

## **Seven Things That Do Not Change**

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### **1. One Body, One Spirit, One Hope: We are united together in Christ.**

(Ephesians 4:2–4; Ephesians 1:22–23)

Scripture describes the church as the body of Christ. We do not simply attend church, we belong to one another through Christ. Because we are one body, Paul calls believers to humility, gentleness, patience, forgiveness, and intentional unity. The Holy Spirit binds believers together, and the hope we share in Christ reminds us we are moving toward the same future together.

#### **Discussion Questions**

- What does it mean to you that the church is one body rather than just individuals attending the same place?
- Paul highlights humility, patience, forgiveness, unity, and peace. Which of these is most important for protecting unity in the church? Why?
- Why do you think Paul says to make “every effort” to keep unity?

#### **Follow-Up Prompt**

- Ask God this week to help you strengthen unity in one relationship within the church.

#### **Key Takeaways**

- The church is a spiritual family connected through Christ.
- Unity requires humility, patience, forgiveness, and intentional effort.
- The Holy Spirit and our shared hope bind believers together.

### **2. One Lord, One Faith, One Baptism: Our lives center on Jesus.**

(Ephesians 4:5; Acts 4:12; Matthew 28:18–20; Ephesians 4:1)

Jesus is not simply part of our lives, He is Lord over them. Scripture teaches that salvation is found in Him alone. Our faith in Christ shapes how we live, and baptism is the public declaration that we belong to Him. Together, these remind believers that following Jesus involves both belief and obedience.

#### **Discussion Questions**

- What does it look like practically to live with Jesus as Lord of your life?
- How does faith move from something we believe to something we live out?
- Why do you think baptism is such an important step for believers?

### **Follow-Up Prompt**

- Identify one area this week where you can more intentionally live under the leadership of Jesus.

### **Key Takeaways**

- Jesus alone is Savior and Lord.
- Faith is demonstrated through everyday obedience.
- Baptism is a public declaration of belonging to Christ.

### **3. One God and Father of All: Our identity and security come from Him.**

(Ephesians 4:6; Ephesians 1:18)

God is over all, through all, and working in all who belong to Him. Because He is our Father, believers share a common identity and purpose. Knowing that God is sovereign and personally involved in our lives gives us confidence and hope.

### **Discussion Questions**

- How does knowing God as both Father and ruler over all affect the way you see your life?
- In what ways have you seen God working through your life or the lives of others?
- How does remembering who God is help bring stability in uncertain times?

### **Follow-Up Prompt**

- Take time this week to thank God for His leadership, care, and presence in your life.

### **Key Takeaways**

- God is sovereign over everything.
- Believers share the same Father and identity in Christ.
- Trusting God brings stability and confidence.

### **Reflection and Prayer**

Reflect on the seven unchanging truths Paul lists: one body, one Spirit, one hope, one Lord, one faith, one baptism, and one God and Father of all.

Pray together for unity in the church, faithfulness in following Jesus, and confidence in the Father who is working through His people.