

October 25, 2024

Daily Reflections



Center for Spiritual Development

PRESERVING THE UNITY OF THE SPIRIT

By Lucy Dominguez

Today's First Reading

Brothers and sisters:

*I, a prisoner for the Lord,
urge you to live in a manner worthy of the call you have received,
with all humility and gentleness, with patience,
bearing with one another through love,
striving to preserve the unity of the Spirit
through the bond of peace;
one Body and one Spirit,
as you were also called to the one hope of your call;
one Lord, one faith, one baptism;
one God and Father of all,
who is over all and through all and in all.*

EPHESIANS 4:1-6

Reflection

Today's first reading hit home for me after two recent gatherings. A few months ago, we had dear friends over for dinner. Over dessert, someone asked, "What do you think of Kamala Harris running for president?" The conversation that followed was thoughtful and respectful, with differing perspectives shared calmly. No one resorted to rudeness or demeaning comments, and by the end of the evening, we knew where everyone stood, and that was okay. We remain friends, continuing to stay connected.

In contrast, a family dinner with the same question unfolded very differently. The conversation quickly turned tense and accusatory, with raised voices and hurtful remarks. Politics often creates division, and it can feel even more volatile when mixed with family dynamics. Afterward, we apologized and embraced, but I found myself reflecting: Did my words foster unity? Did they promote goodness? Was the charism of unity present? Sadly, the answer was no. I had reacted instead of responding with grace.

In this passage from Ephesians, we are reminded of the call we have received as followers of Christ. Paul, writing as a prisoner, invites us to "live in a manner worthy of the call" -- not just in our outward actions but with an interior disposition of humility, gentleness, and patience. It is an attitude of the heart, a way of being that we are called to embody, even when life challenges us, and others provoke us.

Paul emphasizes that the key to preserving the unity of the Spirit is our ability to bear with one another in love. This unity is not a mere suggestion but a reflection of God's very nature: one God, one faith. When we choose to live with humility and gentleness, we become witnesses to the love that Christ embodies, making the inclusive ways of God tangible in our lives. In doing so, we reflect the one hope of our call; a hope rooted in our shared faith in the one Lord who is present in all things and all people.

The dinner with my family reminded me that while it is important to stand up for what is right, it is just as essential to do so with love, humility, and peace. Our call as Christians is to speak truth and do so in a way that reflects the unity, love, and gentleness Christ calls us to live out in all aspects of our lives.



Person's Left Hand with Blue Manicure
Photo by Cottonbro Studio

For Pondering

- In what ways can I better reflect the unity of the Spirit in my relationships, especially with those who hold opposing views?
 - When have I experienced unity in diversity within my community, and how can I contribute to creating more of these moments?
-

For Prayer

A Prayer for Unity

*In this century and in any century,
Our deepest hope, our most tender prayer,
Is that we learn to listen.
May we listen to one another in openness and mercy
May we listen to plants and animals in wonder and respect
May we listen to our own hearts in love and forgiveness
May we listen to God in quietness and awe.
And in this listening,
Which is boundless in its beauty,
May we find the wisdom to cooperate
With a healing spirit, a divine spirit
Who beckons us into peace and community and creativity.
We do not ask for a perfect world.
But we do ask for a better world.
We ask for deep listening.*

JAY MCDANIEL, PROFESSOR OF RELIGION, HENDRIX COLLEGE, ARKANSAS

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



[Visit Website](#)

714-744-3172

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)