



 **24-7 PRAYER** SOUTH AFRICA

ONE HEART

A Formation Journey into Oneness

WEEK 2:
Oneness with God



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Themes: Presence, Abiding, Hidden Life

Movement: From doing for God → living with God

DAY 8 — The Hidden Place

SCRIPTURE

"Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me." **John 15:4 NLT**

REFLECTION

Given a choice between a life that is fruitful and one that bears no fruit – we all wisely want to bear fruit. This is the innate desire to succeed, to count for something, make a difference. Yet, for most, we soon discover that success in this life is not guaranteed. As life throws all sorts of challenges at us long before we can even successfully spell our own names.

Jesus' invitation is simple: *"Remain in me... you cannot be fruitful unless you remain in me."*

Oneness with God is not built through occasional moments of connection. Just like branches attached to the stem, somewhere hidden from the human eye – life is flowing, production is happening, quietly but constantly. So, for us, we may not feel anything dramatic, but something deeper is happening – sustaining, shaping, forming.

This is the place where identity is shaped, where one learns to trust that God is present not just in spiritual moments, but in ordinary ones too. Here, you learn that you don't need to perform or prove anything, all there is is to just remain.

Jesus' invitation to remain in Him is less about doing more for God and more about learning to stay with Him.

ACTION

Take 3 minutes today to just sit in silence with God – no requests, no words. Just stay.

PRAYER

Jesus, help me to remain in You.



DAY 9 — God Is Closer Than You Think

SCRIPTURE

""His purpose was for the nations to seek after God and perhaps feel their way toward him and find him—though he is not far from any one of us." **Acts 17:27 NLT**

REFLECTION

Sometimes we live as though God is distant—waiting somewhere far away for us to reach Him. But Scripture says He is not far from any one of us. The problem is not His distance, but our awareness.

We search for God in big experiences while missing Him in ordinary moments. He is present in your thoughts, your surroundings, your quiet pauses, your daily routine. Oneness means you are never separate from Him – even when you feel far from Him.

This shifts how you approach your day. You don't need to "enter" God's presence; you begin to recognise that you are already in it. Awareness becomes the key to connection.

Spiritual formation starts when you stop trying to find God somewhere else and begin to notice Him right here, even more significantly – notice yourself hidden with Christ in God (Col. 3:1-4).

Not only is God near to us, but we are hidden deep, safe, and secure in Him!

ACTION

Throughout your day, pause three times and simply whisper: *"You are here, I am hidden with Christ in You."*

PRAYER

God, open my eyes. Help me notice Your presence in my everyday life. Help me find peace, strength, and strength from the truth of hiddenness in You.

DAY 10 — More Than Performance

SCRIPTURE

"But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." But the Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."" **Luke 10:40-42 NLT**

REFLECTION

Jesus' invitation to us is not to impress Him. He is inviting us to sit with Him. Sitting with Jesus does not equate to passivity. Martha's problem is not that she's serving, hosting the guests – the issue is her heart's condition even as she does what is good, what needs to be done. She is looking over her shoulder, comparing, envying, letting frustration set in. So, when she eventually speaks to Jesus, it is to complain, and not to abide, remain, love and be loved by Him. She comes to Jesus seeking affirmation for the thing forming in her heart – the thing that is not from Jesus, the thing that leads to breakdown and separation when left to its own devices and not surrendered at the feet of Jesus like her sister Mary is doing.

It's easy to measure your relationship with God by what you do—how much you pray, how disciplined you are, how "good" you've been. But Jesus gently challenged that mindset Luke 10:40-42.

Martha was doing good things—but she was anxious and distracted. Mary chose presence over performance. She understood that being with Jesus matters more than doing for Him.

Sometimes we use activity to avoid intimacy. It feels safer to stay busy than to be still. But oneness with God cannot be built on performance. It grows through investment in unhurried time in His presence, seating at His feet, a relationship slowly forming.

There are weeks where I sometimes take a yoga Matt, and all I do, in the quiet of the morning, is lie on my side, assuming the "baby curled up" position, imagining being held, and carried by His loving arms – I do this because my body needs reminding that I belong to Him, and that slowing down and feeling all the feelings, hearing all the thoughts racing through my heart and mind, is only when I can then come to the awareness of what needs healing, what needs casting off, and what needs giving thanks for. In this way one takes stock of their life in God – you'd be amazed how well your life is even in the midst of the worst circumstance, if you just stopped and took stock.

**ACTION**

Choose one task today that you will do more slowly and consciously with God, instead of rushing through it – even better, if you can carve out 10 minutes of seating or laying down like I sometimes do and welcome your heart, body, and mind into God's presence.

PRAYER

Lord, free me from striving. Show me how to be with You, not just work for You.



DAY 11 — The Destruction Beneath the Distraction

SCRIPTURE

""Be still, and know that I am God! I will be honoured by every nation. I will be honoured throughout the world."" **Psalms 46:10 NLT**

REFLECTION

Distraction is not just about your phone, your schedule, or your environment. It often points to something deeper—a restlessness inside. Sitting still with God can feel uncomfortable because it exposes what we usually avoid: anxiety, fear, or emptiness.

But this is exactly where formation happens. Stillness is not a requirement for perfect people—it is an invitation for honest people. God meets you in the noise of your thoughts, not just in silence.

In Matthew 9 Jesus says this: *"Healthy people don't need a doctor—sick people do."*

Think about it? When you actually realise, the offer at the heart of this invitation to stillness, you'd want to respond to it at all cost! The more chaotic, restless, in pain I am, the more I need Him, and the more He's there waiting for me at the place of returning to stillness – returning to rest.

Oneness deepens when you stop escaping yourself and allow God to meet you where you actually are.

ACTION

Sit still for 2 minutes today and simply notice what comes up in your thoughts without trying to fix it.

PRAYER

God, meet me in my restlessness. Help me stay with You instead of running.



DAY 12 — Returning Again

SCRIPTURE

"This is what the Sovereign Lord, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it. So the Lord must wait for you to come to him so he can show you his love and compassion. For the Lord is a faithful God. Blessed are those who wait for his help." **Isaiah 30:15, 18 NLT**

REFLECTION

You will lose focus. You will get distracted. You will drift. This does not mean you've failed—it's part of the journey. All of us sometimes drift, and so the invitation to return is to all of us.

What matters is not how perfectly you stay connected, but how consistently you return. God is not measuring your performance. He is restoring your soul.

"Blessed are those who wait for His help."

Every return strengthens your awareness of Him. Every moment you turn back—after distraction, after doubt, after distance—is a step deeper into oneness.

Spiritual maturity is not about never drifting; it's about becoming quicker to return.

God is always ready to receive you—not with frustration, but with welcome.

"So the Lord must wait for you to come to Him so He can show you His love and compassion. For He is a faithful God."

ACTION

When you notice you've been distracted today, gently return your attention to God without judgment.

PRAYER

Father, thank You that I can always come back. Draw me again and again.



DAY 13 — Formed in Secret

SCRIPTURE

"But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you."
Matthew 6:6 NLT

REFLECTION

There's a part of your life that no one else sees—your thoughts, your quiet moments, your private decisions. This hidden space is where your real formation happens.

Jesus teaches that what is done in secret matters. Not for recognition, but because it shapes who you are. Oneness with God grows in unseen places—when no one is watching, when there is no reward.

It is easy to look spiritual in public. It is much harder to build a genuine inner life. But this is where transformation becomes real.

Over time, what is formed in secret begins to show in how you live, speak, and relate. You don't perform it—it flows naturally.

Your hidden life with God is not small. It is everything.

The tallest and best architecturally designed buildings, do not stand tall because of all the beauty and glory we can see from miles away – they stand strong and tall, because someone, long before there was anything to marvel at, dug deep underground, carefully measuring out and laying the foundation. None of that work is pretty, and no part of that finished foundation is fit for public display – so it remains buried underground, yet it's the most important part of that building. So it goes with your life...

"go away by yourself, shut the door behind you, and pray to your Father in private..."

That's how we lay a strong foundation for formation in our lives.

ACTION

Create a small personal moment with God today that no one else knows about.

PRAYER

God, form me in the hidden places. Help me value what no one else sees.



DAY 14 — A Life With God

SCRIPTURE

"Jesus replied, "All who love me will do what I say. My Father will love them, and we will come and make our home with each of them." **John 14:23 NLT**

REFLECTION

Oneness with God is not a moment—it is a way of living. Jesus speaks of making a home with those who love Him. That means God is not a visitor in your life; He is a constant presence – your life a dwelling place for the Father and the Son, the Father and the Son your dwelling place. It's wonderful!

"your real life is hidden with Christ in God." Colossians 3:3 NLT

This changes everything. Your life is no longer divided between "spiritual" and "normal." Your entire life literally cut off from anything not of the spirit – every part of your day becomes a place of connection—your conversations, your work, your rest, your breathing in, your breathing out.

You begin to live with God, not just for Him. Decisions become shared. Moments become meaningful. Even struggles become places of encounter.

This is the invitation: a life where God is not an addition, but the centre.

And it starts with simple awareness, small returning, and consistent staying.

ACTION

Invite God into one ordinary moment today (a conversation, meal, or walk) and be aware of Him there.

PRAYER

Jesus, make Your home in my life. Show me how to live every moment with You.



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