



## CELL GUIDE

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TOPIC	The Call to Unity	SPEAKER	Ps Daniel Foo
THEME	GOFORTH	DATE	24 & 25 Jan 2026

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# MESSAGE SUMMARY

## INTRODUCTION

In Ephesians 4:3, it is written that believers ought to make every effort to keep the unity of the Spirit through the bond of peace. In this sermon, Ps Dan Foo unpacked the scripture and delved into what the scripture meant by the unity of the Spirit. He also explores the reasons to maintain it and shares practical ways to keep this unity, especially with the bond of peace.

## ANSWERING THE CALL TO UNITY

The unity of the Spirit reflects God's **Boulema**, which refers to the unchangeable and sovereign purpose of God that always comes to pass. As a church, we had been made one through the Holy Spirit. Therefore, we have been called to maintain our unity through our obedience (**Thelema**), through the fruits of God, humility, patience and love, and based on the moral instructions and commands in the Scripture.

### 1. What is the unity of the Spirit?

It is created by the Holy Spirit and given to the Body of Christ (1 Cor 12:13). This unity is rooted in our shared life and identity in Christ when we walk and are led by the Holy Spirit (Eph 2:18, 4:4-6). To elaborate, it does not mean uniformity in the sameness of personality, preference or gifting. Rather, it refers to spiritual oneness (Eph 4:7, 11-12), which must be preserved, maintained and nurtured by believers (Eph 4:3).

### 2. Why must we keep this unity?

Firstly, it is fundamental for the Church because it helps strengthen the mission and aligns everyone to one purpose. It also builds a healthy community for believers, attracting the right people and strengthening the culture. Finally, it sustains the work of God by enabling the Church to preserve and protect what God has built. It essentially reflects the heart and work of Christ (Eph 2:14, 5:25), reconciling every believer into one family in Christ (Eph 4:4-6). Secondly, it is needed because our fallen human nature is prone to causing conflicts. For example, carnality, poor communication, unclear goals, limited capacities, personal baggage, power and control issues, inability to navigate change, personality differences, absence of leadership, serving outside of one's calling, gifting or portion, and spiritual warfare. Thirdly, it is required for spiritual growth and maturity (Eph 4:13, 15-16). Lastly, this unity would be a display of God's wisdom to the world (Eph 3:10), where love and unity are marks of true disciples (John 13:34-35). Disunity will weaken the Church, while unity

builds up the Church for an effective ministry.

### 3. How do we endeavour to keep it?

Firstly, we should recognise, accept and acknowledge our oneness as a family of God (Eph 4:4-6).

Secondly, we should walk in Christlike character, with the following attributes:

- Lowliness-Humility (Eph 4:2, Phil 2:3): By not insisting on being right or only my own way, and valuing others above self.
- Gentleness (Prov 15:1): By having strength under control through speaking the truth with grace.
- Patience-Longsuffering (Prov 19:11): By giving people space to grow, allowing time for change to happen.
- Bearing with one another in love (Eph 4:2, 1 Cor 13:7, Col 3:13, Amos 3:3): Like oil in a machine, having this attitude reduces friction in relationships.

Thirdly, we should choose the love of God over our personal preference, by speaking the truth in love (Eph 4:15), forgiving quickly (Eph 4:32), refusing gossip and bitterness (Eph 4:29-31), addressing conflict biblically (Matt 8:15), appreciating and speaking well of each other, and affirming and supporting each other to succeed.

Finally, we should guard the unity against spiritual enemies, for our warfare is against the devil (Eph 4:26-27) instead of the flesh and blood (Eph 6:12). This is because disunity often begins with offence, unresolved anger and miscommunication. We need to walk by the Holy Spirit (Gal 5:16, 18 & 25, Eph 5:9) and the Living Word (2 Tim 3:16-17, James 3:17) to correct our ungodly beliefs and train in righteousness to win against this spiritual warfare.

### 4. The bond of peace in unity

Peace is the binding agent of unity. The presence of Christ ruling in our hearts is our peace, and not the absence of conflicts. (Eph 2:14, Col 3:15) It holds our relationships together, allows truth without hostility, restrains harsh reactions, prevents relationships from breaking under tension, allows diversity and differences without division, sharpens one another like how iron sharpens iron, and enables reconciliation after conflicts. Therefore, peace must be pursued and protected to ensure unity in the church. (Rom 12:18, Heb 12:14, James 3:17). Otherwise, it would lead to fragmented relationships, a failed mission and a fractured church.

## CONCLUSION

As written in John 17:21, the Father, Son and Holy Spirit were not united through holding votes, discussion or negotiations. Rather, they shared one essence – a shared life. Therefore, this unity decreed by God (**Boulema**) is eternal, as it is willed by the Father, prayed for by the Son, and effected by the Spirit. As obedient believers, we are therefore called to live out this unity (**Thelema**). We were not given a choice when we were born into our families; yet through forgiveness, intentional effort and love, we can embody the unity to which we have been called into.

# QUESTIONS

1. In your own words, what does “unity” mean to you? Where have you found it easy—or challenging—to practise unity in your work, family, or ministry?

2. Knowing that unity has already been established under God’s will (Boulema), which we have to live out in obedience (Thelema), how does this understanding change the way we approach unity in the new year?

3. There is a need for intentionality in building relationships to foster unity within the Church. Is there someone that the Holy Spirit has placed in your heart to build or restore a relationship with intentionally? How can you respond in a way that builds unity in the body of Christ?