

FRUIT SALAD SERIES • THE FRUIT OF THE SPIRIT

Galatians 5:22–23 | Five-Day Devotional

EIRĒNĒ

A Week in the Fruit of Peace

Life Church of New Jersey • Pastor Andrew Chung-Ying

This five-day devotional companions the Fruit Salad series session on Eirēnē (Peace). Each day takes one facet of the fruit and gives you space to let it grow in your own life. Read slowly. Pray honestly. Let the Comforter do what He does.

DAY 1 — EIRĒNĒ — WHAT PEACE ACTUALLY MEANS

READ

Galatians 5:22–23 (KJV)

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

Context: Singular “fruit” — peace is not earned separately. It grows from the same vine as love and joy.

REFLECT

The Greek word behind “peace” in Galatians 5:22 is eirēnē — from the root eirō, which means to join or weave together. Eirēnē is not the absence of noise. It is the presence of wholeness. It is the state of all things properly connected — your soul aligned with God, your mind anchored in truth, your heart unafraid. The Hebrew parallel is shalom — nothing missing, nothing broken. A bone that has been set and fully healed is described with shalom. Not just the pain gone, but the structure whole. This is the peace the Holy Ghost produces in you. Not a feeling that fluctuates with your circumstances. A wholeness that comes from the Vine.

SEARCH YOUR HEART

- When you use the word “peace,” what do you usually mean by it? Relief? Quiet? Something else?
- How does understanding eirēnē as wholeness — nothing missing, nothing broken — change what you are asking God for?
- What area of your life most needs the weaving-together that only eirēnē can bring?

TAKE IT WITH YOU

“Eirēnē is not the absence of trouble. It is the presence of God making everything whole.”

PRAY

Lord, I confess that I have settled for relief when You were offering eirēnē. I want the real thing — not quiet circumstances but a whole soul. Teach me to abide in the Vine so this fruit grows naturally in me. In Jesus’ Name. Amen.

DAY 2 — NOT AS THE WORLD GIVETH

READ

John 14:27 (KJV)

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Context: Jesus spoke this the night before His arrest — hours from Gethsemane. He knew what was coming. And still He talked about peace.

REFLECT

Jesus draws a deliberate line between two kinds of peace. The world’s version is transactional: things go right, you feel right. The diagnosis clears, the debt is paid, the relationship stabilizes — then you feel peace. But Jesus says His peace is categorically different. His peace is a bequest — a legacy He left behind when He went to the cross. He gave it before the storm broke. Before Gethsemane. Before the arrest. He gave it in the middle of the worst night of human history. That means His peace is not waiting for your situation to improve. It is available right now, in the middle of the thing you are facing. Not as the world giveth — not circumstantial, not fragile, not temporary. Whole, unshakeable, and already yours.

SEARCH YOUR HEART

- What are you waiting to resolve before you feel at peace? Name it honestly.
- How does it change things to know that Jesus offered peace the night before His suffering, not after?
- Is there a difference between “I will have peace when this is over” and “I have peace in the middle of this” in your own life right now?

TAKE IT WITH YOU

“His peace is not waiting for things to get better. It was given on the worst night, for every storm that followed.”

PRAY

Jesus, I receive what You left for me. Not the world's version — the real thing. Your peace. I choose not to let my heart be troubled, not because I am pretending, but because I trust the One who gave it. In Jesus' Name. Amen.

DAY 3 — PEACE BE STILL: THE CLOUD IS NOT YOUR ENEMY

READ

Mark 4:37–39 (KJV)

And there arose a great storm of wind, and the waves beat into the ship, so that it was now full. And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish? And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

Context: The disciples were not novices. They were experienced fishermen. And this storm broke them. Notice where Jesus was — in the boat the whole time.

REFLECT

There is something the enemy has been doing with your memory of the last storm. He has been using the clouds. Not the storm itself — because you survived the storm. You are here. You made it through. But the clouds — the gathering of the sky before everything breaks open — those he has kept as a weapon. Every time the sky starts to change in your life, every time a situation begins to darken, your body goes somewhere before your mind can reason its way back. The chest tightens. The old panic surfaces. Because the clouds look just like they did before. And before was the worst time of your life. The enemy wants you to associate every cloud with your worst moment — the panic, the lack of peace, the feeling that God had gone quiet and the world was going under. He wants the cloud to be a trigger. But here is what God says about clouds. The children of Israel followed a cloud for forty years. Not a rainbow. Not clear skies. A cloud was the visible presence of God leading them through the wilderness. When the glory of God filled the tabernacle, it came in a cloud. When God spoke at the Transfiguration, He spoke from a bright cloud. When Jesus ascended, a cloud received Him out of their sight. In Scripture, clouds are consistently the address of God's presence — not His absence. So when the cloud gathers over your situation — before the panic sets in, before the old story replays — consider this: the cloud is not the sign that He is leaving. The cloud is the sign that He has arrived. And then He speaks. Peace, be still. Not after the storm. Not when everything resolves. In the middle of it. From the back of the boat. From inside the cloud. The fear of the storm disappears the moment you realize you are not alone in it. He is not watching from shore. He is in the boat. He has always been in the boat.

SEARCH YOUR HEART

- What does the “cloud” look like in your life right now — what gathering situation triggers the old storm-panic?
- Have you been associating clouds with God's absence rather than His presence? How does it change things to see them as His address?
- The disciples asked “carest thou not that we perish?” — have you prayed that prayer? What did God speak back into your storm?

TAKE IT WITH YOU

“The cloud is not the sign that He is leaving. The cloud is the sign that He has arrived. He is in the boat. He has always been in the boat.”

PRAY

Lord, I confess that I have let the enemy use the memory of past storms to fill me with dread when the sky changes. Forgive me for seeing the cloud as Your absence when Your Word says it has always been Your address. I declare today: You are in the boat. You have always been in the boat. Speak Your eirēnē into every storm that is gathering over my life right now. Peace, be still — over my mind, over my circumstances, over my fear. In Jesus’ Name. Amen.

DAY 4 — THE COMFORTER AND THE FRUIT

READ

Romans 14:17 (KJV)

For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

Context: Peace is a present-tense quality of Kingdom life IN the Holy Ghost — not something received later, but what characterizes life in Him now.

REFLECT

Every fruit in Galatians 5:22–23 has the same Source: the Holy Ghost. Peace is no different. You do not produce eirēnē by willpower or technique. You receive it by staying full of the Comforter. The word Comforter — parakletos — means One called alongside to help, to strengthen, to speak for. He is not a mood. He is a Person. And one of His primary ministries in your life is to produce peace — the fruit of the Spirit that guards your inner world when the outer world is in chaos. Have you noticed that when you spend time in genuine worship — when the Spirit begins to move — something settles? A tightness releases? That is the Comforter producing His fruit in real time. This is why we press in. Peace does not come from a program. It comes from His presence.

SEARCH YOUR HEART

- How consistent is your time in the presence of the Holy Ghost through prayer and worship?
- Have you experienced the peace that comes when the Comforter moves in a room? Describe it.
- What would it look like to guard the atmosphere of your inner life the way a worship leader guards the atmosphere of a service?

TAKE IT WITH YOU

“Without the Comforter, peace struggles to take root. When He moves in, peace moves in with Him.”

PRAY

Holy Ghost, You are my Comforter. Fill me afresh today. I want to live so close to Your presence that eirēnē is the natural fruit of my daily life. Teach me to abide. In Jesus' Name. Amen.

DAY 5 — THE GOD OF PEACE HAS WON

READ

Romans 16:20 (KJV)

And the God of peace shall bruise Satan under your feet shortly.

Context: Paul calls Him “the God of peace” — not the God of war. The One whose nature IS eirēnē is the One who conquers. And He does it under YOUR feet.

REFLECT

This is Week 3. The God of peace — not of anxiety, not of striving, not of defeat — is the One who bruises the enemy. And He does it under YOUR feet. You are standing on conquered ground. The storm that tried to sink you, the cloud the enemy used as a trigger — under your feet. Because the God whose nature is wholeness, whose fruit is eirēnē, whose Comforter produces that fruit in you, has already determined the outcome. Let peace REST in you — it settles and stays. Let peace RULE in you — let it be the umpire of your heart (Colossians 3:15). Let peace DWELL in you — not visiting, but living. We have tasted love. We have tasted joy. Now peace joins the bowl — the fruit that steadies everything else when the table shakes.

SEARCH YOUR HEART

- What has the enemy tried to use to stand on you that God's peace now puts under your feet?
- Is peace resting, ruling, and dwelling in you — or is it still just visiting?
- As this series continues: how is the eirēnē of this week connecting to the agapē and charā of the first two weeks?

TAKE IT WITH YOU

“The God of peace has already won. Your shoes are tied, your feet are shod, and Satan is under them. Walk in it.”

PRAY

God of peace, I thank You that You are not just a God who gives peace — You ARE peace. I declare Romans 16:20 over every battle in my life. The enemy is under my feet. Let eirēnē rest in me, rule in me, and dwell in me — today and every day. In Jesus' Name. Amen.

Fruit Salad Week 3 — Reflection

Week 3 Check-In: We have tasted agapē (Love), charā (Joy), and eirēnē (Peace).

How has each fruit shown up in your daily life this week?

Where has love been tested? Where has joy been a choice? Where has peace had to fight for space in your mind?

Write a one-sentence prayer over each of the three fruits you have now received.