

Wednesday, January 10, 2024

**Scripture focus:**

Ephesians 4

1 I, therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace. 4 There is one body and one Spirit—just as you were called to the one hope that belongs to your call— 5 one Lord, one faith, one baptism, 6 one God and Father of all, who is over all and through all and in all. 7 But grace was given to each one of us according to the measure of Christ's gift.

**Reflection:**

In what ways have you been eager to maintain the unity of the Spirit? Have you experienced or witnessed stumbling blocks to the bond of peace? From your experience, what has helped in maintaining unity?

**Other Scripture on unity:**

Philippians 2:1-8

2 So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, 2 complete my joy by being of the same mind, having the same love, being in full accord and of one mind. 3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. 4 Let each of you look not only to his own interests, but also to the interests of others. 5 Have this mind among yourselves, which is yours in Christ Jesus, 6 who, though he was in the form of God, did not count equality with God a thing to be grasped, 7 but emptied himself, by taking the form of a servant, being born in the likeness of men. 8 And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

John 17:21-23

21 that they may all be one, just as you, Father, are in me, and I in you, that they also may be in us, so that the world may believe that you have sent me. 22 The glory that you have given me I have given to them, that they may be one even as we are one, 23 I in them and you in me, that they may become perfectly one, so that the world may know that you sent me and loved them even as you loved me.

**Prayer:**

Our Father in heaven, You are the One at work within me to will and to work according to Your satisfaction and delight. Help me to have the same mind as Jesus and to be eager

to maintain the unity of the Spirit, so that the world may know that You sent Jesus and that You loved them even as You have loved Jesus.

**Application:**

Take time to ask the Lord to lead you in prayer for someone at church. Wait on the Lord and see if there are things that you can do to bless that person

**Intercessory focus: Students and Professionals**

Mark 4:18-20

18 And others are the ones sown among thorns. They are those who hear the word, 19 but the cares of the world and the deceitfulness of riches and the desires for other things enter in and choke the word, and it proves unfruitful. 20 But those that were sown on the good soil are the ones who hear the word and accept it and bear fruit, thirtyfold and sixtyfold and a hundredfold."

Proverbs 4:23

Keep your heart with all vigilance, for from it flow the springs of life.

Take time to pray for those in school and those who are working. Pray that the Lord will help them guard their hearts.