



PSALMS OF ASCENT

SONGS FOR THE JOURNEY



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July 19, 2026

PSALM 133

SUNDAY REFRESHER

Psalm 133 gives us a picture of something far deeper than people simply getting along. Biblical unity is covenant unity. It is the shared life of people whom God has brought together, set apart, and called to live as one family. David compares that unity to the oil poured over Aaron at his consecration and the life-giving dew that covered Mount Hermon. Unity is holy, abundant, refreshing, and unmistakable. When God's people live this way, it reveals that we are becoming what He created us to be.

But unity is not automatic, and it must be protected. Gossip, slander, triangulation, subtle comments, alliance-building, and division do more than damage individual relationships. They spread anxiety and attack the body of Christ. Jesus prayed that His followers would be one so the world would believe. That means we cannot claim to value unity while refusing to address conflict directly. The goal is never avoidance, punishment, or winning. The goal is confession, restoration, right relationships, and a church that reflects Jesus to the world.

PERSONAL REFLECTIONS

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*

QUESTIONS

- *When have you experienced the goodness and life-giving power of genuine Christian unity?*
- *When conflict or anxiety arises, are you more likely to go directly to the person involved, avoid the issue, or pull someone else into it?*
- *Is there any gossip, resentment, division, or unresolved conflict that God is calling you to confess and address directly?*

SCRIPTURE REFERENCES

Psalms 133 | John 17:20–21 | Proverbs 6:16–19 | Galatians 5:19–21 | Matthew 18:15–17 | Titus 3:10–11

CONCLUSION

Jesus went to extraordinary lengths to make us one. Through His death and resurrection, He brought us into one body, one family, and one shared life. Our unity is not built on identical opinions, personalities, or preferences. It is built on Christ. When we protect that unity, we display the beauty of the Gospel and show the world that Jesus truly changes people.

Protecting unity requires courage. It means refusing gossip, rejecting triangulation, staying grounded when anxiety rises, and having direct conversations when relationships become strained. It means confessing where we have planted seeds of discord and pursuing restoration wherever possible. Unity is good, pleasant, holy, and life-giving. It is worth fighting for because Jesus prayed for it, died to create it, and commands us to protect it.

Knowing that life transformation happens best through intentional, meaningful relationships, don't let this week's sermon remain as mere information. In the next few days, look for ways to teach, challenge, encourage and/or pray about what you're discovering!