



## **We Are One Body in Christ**

### **May 10, 2026**

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*Romans 12:3-5*

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### **Main Point**

Humility and unity strengthen the church and help believers grow together in Christ.

### **Part 1: Master Teacher (10 Minutes)**

#### **Introduction**

**How does humility impact your ability to grow and build relationships with others?**

God uses humility to strengthen relationships and promote spiritual growth.

#### **Biblical Teaching**

1. Humility Strengthens Relationships (v. 3)
  - Humility reflects Christ's character.
  - Pride weakens relationships.
  - Spiritual growth requires humility.
2. Unity Strengthens the Church (v. 4-5)
  - Believers are connected.
  - Unity strengthens mission.
  - Relationships promote growth.

#### **Takeaway**

Humility and unity help believers grow and reflect Christ.

### **Part 2: Group Discussion (25 minutes)**

#### **Facilitator Guidance**

- Help participants identify the role humility plays in spiritual growth.

#### **Discussion Questions**

### 1. Growing in Humility

- Why is humility essential in spiritual relationships?
- What makes humility difficult?
- How can you practice humility this week?

### 2. Living in Unity

- How does unity strengthen spiritual growth?
- What threatens unity?
- How can you strengthen unity?

### 3. Investing in Others

- Who can you invest in spiritually?
- How can relationships strengthen faith?
- How can you grow relationally?

### 4. Reflecting Christ Together

- How does unity reflect Christ?
- How can unity influence unbelievers?
- How can your relationships reflect Christ?

## **Next Steps & Call to Action (5 minutes)**

### **Facilitator Closing Thought:**

Humility and unity create an environment where spiritual growth and gospel impact flourish.

### **Action Step:**

Practice intentional humility in one relationship this week.

### **Prayer Focus:**

- Pray for humility.
- Pray for unity.
- Pray for spiritual growth.