

Field Guide and Leader Guide 7.19.26

Psalms of Ascent

Synopsis

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.

Questions

1. When have you experienced the goodness and life-giving power of genuine Christian unity?
 - What made that relationship or community feel different from simply getting along?
 - How did that unity strengthen your faith or help you see Jesus more clearly?
2. 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?
 - What usually keeps you from addressing conflict directly?
 - How can you become a more grounded, non-anxious presence when tension rises?
3. Is there any gossip, resentment, division, or unresolved conflict that God is calling you to confess and address directly?
 - Have you involved someone in a conflict who was not part of the original issue?
 - What specific step toward confession, restoration, or reconciliation can you take this week?

Scripture References: Psalm 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.