

July 31, 2026

Make Every Effort

July Series: Stronger Together

Week Focus: Choosing Unity

Scripture – Ephesians 4:3 - *"Make every effort to keep the unity of the Spirit through the bond of peace."*

Devotional Reflection

Unity is one of God's greatest gifts to His Church, but it is also one of our greatest responsibilities. That is why Paul does not simply encourage believers to appreciate unity—he commands them to **"make every effort"** to protect it. Those words remind us that healthy relationships require intentional commitment. Unity does not happen naturally; it must be pursued daily through humility, patience, love, and peace. Every effort we make to preserve unity reflects the heart of Christ and strengthens the body of believers.

Each day presents opportunities to either strengthen or weaken our relationships. We can choose to assume the worst, or we can believe the best. We can respond with criticism, or we can respond with grace. We can allow offense to create distance, or we can pursue understanding and reconciliation. While we cannot control the attitudes or actions of others, we are responsible for our own responses. God calls us to do everything within our power to preserve the unity He has already established through His Spirit.

Making every effort does not mean every relationship will be free from conflict. Disagreements, misunderstandings, and disappointments are a natural part of life because none of us are perfect. The difference is found in how we handle those moments. When we respond with humility instead of pride, patience instead of frustration, forgiveness instead of resentment, and love instead of selfishness, we protect the unity that honors Christ and strengthens His Church. Every Christlike response becomes a testimony that God is transforming our hearts.

Unity is built one decision at a time. It is strengthened through encouraging words, acts of kindness, moments of patience, and the willingness to extend grace even when it is undeserved. Small, faithful choices often produce the greatest impact over time. As followers of Christ, we should desire to be known as people who build bridges rather than walls, who heal rather than divide, and who point others toward the peace that is found in Jesus Christ.

Today, ask the Holy Spirit to show you one practical way you can strengthen a relationship. Whether it is offering encouragement, resolving a misunderstanding, extending forgiveness, or simply reaching out with kindness, choose to make every effort to protect the unity God has entrusted to you. As you do, your life will become a visible reflection of Christ's love and a testimony of His transforming power.

Focus for Today

Make every effort to protect the unity God has entrusted to you.

Practice

- Begin your day by thanking God for the unity He has created through Christ.
 - Ask the Lord to reveal one practical way you can strengthen a relationship today.
 - Take the initiative by offering encouragement, resolving a misunderstanding, extending grace, or reaching out to someone with the love of Christ.
 - Throughout the day, ask yourself: **"Will my words and actions strengthen unity or create division?"**
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Prayer

Father, thank You for the unity You have created through Jesus Christ. Help me make every effort to protect it in my home, my family, my friendships, my workplace, and my church. Fill me with humility, patience, love, and peace. Use my words and actions to strengthen relationships and reflect the heart of Christ. May I be known as a builder of unity, a bearer of Your peace, and someone who points others to Jesus through the way I love and serve them. In Jesus' name, Amen.

Reflection Question

What is one intentional step you can take today to strengthen unity in one of the relationships God has entrusted to you?