all he went through, he chose forgiveness and peace, helping bring unity to his country.

Nelson Mandela spent 27 years in prison, but instead of becoming bitter, he chose forgiveness over revenge. He often prayed and found peace with God, believing that hatred would only chain him further. Mandela said, **“As I walked out the door toward freedom, I knew if I didn’t leave my bitterness behind, I’d still be in prison.”** His faith helped him stay strong and show love even to those who hurt him. Because of this, he became a leader who united a divided nation with hope and peace.



Peace in Our Daily Challenges



Conquer School Stress with God's Peace

Finding calm during tests, social pressure, and busy schedules.

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

(Philippians 4:6-7 MSG)

God's peace will guard your hearts and minds as you live in Christ Jesus.
So don't be anxious about tomorrow. Gods got it.

Friend Drama

"If you've got it in you, get along with everybody."



Being a **peacemaker** when relationships get complicated.
Romans 12:18

✦ Peace isn't just **internal**—it's how we treat others too.

Social Media

Staying peaceful amidst online comparisons and conflicts.



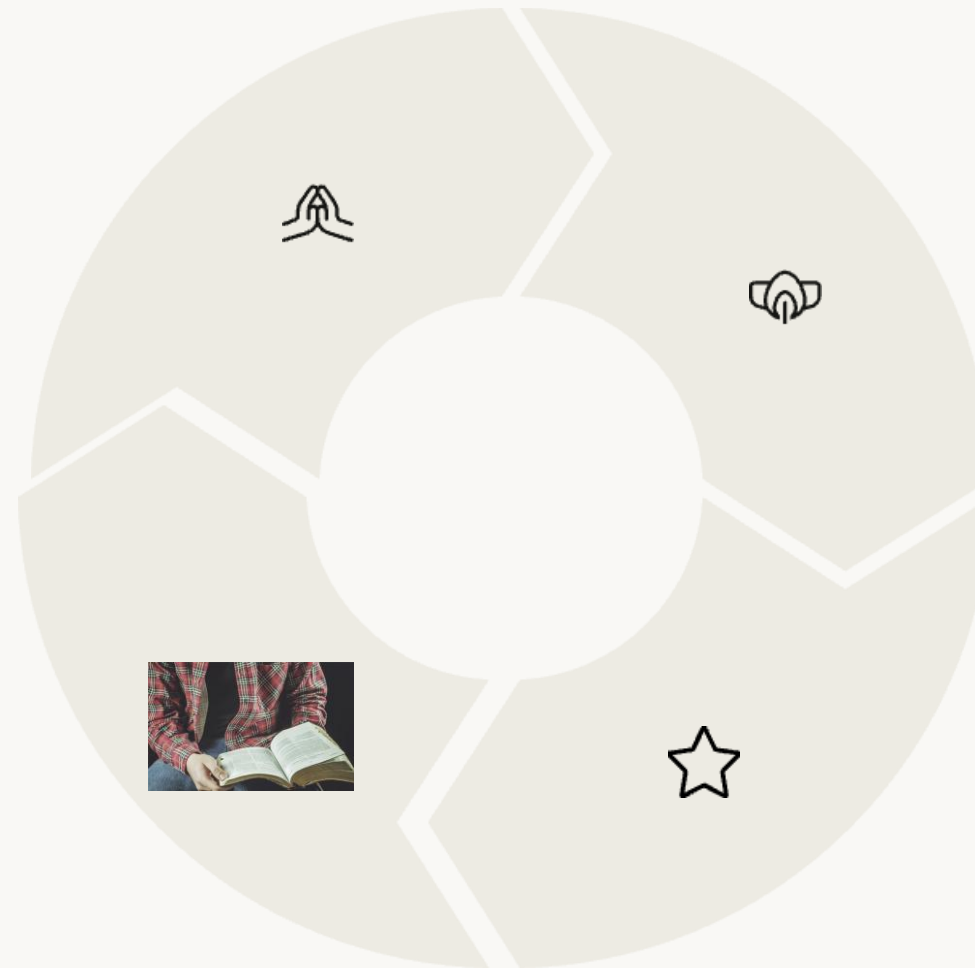
Cultivating Peace Daily

Morning Quiet Time

Start with 5 minutes of prayer or meditation before checking your phone.

Peace Verses

Save Bible verses about peace on your phone for quick access.



Peace Breaks

Take 3 deep breaths when stress hits. Count slowly to ten.

Gratitude Practice

List three things you're thankful for when you feel anxious.

Music that Inspires Peace



Check out these peaceful tracks:

Another in the Fire by Hillsong, and Jireh by Elevation Worship.

Your Peace Challenge



THIS WEEK

Choose one peace practice to try for seven days.



WITH FRIENDS

Share your experience with at least one friend.



DOCUMENT GROWTH

Note how peace changes your responses to challenges.

Remember: Peace isn't the absence of trouble—it's finding God's presence in the midst of it.