

**Vital Signs are indicators of LIFE...**

1. There are vital signs that indicate a person is physically alive, and there are vital signs that indicate spiritual life.
2. Fruit of the Holy Spirit indicate that a person is spiritually alive. **The fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.** (Gal 5:22-23)
3. Fruit of the Holy Spirit in people's lives is the result of relationship with and 'abiding' in Christ.
4. Jesus said, "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. (John 15:4)
5. It's about 'kingdom life'...for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. (Rom 14:17)

**1. Peace ...**

- There is a broad scope of meanings in the Old and New Testaments
  1. 'Shalom' – Completeness, wholeness, health, welfare, safety, soundness, tranquility, prosperity, fullness, rest, harmony; the absence of agitation or discord.
  2. 'Eirene' – A state of rest, quietness, calmness; absence of strife; the inner tranquility and poise of followers of Jesus whose trust is in God; the combination of hope, trust, and quiet of mind and soul brought about by reconciliation with God.

**2. Where does 'peace' come from?**

- **Jesus said...**
  1. *Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.* (John 14:27)
  2. The 'Prince of Peace' has come: *For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, **Prince of Peace.*** (Isa 9:6)
  3. *For He Himself is our peace, who has made both one, and has broken down the middle wall of separation,* (Eph 2:14)

**3. God is not only the Source, but also our Resource**

- *You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.* (Isa 26:3)
  1. 'Perfect peace' – *shalom shalom...* (peace upon peace)
  2. A mind 'stayed' on Jesus – (to lean, rest, support, sustain)
  3. A person who 'trusts in God' has confidence in Him and whose mind 'leans on' God and His Word.

**4. Helpful Guidelines**

- Key Scriptures
  1. **And let the peace of God rule in your hearts,** to which also you were called in one body; and be thankful. (Col 3:15)
  2. *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and **the peace of God,** which surpasses all understanding, will guard your hearts and minds through Christ Jesus.* (Phil 4:6-7)