

Week 4 | 7-Day Discipleship Challenge

Unity In Christ

A daily discipleship guide. Simple, consistent rhythm to build lasting habits.



7-DAY GUIDE

ONE BODY, ONE LOVE

Discipleship Guide for Church Members



Relationship

Building authentic connections



Unity

Growing as one body



Life in Christ

Walking together daily

- ☐ Each day: read Scripture, reflect briefly, complete the practice, close with prayer. Live it out—don't rush.





DAY 1

SUNDAY – We Belong to One Body

1 Corinthians 12:12–13

We are not isolated believers—we are members of one body.

1

Connect

Call or share a meal with someone you haven't spoken to in a while

2

Ask Questions

- What's one thing you can't live without?
- Tell me about a time you felt most alive
- What life events shaped who you are today?
- What do you want people to know about you?

Prayer: Lord, thank You for making us one in Christ. Help me see every believer as family. Amen.

DAY 2

MONDAY – Love on Purpose

John 13:34–35

Love is how the world recognizes His disciples. Love is not accidental—it is intentional.

Today's Practice

Reach out to one person from church by call, text, or message

Offer encouragement, gratitude, or prayer

Prayer: Jesus, help me love others the way You love me—freely and faithfully. Amen.



DAY 3

TUESDAY – Choosing to Listen



Scripture

James 1:19 – Unity grows when we slow down and truly listen



Practice

Listen without interrupting or correcting. Seek understanding, not agreement

Prayer: God, teach me to listen with patience and grace. Shape my heart through understanding. Amen.

DAY 4

WEDNESDAY – Walking in Forgiveness

Colossians 3:12–13

Forgiveness is essential for healthy relationships. As Christ forgave us, we are called to forgive others.



Ask God

Reveal any hurt or bitterness you are holding



Choose to Forgive

Through prayer, even if healing takes time

Prayer: Father, help me forgive as You have forgiven me. Bring healing and peace to my heart. Amen.



THURSDAY – Serving One Another



Galatians 5:13

Serving is one of the clearest expressions of love. When we serve, we reflect the heart of Christ.

Today's Practice

Perform one act of service for someone in your church, home, or community

Serve quietly and joyfully

Prayer: Lord, use my hands and my heart to serve others in love. Amen.

DAY 6

FRIDAY – Carrying Each Other's Burdens

Galatians 6:2

God designed us to support one another. We grow stronger when we share life's joys and struggles together.

01

Ask

"How can I pray for you?"

02

Pray

Pray for them today

03

Follow Up

Check in if possible

Prayer: God, help me be present and compassionate. Teach me to walk alongside others in love. Amen.



DAY 7

SATURDAY (SABBATH) – Rest & Rejoice Together

Psalm 133:1

Unity is a blessing from God. Today is a day to rest, reflect, and celebrate life together.



Rest Intentionally

Slow down and spend time with God



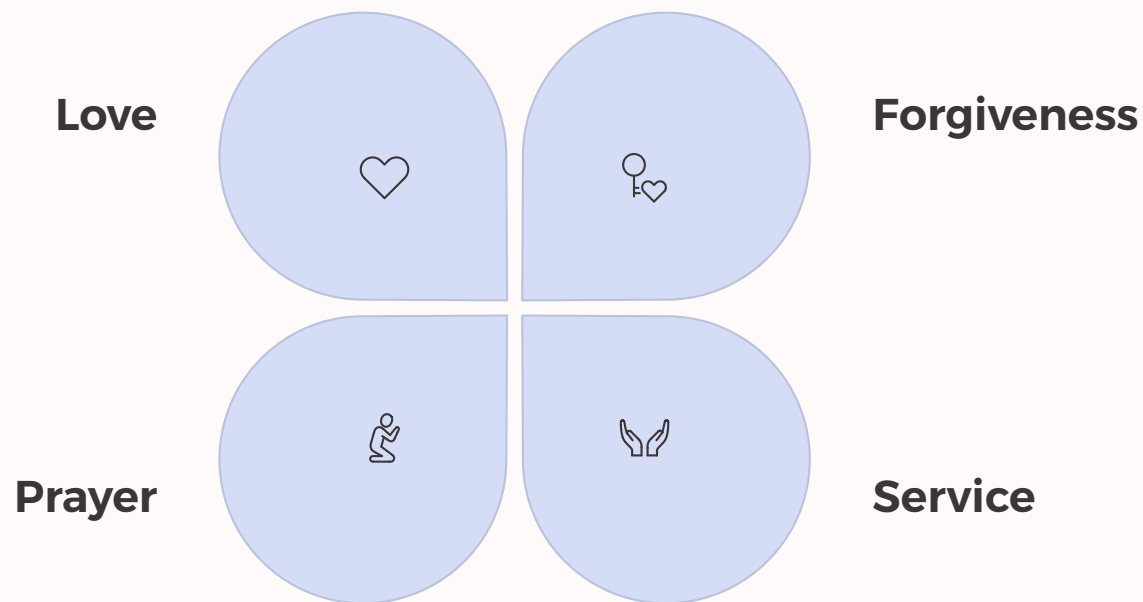
Share Together

Share a meal, conversation, or moment of joy with others

Prayer: Lord, thank You for the gift of community. Refresh my soul as I rest in You. Amen.



Closing Encouragement



Unity is not built in one week—but habits of love, forgiveness, service, and prayer shape us into a stronger church family.

Let's continue to walk together as one body in Christ.