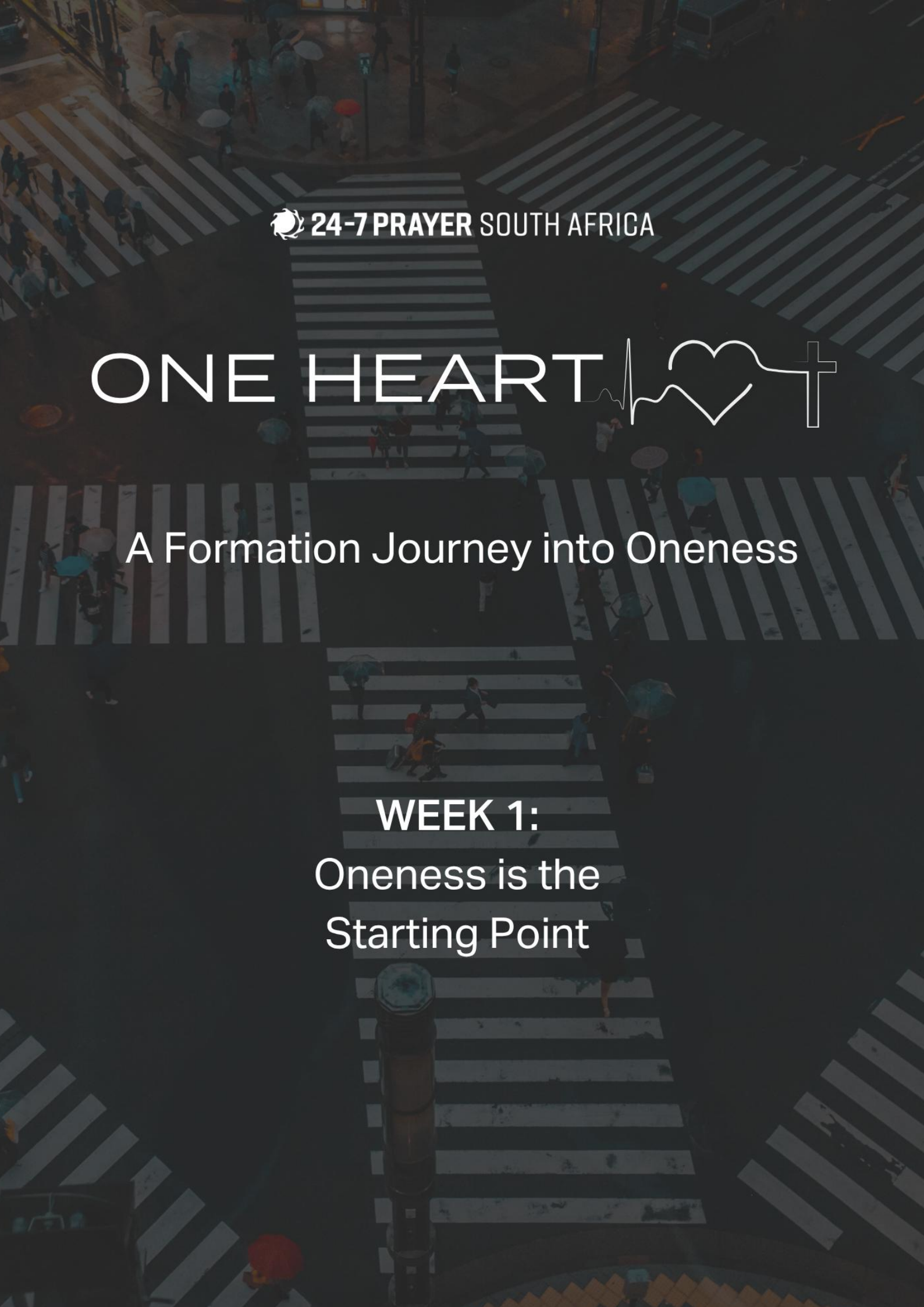




 **24-7 PRAYER SOUTH AFRICA**

ONE HEART

A Formation Journey into Oneness

WEEK 1:
Oneness is the
Starting Point

WEEK 1 - DAY 1 — Already One

SCRIPTURE

"I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me."
John 17:21 NLT

REFLECTION

Following Jesus' life in scripture, nowhere does he pray a prayer that is not answered – including raising Lazarus from death. Therefore, we must believe that His prayer in John 17 is a present reality for us – we are all ONE! Oneness is much deeper than unity. Unity is something we often try to create – through effort, agreement, or trying harder to get along. Jesus prayed that we would be one, just as He and the Father are ONE. That means oneness is not a future goal—it is a present reality we are invited to live from.

The problem is not that we are different from each other; it is that we live lives kept apart, separated by our differences. Our lives are shaped by what we believe about Christ and therefore what His invitation to live as He lived. Focusing on your difference causes you to see yourself as separate from others, competing, comparing, then distance from others comes naturally. But when you begin to see yourself as part of one family under one Father, your **posture** shifts.

Oneness is not something you achieve. It is something you awaken to. The journey begins here: not fixing your life but remembering where you belong.

ACTION

Notice one moment today where you instinctively withdraw from others (comparing, competing, judging). Pause and remind yourself: *"I already belong."*

PRAYER

Father, help me see what is already true. Help me to live from oneness, not separation.

DAY 2 — Where You Are Seated

SCRIPTURE

"Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God." **Colossians 3:1-3 NLT**

REFLECTION

There is a reality that is more real than any feeling caused by any circumstance in your life right now. The reality of new life in Christ – right now. The reality of heaven and Christ's position there – seated at God's right hand in the place of all honour, power, and authority. The reality of where your life is – right now hidden with Christ in God; completely cut-off from any of this world's pull and influence, and with complete access to Christ's honour, power and authority. That means our deepest and truest identity is not shaped by our circumstances, our past, not even our emotions—but by the reality that, right now, we are seated with Christ at the right hand of God.

Yet most of us do not live with this reality in mind, reacting to pressure, opinions, and fear. We forget we are not just seated with Christ but also hidden with Him in God. This gap between reality and experience is where transformation happens.

When you live from the wrong place or reality, everything feels unstable. But when you begin to anchor yourself in where you are seated—with Christ—your actions change. Suddenly your life is not about reaction. You are less defensive, less anxious, less driven to prove yourself.

Oneness begins with learning to live from where you already are, not just where you feel you are.

ACTION

When you feel anxious or pressured today, pause and say quietly: *"My life is hidden with Christ in God."*

PRAYER

Jesus, remind me where I belong today. Help me live from where and who you are, not influenced by my circumstances, but influenced by Your reality.

DAY 3 — When Reality Doesn't Match

SCRIPTURE

"When your self-life craves the things that offend the Holy Spirit you hinder him from living free within you! And the Holy Spirit's intense cravings hinder your self-life from dominating you! So then, the two incompatible and conflicting forces within you are your self-life of the flesh and the new creation life of the Spirit."

Galatians 5:17 TPT

REFLECTION

This scripture highlight a tension that is too familiar to most, but hard to admit it. We all feel this tension: knowing what is true but not always living according to truth we know. You may believe you are one with God but still feel distant from Him. You may know you're part of one family but still feel disconnected or frustrated with others.

This tension does not mean something is wrong with your faith. It means formation is happening. The life of the Spirit and the patterns of the flesh pull in different directions. One invites you into oneness; the other pulls you into separation—comparison, fear, pride, and self-protection.

The goal is not to eliminate the tension overnight, but to learn how to stay with God inside it. Growth happens when you stop pretending everything is fine and start bringing the gap honestly before Him.

Oneness is not proven by perfection, but by your willingness to remain connected to God in the tension.

ACTION

Be honest with God today about one area where your life doesn't reflect oneness, or truth you believe. Don't fix it—just name it.

PRAYER

God, meet me in the gap. Help me to stay with You, even when I feel conflicted inside.

DAY 4 — Hidden Separation

SCRIPTURE

"The Pharisee stood by himself and prayed this prayer: 'I thank you, God, that I am not like other people—cheaters, sinners, adulterers. I'm certainly not like that tax collector! I fast twice a week, and I give you a tenth of my income.'" **Luke 18:11-12 NLT**

REFLECTION

Sometimes the reality of our own separation is hidden from us. It shows up quietly – in comparison, subtle judgment, or feeling "better than" or "less than" others. You may not say it out loud, but it shapes how you relate to others.

The Pharisee in Jesus' parable didn't think he was far from God – he thought he was closer than others. That's the danger. You can live in separation while believing you are ONE with Christ.

Oneness is not just about how you treat people outwardly; it is about the posture of your heart.

Do you see yourself above others?

Do you create distance without realizing it?

Formation begins when we respond to the invitation to take the posture of humility before God. Living from humility brings clarity of our true condition and reality of help we need from God. Only then are we able to return to oneness. Whereas, pride blinds us from seeing where we've stepped out and away from the reality of oneness.

ACTION

Pay attention to your thoughts about others today. When judgment arises, remember the Tax Collector's prayer: "Oh God, be merciful to me, for I am a sinner."

PRAYER

Search me, oh Lord, see and show me where I've created distance from You by living from pride instead of a posture of humility. Show me, so that I may ask for and receive forgiveness for my wrong.

DAY 5 — Returning to “Our Father”

SCRIPTURE

“Pray like this: Our Father in heaven, may your name be kept holy.” **Matthew 6:9 NLT**

REFLECTION

Jesus taught us to begin our prayer with: “Our Father.” Because of these two words, everything changes.

If God is “Our” Father, then no one is outside the family. The person you struggle with, avoid, or misunderstand – is held within the same relationship with Him. They begin their prayer with the same words as you do – “Our Father...”

This does not ignore pain or differences. It reframes them. I cannot hold onto separation while honestly praying “Our Father.” The prayer itself invites me back into shared identity even with those I might currently consider my enemies. This is why, part of the pray is: “forgive us our sins, as we have forgiven those who sin against us.” Our prayer assumes that we have forgiven others and therefore restored oneness – we are so confident of this, that we even ask God to use the measure of our forgiveness and release of others from obligation in forgiving us our own sin against Him.

Think about that for a moment.

Returning to God is not just about reconnecting personally – it is about remembering you were never meant to live separate from others. Your relationship with God is what connects you to others.

Oneness begins again every time I return to the Father as part of the Father’s family.

ACTION

When you pray as Jesus taught us today, intentionally pause after “Our Father” and think of one person or group of people you usually or sometimes struggle to include.

PRAYER

Father, bring me back into family. Help change how I see others, help me see others the way that You see us.

DAY 6 — Living Like It's True

SCRIPTURE

"Rather, use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. If you bite and ravage each other, watch out—in no time at all you will be annihilating each other, and where will your precious freedom be then?" **Galatians 5:13 MSG**

REFLECTION

From this scripture we learn that oneness is not only about identity and belonging, it is also about freedom. To live in oneness is exactly how freedom grows according to this translation of the Bible. To live in Oneness with others, is to live a free life.

Freedom is not only about living for yourself. It grows as we grow in loving others. When I live from oneness, love for others becomes more natural, and so does my freedom – not because people are easy, but because I see them differently, as part of my family – God's family.

This is where formation moves from just what we believe and know into practice. One does not wait to feel connected before acting differently. You choose to live from what is true, even when it feels unfamiliar.

Oneness shows up in small decisions – how you respond, how you listen, how you treat people when you do not have to.

Over time, your actions begin to align with your identity. Oneness becomes not just something you believe, but something others experience from and through you.

ACTION

Do one intentional act of care for someone today without expecting anything back.

PRAYER

Holy Spirit, guide me into simple obedience. Help me live from oneness today.

DAY 7 — Anchored in Belonging

SCRIPTURE

"For all who are led by the Spirit of God are children of God. So you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." For his Spirit joins with our spirit to affirm that we are God's children." **Romans 8:14-16 NLT**

REFLECTION

At the end of this week, the invitation is simple: you belong. Not because you earned it, but because you were brought into it.

You are not trying to become part of God's family—you already are. You are not working toward oneness—you are learning to live within it.

When this truth anchors you, everything begins to settle. You don't have to strive for identity, fight for worth, or prove your place. You begin to live with quiet confidence and openness toward others.

Oneness is not fragile. It is rooted in God Himself. Your journey now is to return to it again and again—especially when life pulls you into separation.

This is your starting point. And it will remain your foundation.

ACTION

Take 5 minutes today to sit quietly and reflect on this truth: *"I belong to the Father."*

PRAYER

Father, thank You that I belong. Keep me anchored in this truth.

Written by Nkosinathi Mbuyazi

WEEK 2: Oneness with God

Movement: From doing for God → living with God



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