


Day 1

 Please pray for holy guidance and insight before you begin today’s study.

Unity in the Body of Christ

¹ As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received.

Q1. Why might Paul write that he is a “prisoner for the Lord”?

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John 15:19 If you belonged to the world, it would love you as its own. As it is, you do not belong to the world, but I have chosen you out of the world. That is why the world hates you. (20) Remember the words I spoke to you: 'No servant is greater than his master' [John 13.16] If they persecuted me, they will persecute you also. If they obeyed my teaching, they will obey yours also. (21) They will treat you this way because of my name, for they do not know the One who sent me.

John 17:14 I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. (15) My prayer is not that you take them out of the world but that you protect them from the evil one. (16) They are not of the world, even as I am not of it.

Q2. Paul urges the Ephesians to “live a life worthy of the calling”. Is that something to which we, too, should aspire?

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Q3. Have we as Believers received a calling? How would you describe this “calling”?

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² Be completely humble and gentle; be patient, bearing with one another in love.


Q4. How would you define (or describe) this ‘agape (Greek)’ kind of love that we are to have for each other?

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Q5. I don’t like their politics. Or when I pass them in the hallway, they don’t say “Hi!”
What must I do to fulfill God’s expectation to “[bear] with one another in love”?

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Day 2

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³ Make every effort to keep the unity of the Spirit through the bond of peace.

Q6. What group has Paul been addressing?

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Q7. How do you describe “unity”?

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Ephesians 1:22-23 And God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every way.

Q8. How would you describe “the bond of peace”?

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Q9. How are we “to keep the unity of the Spirit”?

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Q10. Is it easy for us to live, to relate to other Believers, in “unity”?


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John 17:20-23 [Jesus prayed,] "My prayer is not for them alone. I pray also for those who will believe in me through their message,²¹ 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. ²² I have given them the glory that you gave me, that they may be one as we are one:²³ I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me.

Q11. Why might God want us to live in “unity”?

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Day 3

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⁴There is one body and one Spirit – just as you were called to one hope when you were called – ⁵one Lord, one faith, one baptism; ⁶one God and Father of all, who is over all and through all and in all.

Q12. From verse 5, what does “one Lord, one faith, one baptism” mean to you; especially “one faith”?

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Q13. Does verse 6 mean that I can “think” a prayer and God hears me?

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Q14. What other thoughts floating around in my (and your) mind does God discern?

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Q15. If I have a sinful thought, does God consider that a failure?

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⁷But to each one of us grace has been given as Christ apportioned it.


Q16. What is “grace”?

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Q17. We have each been given “grace... as Christ apportioned it”. Does that mean that some have more, and some less? Is that fair?

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Day 4

 Please pray for holy guidance and insight before you begin today’s study.

⁸This is why it says:
"When he ascended on high,
he led captives in his train
and gave gifts to men." [Psalm 68.18]

Q18. In a word, what is “on high”?

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Q19. King David wrote these words about 1000 B.C. If “train” means something like the trailing fabric of his long royal robe, what does “he led captives in his train and gave gifts” mean to you?

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⁹(What does "he ascended" mean except that he also descended to the lower, earthly regions? ¹⁰He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.)


Q20. In verse 9 and 10, what is meant by Jesus “descended to the lower, earthly regions”? From where? To where?

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Philippians 2:5-8 Your attitude should be the same as that of Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be grasped, ⁷ but made himself nothing, taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself and became obedient to death – even death on a cross!

Day 5

 Please pray for holy guidance and insight before you begin today’s study.

¹¹ It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, ¹² to prepare God’s people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

1 Corinthians 12:12-14 The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. ¹³ For we were all baptized by one Spirit into one body – whether Jews or Greeks, slave or free – and we were all given the one Spirit to drink. ¹⁴ Now the body is not made up of one part but of many.

 Read 1 Corinthians 12 for additional insights into the different parts of the body.


Q21. If you and I are not an apostle, prophet, evangelist, pastor, or teacher, then we are “God’s people”! Can you provide some examples of “works of service”?

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Q22. Do you know your mission in the world?

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Day 6

 Please pray for holy guidance and insight before you begin today’s study.

¹⁴Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming.

Q23. Paul writes, “we will no longer be infants”. We are to aspire to be mature Christians. How do we grow in our faith? In our Christian walk? (Read Ephesians 4:13, 15)

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Q24. Who or what is our anchor that stabilizes us from being “tossed back and forth by the waves”?

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Acts 17:11 Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.

2 Timothy 4:3-4 For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths.

¹⁵Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. ¹⁶From him the whole body, joined and held together by every supporting ligament, grows, and builds itself up in love, as each part does its work.

Q25. Who do you think is the intended audience when the Holy Spirit through Paul’s writing wants us to “speak . . . the Truth in love”?

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Q26. How are we to “speak . . . the Truth in love”?

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Q27. Who is God’s hands and feet – His ambassador – in today’s world?

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