

ONE

One Body. One Spirit. One Hope. One Lord. One Faith. One Baptism. One God.

WEEK 1 DISCUSSION

ICE BREAKER

Have each person share their name and:

- one thing they appreciate about being part of this church body
- one way they have been encouraged by another Christian recently
- one random fun fact about themselves

OPENING QUESTIONS

- In the video, what stood out to you most about what it means to be the body of Christ? Why?
- Mari mentioned that the world is deeply divided. Where do you see division affecting relationships today?
- Which of the qualities Paul lists (*humility, gentleness, patience, love*) do you find easiest to live out? Which is the hardest?

PERSONAL REFLECTION

- Proverbs 4:23 says to “*guard your heart.*” What are some practical ways we can guard our hearts so they don’t drift toward bitterness, envy, or anger?
- The teaching emphasized speaking words that build up. Can you share a time when someone’s words strengthened your faith, or a time when words tore down unity?

LIVING AS ONE BODY

- What does it look like for our congregation to “*rejoice with those who rejoice and mourn with those who mourn*” in real, practical ways?
- The video said we are “*blessed to be a blessing.*” What gifts (*time, abilities, resources*) has God given you that could build up the body more intentionally?

DEEPER QUESTION

We were once enemies of God but are now His children in Christ. How does remembering that shape the way we forgive and love difficult people within the church?