Read the book of Ephesians chapters one to six and Philippians chapter one, and record what you learn in your journal. Do not forget to mark the corresponding box each time you read a chapter.

**Weekly Challenge**

**Connect with the Word**

Manuel couldn’t win the race.

He had prepared all season for this competition, but in the last week before the competition, he hurt the little toe on his left foot. Manuel had stubbed his toe on the door as he was coming out of his bathroom at home. He didn’t think it was anything serious, and thought the pain would go away quickly. However, the pain did not go away, so he went to the doctor. He got a big surprise upon hearing the doctor’s recommendation: he would not be able to run for a week. It could not be explained why such a small injury to his foot would prevent him from running the 5,000 meter race for which he had waited so long.

On the day of the race, he decided to ignore the doctor’s recommendation and he got ready to compete. But, after running only the first 500 meters, he realized that the injury that seemed so insignificant would not only prevent him from winning the race, but also from finishing it.

**Hands at Work**

One of the most difficult moments you will experience within the life of your congregation will come when you feel that you have been offended by a brother or sister in the faith, or perhaps even by a pastor or another leader. Be prepared to forgive the one that offends you! This is the law of love. Do not allow any offense or misunderstanding catch you unprepared and tempt you to separate yourself from the body of Christ. Remember that the church is made up of people who, although they are Christians, are still human like you and need to continue improving in everything.

If you know of a brother or sister in the congregation who needs to learn to forgive, put yourself in the hands of God and try to help that person, according to what we learned in this lesson.

**Memorize**

“That all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.”

*John 17:21*

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Have you ever asked yourself how it can be that all the parts of the human body are related in such a way that a hand injury can be felt by the whole body? There is no doubt that when speaking of the unity of the church, the figure that best illustrates it is the human body. In fact, in Ephesians chapter four, the apostle Paul, in speaking of the growth of the church, makes references to how it should be similar to the human body and should function in harmony.

The mission of the church in the world is to continue the mission of Christ in the power of the Spirit through a holy life, evangelism, discipleship and service. However, we as Christians cannot complete this mission in an isolated way, but as a community. God has directed the church to express its life through unity and communion with the Spirit.

How is it possible to maintain unity when everyone is so different from one another? It seems impossible, like mixing water with oil. Yet, the Word of God tells us that it is possible. The following exercise will help you to discover specific ways in which we can contribute to the unity of the church.

Find the secret phrase (What does this sentence encourage us to do in respect to the interests of others in the church?)

4. The volleyball players hope aces will help them win the game. (As far as it depends on you, this is the state in which you should live with all people, according to Romans 12:18.)

5. The travel agent let his customers choose their destination. (One of the three indispensable characteristics that is mentioned in Ephesians 4:2-3 for maintaining unity in the church)

6. For cheaper grub, less ingredients may be used. (This is how we should respond, instead of returning evil for evil, according to 1 Peter 3:8-9.)

It is not possible to live a Christian life isolated from others. We need one another, we learn from one another, and we grow together. However, this doesn't come from nothing. It is obtained through unity. This comes when we are united with God and one another; in other words, when we obey the Word.