

RECAP

Did anyone notice evidence of themselves suffering well this past week? (Eg spiritual stamina, seal of authenticity, muscular hope)

IDEA 1

Sometimes working toward unity can feel like trying to negotiate between 4 two year olds who are having a disagreement about the elevator.

What challenges have you experienced in your efforts to work toward unity?

Despite the challenges, why do you think it's important that we continue to make every effort to work towards unity?

IDEA 2

Deep people make every effort to keep the unity of the Spirit through the bond of peace.

What do you think it looks like to make every effort to keep the unity of the Spirit through the bond of peace?

Jennifer identified 4 areas of focus for us to consider in our efforts to keep the unity:

- Humility
- Gentleness
- Patience
- Love

Which of these areas drew your attention and why?

SPIRITUAL PRACTICE

Take a moment to reflect on a conflict or tension in your life currently. Ask Holy Spirit to show you how you are doing.

Read through the list of questions below to help your house church with the reflection process:

Humility - Am I confident in my identity in Christ enough to put others before myself?

Gentleness - In my approach to conflict, are my words, tone and body language gentle?

Patience - Is my attitude one that freely offers others space and time?

Love - How am I doing at overlooking faults and choosing to forgive?

APPLICATION

After taking some time to listen and reflect, split into small groups of 2-3 and share what Holy Spirit highlighted to you.

As you share, follow up by asking each other the question - **Is their one step God might be asking you to take towards unity this week?**

Some examples may include:

- Forgive
- Set up a coffee date
- Pray for a person or an institution
- Pray for yourself, that God will empower you with his peace for unity