

Life Group Study Notes

Date: 1st February 2026
Sermon: One Heart – One Mind – One Spirit
Speaker: Brigitte Crowe
Scriptures: Psalm 133, Jeremiah 32:39, John 17:20,
Philippians 2:1-4



Scripture Questions:

1. What are the blessings of unity and harmony promised in Psalm 133. What is the connection between unity and God's blessing?
2. Where have you experienced the “good and pleasant” nature of unity in your Christian community or family? In what areas might disunity be harming relationships in your life or church?
3. Compare Psalm 133 to Jesus’ prayer for unity in John 17:20–23. What similarities do you notice?
4. John 17. What kind of unity does Jesus ask for among believers? What personal attitudes or actions can either build or break unity within the body of Christ? What would the world around us see if believers truly lived in the unity Jesus describes?
5. Jeremiah 32:39. What does God promise to give His people? Why is unity of heart and direction important for God’s people? What kind of heart and way, should we want the next generation to see in us?
6. Philippians 2:1-3. List the words Paul uses to describe unity in verse 2? What attitudes destroy unity in verse 3? What practical habits help cultivate humility in daily life verse 4? How can disagreement be handled in a way that protects unity?

Personal Questions:

- Are there any relationships in your life where unity needs to be restored?
- What is one practical step you can take this week to promote unity?
- How can you personally become a “peacemaker” in your family, church, or workplace?
- Where is God inviting you to put aside your rights for the sake of unity?

Prayer:

Lord, thank You for showing us how good and pleasant unity is. Forgive us where pride, hurt, or selfishness has caused division. Teach us to love one another deeply and to walk in humility. Please God make our church a place where His blessing flows through unity. Make us, each one, instruments of Your Love and Peace. In Jesus’ name. Amen.