**Lessons from a Lockdown**

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**Day 43**

**Ephesians 4:4-6**

There is one body and one Spirit—just as you were called to the one hope that belongs to your call— one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.

***Questions for Personal Reflection:***

1. What is the significance of there being only one body and one Spirit?
2. How should knowing that I have the same hope as Paul, Peter and all the early Christians affect me?
3. How should having one Lord and one faith affect how I treat fellow Christians?
4. Why did Paul include “one baptism” in the list?
5. What does it mean that God is “Father of all, who is over all and through all and in all?

***Insight:***

Even as Christians there may be a few things we disagree on, matters of opinion or preference. But there are certain things we must absolutely agree on if we are to remain united as the body of Christ. The scripture above lists seven “ones” all Christians have in common.

One body. There is only one body of Christ; there is only one church. Paul wrote that we were all baptized into one body (1 Co 12:13). If you are a Christian you are part of *the* body of Christ. A person cannot be a Christian and not be part of the church. Being part of the body means being connected to other Christians. This means we are responsible for the welfare of other Christians. This also means we need other Christians. How connected are we to the body?

One Spirit. When we repented and were baptized, we received the gift of the Holy Spirit (Ac 2:38), we were sealed with the promised Holy Spirit (1:13). So all of us Christians have the Holy Spirit within us. Every one of us can led by the Spirit (Ro 8:14); we can all be spiritual. When other Christians seem to be “more spiritual” than we are its not because they received a “better” or “different” Spirit from us. Even the “weak” disciple has the same Spirit within him as the “strong” disciple. This means that every disciple can be spiritually strong. Think of the most spiritual Christian that you know. Because you have the same Spirt within you, you can be as strong as that Christian. The question is, are we willing to live in accordance with the Spirit (Ro 8:5)?

One hope. We are all receiving the riches of his glorious inheritance (1:18). Together with all the Christians throughout history we are all looking forward to the same thing. We are like the workers hired at the very last moment and yet we share the same rewards as those who worked more than we did (Mt 20:1-16). What an incredible blessing it is to receive the same reward as the early Christians! But are we living our lives as hopeful people? Are we as hopeful as those who were willingly martyred for their faith because of their hope in God? Are we willing to endure great suffering just as they did? Are we as zealous as they were in preaching the gospel? Hope inspires us. Are you inspired today?

One Lord. We all serve the same Lord. We serve no one and nothing else. We may have different roles, but we serve His purpose. So no one among us servants is more important. Because we serve the same Lord, we should rejoice each time a fellow servant does something great for God. We cooperate and not compete. Our goal is not to be better than others but to make ourselves and others serve our Lord better. How are we serving the Lord today?

One faith. We have the same faith as those heroes in the faith in Hebrews 11. We can have the same confidence and conviction as they did. We can make the sacrifices they did. We can obey God as they did. We can experience miracles as they did. We can endure anything as they did. We can do what they did because we have the same faith. What will we do today because of our faith?

One baptism. Baptism is one of the most important truths that connect every Christian. Baptism is not insignificant or optional. The Christians in the Bible were all baptized for the same purpose and in the same way. We should not allow the world or even religious leaders confuse us what baptism ought to be. In fact, we all should be able to teach others about what the Bible says about baptism. Do we understand baptism enough to teach it to others?

One God and Father of all. We have one God and Father. He is the God that freed the Israelites from the most powerful nation at that time and who parted the Red Sea so they can cross on dry land. He is the God who caused the sun to stand still. He is the same God that inspired David to write psalms. He is the God who destroyed and raised up kingdoms. He is the God of miracles and the One who raises the dead. We should be in awe of him as those witnessed these things. We should worship him and him alone. That God is God is a truth we cannot deny. But are we living our lives with him as our God? Are we worshipping and praising him as we should? Are we prioritizing God over everything? Is our time with Him every day our most important appointment? Are we seeking to please Him more than anyone else?

These are the seven “ones” that unite us as Christians. If we are struggling with disunity perhaps we should check how we are doing on each one of these.

Let us truly be one during this lockdown.