



 **24-7 PRAYER** SOUTH AFRICA

ONE HEART

A Formation Journey into Oneness
OFFLINE 3 DAY GUIDE

WEEK 1:
Oneness vs Unity



DAY 1 (Monday) — *Rediscovering Oneness*

Theme: Already One

Focus: Awakening to what is already true

Scripture

"That they may all be one..." — John 17:21

Reflection

We often talk about **unity**—something we try to build through effort, agreement, or getting along.

But Jesus didn't pray for unity. He prayed for **oneness**.

Oneness is not something you create.

It is something you are invited to *live from*.

If Jesus prayed it—and His prayers are not empty—then oneness is already real.

The challenge is not becoming one.

The challenge is **remembering who we are** and living from that reality.

Sometimes we feel divided not because we are separated...
but because we are living as if we are.

Practice

- Notice a moment today where you:
 - Compare yourself
 - Feel separate
 - Pull away from someone

Pause and say quietly:

"I already belong."

Prayer

Father,

Help me see what is already true.

Teach me to live from oneness, not from separation.

Amen.

DAY 2 (Wednesday) — *Where Am I Living Disconnected?*



Theme: Honest Reflection

Focus: Identifying hidden disconnection

Scripture

"Your life is now hidden with Christ in God." — Colossians 3:3

Reflection

If we are already one...why does it sometimes feel like we're not?

Maybe the better question is not: "How do I become one?"

But: **"Where am I living disconnected?"**

We all have places where separation quietly forms:

- Assumptions about others
- Avoidance
- Internal distance

Yet the truth is this: Your life is already **hidden with Christ in God**.

Oneness doesn't begin with behaviour. It begins with **where you are living from**.

Practice

Prayerfully reflect and write down:

- One person I avoid: _____
- One person I judge or assume about: _____
- One person who feels "other" to me: _____

Don't fix it. Just notice it.

Prayer

Father, Show me where I've disconnected.

Bring me back to where You are.

Amen.

DAY 3 (Friday) — *Go First*



Theme: Courage & Action

Focus: Living out oneness

Scripture

"Go and be reconciled..."— Matthew 5:23-24

Reflection

We often wait:

- For the apology
- For the right moment
- For the other person to move first

But oneness becomes real...
when **someone chooses to move.**

What if this is where it begins for you?

Oneness is not proven by comfort.
It is lived out through courage.

Practice (Choose ONE action)

This weekend:

- Send a message
- Start a conversation
- Sit with someone different
- Offer kindness where there has been distance

It may feel awkward.
That's okay—this is where formation begins.

Prayer

God, Give me courage to go first.
Even when it feels uncomfortable. Teach me to live from oneness in real, practical ways.
Amen.