**Lessons from a Lockdown**

Rommel J. Casis

**Day 42**

**Ephesians 4:1-3**

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. 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.

***Questions for Personal Reflection:***

1. What calling did I receive? How do I live a life worthy of that?
2. What does it mean to be completely humble? How do I become like that?
3. What does it mean to be completely gentle? How do I become like that?
4. Who do I need to be more patient? How can I do this?
5. Is there a fellow Christian I am not united with? What can I still do to help us be united?

***Insight:***

We should live a life worthy of our calling. But what are we called to be? We called to belong to Christ (Ro 1:6) and to be his holy people (Ro 1:7; 1 Co 1:2) among others. Each of us are called to be a disciple of Jesus, a citizen with God’s people and a member of his household. We all should live lives worthy of that calling. To be called a Christian is to be Christ-like.

We should therefore not live our lives like the rest of the world. We choose the narrow road and not the easy path most people follow. We should not conform to the pattern of the world as we put on a new self that is created to be like Christ. Our goal every day is to imitate Christ. Is this what we are doing? Does our daily schedule reflect a life of a disciple of Jesus or is it no different from the schedules of non-Christians? How is our life different from our neighbors’ lives? How are we living differently? Let us live the life of a disciple of Jesus.

Being a disciple means we should be *completely* humble and gentle. Is our humility complete? Are we humble about all aspects of our lives or only some or most of it? This is shown by our openness and willingness to be discipled. If we are not open about certain areas of our lives or if we do not seek discipling on certain areas of our lives, then we are not completely humble. Is our gentleness complete? This is shown by how we interact with all people in the different roles and relationships we have. Are we gentle with everyone or only with some or most? Our gentleness must be seen in how we disciple people, how we reach out to the lost, or even just fellowshipping with other Christians. If there are people we are not gentle with then we are not completely gentle.

Being a disciple means being patient, bearing with one another in love. We need to accept that even fellow disciples can do things that upset or irritate us. Whether they do it deliberately or unknowingly our response must be the same: patience. How patient have we been with fellow Christians? How patient have we been with the people in our homes?

The disruption caused by the pandemic is not an excuse to be impatient. During this time, we have had to do things differently or for the first time. Our church services, devotionals, Bible Talks, Bible studies and our discipling times now have to be online. Christians who didn’t have to preach, lead discussion groups or sing songs before now have to do it. Those who used to do so, now had to learn how to speak or sing using online platforms. Participants to video-conferencing have to learn new etiquette and how to operate the system. We’ve made mistakes along the way and we have a lot to learn. We need to bear with one another in love. If Jesus can bear with our faults, weaknesses and sins, we should bear with each other. We are all learning to be better, so let’s be patient with each other.

Being a disciple means making every effort to keep the unity of the Spirit through the bond of peace. This is not just the job of leaders. Every disciple has the responsibility to maintain unity. We each have a role to play to maintain unity. There are many things we can do. We can have more frequent individual discipling times. We can write lessons or share scriptures with each other. We can share inspiring videos or podcasts. We can fellowship with every person in our group to inform them about what is going on and we can ask them what is going on with them. Some of us have initiated different online activities outside of our “official” church activities like dinners together, joint family devotionals, game nights, choir practice, merienda time, exercising together and others. We have to continue to do these things more and more. We need to evaluate if we are already making every effort. Is there anything else we can do? What more can we do online that will build unity? We don’t have to be a leader to initiate these things. Every disciple is must be an agent of unity.

Our life during lockdown must be worthy of our calling as disciples.