

August 2, 2026

SUNDAY REFLECTION — Choosing Unity

July Series: Stronger Together
Week Focus: Choosing Unity

Scripture –Ephesians 4:2–3 - *"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."*

Devotional Reflection

As we conclude this week, take a moment to reflect on what God has been teaching you about unity. Throughout the week, you have been reminded that unity is not something that happens naturally—it is something we intentionally choose. Every day presented opportunities to walk in humility instead of pride, patience instead of frustration, love instead of selfishness, and peace instead of division. These choices may seem small in the moment, but they have the power to shape relationships and strengthen the Body of Christ.

One of the greatest lessons from this week is that unity begins in the heart before it is ever seen in our relationships. When we allow God to transform our attitudes, our words begin to change. Our responses become gentler. Our patience becomes greater. Our willingness to forgive and extend grace becomes more evident. As Christ continues His work within us, we become people who build bridges instead of barriers and who strengthen relationships instead of weakening them. True unity is always the fruit of transformed hearts.

This week also reminded us that unity is both a gift and a responsibility. Through Jesus Christ, God has already made us one family, but He calls us to **"make every effort"** to protect that unity. That means choosing understanding over assumptions, encouragement over criticism, forgiveness over offense, and reconciliation over division. Every decision to pursue peace reflects the heart of Christ and strengthens the witness of His Church before a watching world.

As you prepare for the week ahead, ask the Holy Spirit to continue developing these qualities within you. Look for opportunities to encourage someone, extend grace, listen with humility, and pursue peace wherever God places you. Remember that healthy relationships are built one faithful decision at a time, and every act of humility, patience, love, and peace contributes to the unity God desires among His people.

May this week become more than another lesson you have learned—may it become a lifestyle you embrace. As you continue choosing humility, patience, love, and peace each day, you will not only strengthen your relationships, but you will also reflect the character of Jesus Christ. And when God's people choose unity, the world catches a glimpse of His transforming love.

Focus for Today

Continue choosing humility, patience, love, and peace so that your life reflects Christ and strengthens the unity of His Church.

Practice

- Begin your day with this simple prayer:
"Lord, help me choose unity in every relationship and every conversation today."
 - Intentionally look for one opportunity today to encourage someone.
 - Resolve a misunderstanding if one exists.
 - Bring peace where it is needed and ask yourself: **"How can I help strengthen the unity God desires today?"**
-

Prayer

Father, thank You for everything You have taught me this week about unity. Continue transforming my heart so that my life reflects the humility, patience, love, and peace of Jesus Christ. Help me protect the unity You have created and use me to strengthen every relationship You have entrusted to me. May my words, my attitudes, and my actions point others to Christ and bring glory to Your name. Help me become a peacemaker who reflects the beauty of Your Kingdom in every area of my life. In Jesus' name, Amen.

Reflection Question

Looking back over this week, what is the greatest lesson God taught you about choosing unity, and how will you intentionally live it out in the days ahead?