



Teaching: Now what? How do we move forward?

Day 1: Embracing Unity in a Divided World

Scripture: *“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.” —John 17:20-21*

Reflection:

In a world where division is rampant, Jesus’ prayer for His followers is for unity—not simply tolerance, but a shared life grounded in the truth of who He is. This is more than just “getting along”; it’s about embodying a unity that mirrors the oneness of Jesus and the Father, showing the world that Jesus is real. Unity is more than outward connection; it’s a deep work within us, where the Spirit transforms our hearts to love beyond ourselves and invites others to witness God’s way of living.

Today’s Practice:

Today, observe moments when you may instinctively create barriers between yourself and others (whether through assumptions, frustrations, or judgments). Gently remind yourself to see others through Jesus’ eyes. Seek to connect, rather than divide.

Prayer:

“Lord, thank You for inviting me into a life of unity with You and others. Help me to see through Your eyes and love others as You love. May my actions today bring peace, not division, and show the world who You are.”

Day 2: Loving Beyond Division

Scripture: *“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.” —John 13:34-35*

Reflection:

Jesus' command is clear: the defining mark of His followers is love. Not just any love, but a love that mirrors His self-sacrificial love for us. This love isn't about glossing over our differences but rather choosing to engage in meaningful relationship despite them. True love requires a reshaping of our desires, where we surrender pride and extend grace, allowing God to teach us a love that can bridge even the widest gaps between us.

Today's Practice:

Consider a person with whom you may have conflicting views or tension. Today, pray specifically for them, and if possible, find a simple way to show kindness to them. This could be through a compliment, a kind gesture, or a note.

Prayer:

"Jesus, thank You for the sacrificial love You showed me. Help me to love others as You have loved me, especially those I find challenging to love. May Your love overflow in my words and actions today."

Day 3: Practicing Patience and Humility**Scripture:**

"Be completely humble and gentle; be patient, bearing with one another in love." — Ephesians 4:2

Reflection:

Unity requires humility and patience—qualities that don't come naturally but are essential in a community of believers. Humility is about placing others before ourselves, while patience allows us to endure with kindness and understanding. These attitudes invite us to slow down and be formed by God's Spirit, shaping us into people who genuinely care for others and make space for peace within relationships.

Today's Practice:

Today, when interacting with others, make a conscious effort to be patient and humble. Practice listening without planning a response and consider how you can serve the person in front of you in love.

Prayer:

"Father, give me the strength to be patient and humble today. Let me see others as You see them and treat them with gentleness and love. Thank You for bearing with me; help me to do the same for others."

Day 4: Breaking Down Barriers in Our Hearts**Scripture:**

"How good and pleasant it is when God's people live together in unity!" —Psalm 133:1

Reflection:

We can only achieve true unity by allowing God to dismantle the barriers we've built in our hearts—barriers like pride, prejudice, and unforgiveness. The psalmist celebrates the beauty of unity, which begins as the Spirit refines our hearts and removes the walls we've placed around them. Unity flourishes when we surrender our barriers, allowing God's healing to make us whole and open to others.

Today's Practice:

Take time to ask God to reveal any barriers in your heart that may be keeping you from unity. Reflect on any judgments, unforgiveness, or biases, and ask Him to help you let go and embrace His love for others.

Prayer:

"Lord, search my heart and reveal anything within me that stands in the way of unity. Heal any places of pride or judgment and fill my heart with Your love and compassion. Help me to live as a vessel of Your peace."

Day 5: Seeking Union with God for True Unity**Scripture:**

"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me." —John 15:4

Reflection:

True unity is impossible without first being in union with God. Like branches connected to a vine, we find life, strength, and purpose in Jesus. When we remain in Him, we're transformed to bear fruit that brings unity, peace, and love to our community. Union with God aligns our hearts with His heart, guiding us into the kind of unity that reflects His love and truth to the world.

Today's Practice:

Spend extra time today in silent prayer, seeking God's presence and asking to be filled with His love and grace. Let this connection guide your interactions with others and remind you of the source of true unity.

Prayer:

"Jesus, I desire to remain in You and to draw from Your life and love. Fill me with Your Spirit, and let Your presence shape every part of me. Thank You for calling me into union with You and for the gift of unity with others. May I bring Your love and peace wherever I go."