

The book of Ephesians chapters 4 through 6 discusses how Christians should live. How should Christians behave? Today's theme sentence is in verse 3. It says, "Strive to maintain the unity." Throughout verses 1 to 6 of today's passage, the word "one" is repeated. Yes, unity is emphasized as the most important thing for redeemed Christians. It is told to Christians that unity should be the foremost thing to pursue.

Holding onto the theme of unity, let's delve deeper into today's passage to understand how to maintain unity and seek grace.

**First, we must understand the preciousness of unity (verse 1).**

The Apostle Paul talks about unity as the first practical teaching of Christians' lives, emphasizing how important and essential it is to be one with God. Look at verse 1. "I urge you to live a life worthy of the calling you have received." Paul expresses that we have been called to salvation. He tells us to live in accordance with this calling. The Greek word for "worthy" comes from the root meaning "to weigh" and implies "in equal weight." So, it means to live according to the importance of being saved, of being called by God. Reflecting on how important my salvation is, I'm reminded to maintain unity in accordance with its significance and weight. In simple terms, unity is as important as the weight of salvation itself. We need to regain the awe of salvation received and maintain unity.

**Secondly, we must possess the spiritual qualities of unity (verse 2).**

To maintain unity, we need to possess spiritual qualities that please God. Without these spiritual qualities, we cannot achieve unity. Look at verse 2. Today's verse introduces four precious spiritual qualities: "Be completely humble and gentle; be patient, bearing with one another in love." Reflect on whether the lack of humility, gentleness, patience, and love in our lives is causing disunity in our families and churches. I pray that these four spiritual qualities spoken by God in today's passage may be present in us in the name of Jesus.

**Thirdly, we must maintain unity through the power of the Holy Spirit (verse 3).**

There is something important here. These four qualities can only be achieved within us through the Holy Spirit residing in us. That's why I called them spiritual qualities. These four qualities are actually the character of Jesus (Matthew 11:29). How can we have the character of Jesus? It's actually impossible. So when the Holy Spirit works within our thoughts, minds, and actions, we can maintain unity by being humble, gentle, patient, loving, and forgiving. So, in verse 3, it says that the Spirit makes us one with the bond of peace. Unity is indeed an act of God.

The Holy Spirit helps us understand His word and gives us the holy desire to live accordingly. And when we step in obedience to that desire, the Holy Spirit empowers us. Unity can be achieved when we strive to obey together in the work of the Holy Spirit. Verse 3 says that the Spirit makes us one with the bond of peace, and we need to strive to maintain it.

**Bible  
Memorization**

**A VERSE FOR THIS WEEK**

"Make every effort to keep the unity of the Spirit through the bond of peace."  
(Ephesians 4:3)

**Bible  
Reading**

| 3/11(Mon) | 3/12(Tue)   | 3/13(Wed) | 3/14(Thur)              | 3/15(Fri)  | 3/16(Sat)  | 3/17(Sun)   |
|-----------|-------------|-----------|-------------------------|------------|------------|-------------|
| Deut. 28  | Deut. 29-31 | Deut. 32  | Deut. 33-34<br>Joshua 1 | Joshua 2-5 | Joshua 6-8 | Joshua 9-10 |

**QT**

**Quiet Time Passage**

| 3/11(Mon)         | 3/12(Tue)          | 3/13(Wed)         | 3/14(Thur)       | 3/15(Fri)        | 3/16(Sat)        | 3/17(Sun)         |
|-------------------|--------------------|-------------------|------------------|------------------|------------------|-------------------|
| Psalms<br>50:1-15 | Psalms<br>50:16-23 | Psalms<br>51:1-19 | Psalms<br>52:1-9 | Psalms<br>53:1-6 | Psalms<br>54:1-7 | Psalms<br>55:1-15 |

**Sharing  
Questions**

1. Please share something new you've realized or received grace through today's message.
2. Share how many of the four qualities for unity you possess within yourself.
3. Share prayer topics for unity in the church and at home and let's pray together.