

Unity

Grow Together

We are better when we grow together (Ephesians 4:13-16). We miss out on true growth – on the abundant life God has for us – when we attempt to navigate our faith journey alone. Maturing as a follower of Jesus is intricately tied to unity in our relationships with other followers of Jesus, to walking in healthy partnership with other believers. Just as Adam needed a helper in the garden of Eden, Jesus as the perfect son of God chose to surround Himself with twelve imperfect men in day-to-day community and fellowship. As Christians, we are each part of a body and are designed to live in collective healthiness as each part fulfills their intended roles and responsibilities. Unhealthiness arises when believers either walk in disunity or do not know their specific part or role. When we function as a healthy body, with each part fulfilling their distinct calling and destiny, the gospel of Jesus and His kingdom advances and lives are transformed.

GET THINGS STARTED

How has an illness or injury in one part of your physical body affected other parts of your body? What did it look like to return to healthiness or to find normalcy? How can the smallest of injuries or sicknesses significantly impact your entire wellbeing physically, mentally, emotionally, and spiritually?

GO DEEPER

1. According to the examples given in Ecclesiastes 4:9-12, in what kind of situations are two people (or three) better than one? In what other areas or situations is there strength in numbers and in unity?
2. From Ephesians 4:13-14, how does *unity of the faith* produce maturity in us individually (i.e., greater knowledge of the Son of God, mature manhood, the measure of stature of the fullness of Christ)? What does it look like to be tossed to and from by disunity and every wind of doctrine?
3. How does *speaking the truth in love* in Ephesians 4:15-16 help us grow up in every way into Christ, who is the head? How does speaking truth without love undermine unity and hinder our spiritual formation?

MAKE IT PERSONAL

1. How would you rate your personal desire to grow? How has disunity with other followers of Jesus possibly undermined your spiritual growth and dampened your engagement and desire to mature?
2. What is your role within the body of Christ? Are you functioning and contributing to the body at your highest capacity? Why or why not?

PRACTICE IT NOW

Take time as a group to pray for unity that produces spiritual growth. Ask God to bring healing and reconciliation to relationships within the church and between followers of Jesus where there has been disunity and discord. Ask Him to bring to light hidden pockets or subtle undercurrents of disunity. And ask God to show each of you more fully what your role and responsibility is to the body of Christ, and to give you the courage to fully embrace that gifting and calling.