

July 30, 2026

Choosing Peace

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

Peace is one of the greatest protectors of unity. It is not simply the absence of conflict but the intentional decision to preserve relationships by responding with humility, grace, and love. That is why Paul urges believers in Ephesians 4:3 to **"make every effort"** to keep the unity of the Spirit. Those words remind us that peace does not happen accidentally. It is something we intentionally pursue because it reflects the very heart of Christ.

In today's world, it is easy to allow misunderstandings, offense, or frustration to create division. A careless word, an unchecked attitude, or an unresolved conflict can quietly weaken relationships over time. Left unattended, small issues often become larger ones. Yet God calls His people to respond differently. Rather than contributing to conflict, we are called to become peacemakers who seek restoration, protect relationships, and preserve the unity that God desires among His people.

Choosing peace does not mean pretending problems do not exist or avoiding difficult conversations. Instead, it changes the way we approach those conversations. Peace responds with wisdom instead of anger, gentleness instead of harshness, and grace instead of retaliation. Sometimes pursuing peace requires the humility to admit we were wrong. Other times it requires extending forgiveness, seeking understanding, or choosing to listen before responding. Every effort we make to pursue peace demonstrates that we value the relationship more than our own pride.

As followers of Christ, we must continually ask ourselves, **"How can I honor Jesus while strengthening this relationship?"** That question shifts our focus from proving a point to preserving unity. When Christ becomes our example, peace becomes more than a goal—it becomes our response. God is glorified when His people choose reconciliation over resentment, understanding over assumption, and unity over division.

Today, ask the Holy Spirit to help you become a peacemaker. Think about the relationships God has entrusted to you. Is there a misunderstanding that needs to be cleared up? Is there an offense that needs to be released? Is there someone who simply needs a kind word or a listening ear? Every decision to pursue peace strengthens the unity God desires and becomes a testimony of His transforming work in your life.

Focus for Today

Choose peace by intentionally protecting the unity God has created.

Practice

- Begin your day by thanking God for the peace you have through Christ.
 - Ask God to show you one relationship where you can be a peacemaker today.
 - Take the first step by offering encouragement, seeking understanding, or resolving a misunderstanding with humility and grace.
 - Before responding in every difficult situation, ask yourself: **"Will this protect the unity God desires?"**
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Prayer

Father, thank You for the peace I have through Jesus Christ. Help me become a person who pursues peace and protects the unity You have created. Guard my heart from pride, offense, and division. Give me wisdom to respond with grace, humility, and love in every relationship. May my life reflect the peace of Christ and strengthen those around me. Help me become a peacemaker who brings honor to Your name and encouragement to others. In Jesus' name, Amen.

Reflection Question

What is one practical step you can take today to protect the unity and peace in one of your relationships?