



 **24-7 PRAYER** SOUTH AFRICA

ONE HEART

A Formation Journey into Oneness
OFFLINE 3 DAY GUIDE

WEEK 2:
Oneness with God



WEEK 2 — ONENESS WITH GOD

DAY 1 (Monday) — *It Starts Within*

Theme: Reconciled to God

Focus: Living from oneness with Him

Scripture

"God reconciled us to Himself through Christ... and gave us the ministry of reconciliation."

Reflection

We often look at the brokenness around us—
division, hurt, and distance—and wonder how things will change.

But Scripture reminds us:
God has already **reconciled us to Himself**.

This means oneness with God is not something we are trying to achieve.
It is something we are invited to **live from**.

And from that place...
we are entrusted with the ministry of reconciliation.

But here's where it begins:
Not out there.

It begins within.

Oneness with God is not built through striving or performance.
It is formed in the quiet, hidden place—
where you learn to simply **remain with Him**.

Practice

Take 3 minutes today:
Sit quietly with God.

No requests.
No distractions.

Just stay.



Prayer

Lord,
thank You for reconciling me to Yourself.
Teach me to remain in You
and live from Your presence.
Amen.

DAY 2 (Wednesday) — *Search Me*

Theme: Honest Reflection

Focus: Allowing God to reveal the heart

Scripture

"Search me, O God, and know my heart..." — Psalm 139

Reflection

If we are called to carry reconciliation...
we must first allow God to work within us.

This week, we're not looking outward first—
we're looking inward.

Sometimes what separates us from others
is not just what has been done to us...
but what is forming quietly in us.

- Assumptions
- Distance
- Unnoticed prejudice
- Hidden bitterness

And often, instead of slowing down,
we distract ourselves or stay busy.

But oneness with God deepens
when we allow Him to meet us honestly—
even in the uncomfortable places.



This is not about guilt.
It is about **formation**.

Practice

Take a quiet moment and ask God:

What is in my heart
that works against reconciliation?

Write down anything that comes to mind.

Then:

Pray for one person who is different from you.

Prayer

Father,
search my heart.

Reveal anything that separates me
from Your love and Your desire for oneness.

Teach me to love people the way You do.

Amen.

DAY 3 (Friday) — *Live It Out*

Theme: Courage & Action

Focus: Becoming an ambassador of reconciliation

Scripture

"We are ambassadors for Christ..."

Reflection

Oneness with God was never meant to stay private.

When you know you are reconciled to Him,
your life begins to reflect it.

Because reconciled people
become **ambassadors of reconciliation**.



This is not something abstract.
It becomes visible in how you live—

In your conversations
In your relationships
In how you treat people who are different from you

Oneness with God flows outward
into everyday life.

It may feel unfamiliar.
That's okay.

This is where formation becomes real.

Practice (Choose ONE action)

This weekend:

Build a relationship with someone outside your usual circle
Listen to their story
Share a meal
Seek understanding where there has been distance
Don't overthink it. Just take one step.

Prayer

Lord,
make me an ambassador of Your reconciliation.
Use my words, my actions, and my relationships
to bring healing and unity.
Amen.



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