



St Barnabas Cray

"Unity in Christ: One Body, One Spirit"

Weekly Devotional Journey

Monday - Called into One Body

Morning Devotion

Today's Verse

For we were all baptised by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. (1 Corinthians 12:13)

Devotional Thought

When we become Christians, we don't embark on a solitary journey—we're called into community. There's no such thing as isolated saints in God's kingdom. Just as our physical bodies need every part working together, the church needs each of us bringing our unique gifts whilst remaining united in purpose. We need the encouragement of others to grow, and they need ours. It's in community that we develop patience, learn forgiveness, and discover how to challenge and be challenged. The world watches how we love one another, and through our unity, they catch a glimpse of Jesus himself.

Reflection Question

How might God be calling you to engage more fully with your church community?

From Sunday's Sermon

"There is no such thing as voluntary saints. When we become Christians, we are called to become part of the church."

Today's Application

This week, identify one way you can contribute to your church community—perhaps offering a skill, joining a ministry team, or simply making an effort to encourage someone who might be struggling. Remember, your gifts are needed for the body to function properly.

Morning Prayer

Father, thank you for calling me into your family. Help me to see my church community not as an obligation but as a gift. Show me how to use my gifts to build up others and how to receive graciously from those around me. May our unity reflect your love to the watching world. Amen.

Evening Devotion

Growing Together

Evening Reflection

Growth happens in community. We don't develop patience in isolation—it comes through relationships that test us. We learn grace when we're rubbing shoulders with people different from ourselves. Tonight, consider how God has used your church family to shape you. Perhaps through someone's patience with your mistakes, or their gentle correction when you needed it. The very people who sometimes challenge us most are often God's instruments for our transformation.

Evening Reflection

Who in your church community has helped shape your character, and how can you thank them?

Evening Prayer

Lord, thank you for the people you've placed in my life who've helped me grow. Give me patience with others as they've shown patience with me. Help me to see challenges in relationships as opportunities for growth rather than obstacles to avoid. Amen.

Tuesday - Set Apart for Holiness

Morning Devotion

Today's Verse

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. (1 Peter 2:9)

Devotional Thought

Holiness isn't about being otherworldly or pretentious—it's about being set apart for God's purposes. In our age where trust has eroded and words seem cheap, our integrity matters more than ever. People are watching, not for perfection, but for authenticity. They want to see genuine goodness, grace, and a loathing of hypocrisy. As one person said, 'I don't want to hear any more words. I want to see it in your life.' Our character speaks louder than our proclamations. We're called to demonstrate humility, goodness, and moral integrity in a world desperately needing to see these qualities lived out.

Reflection Question

In what areas of your life might God be calling you to greater integrity and authenticity?

From Sunday's Sermon

"I don't want to hear any more words. I want to see it in your life."

Today's Application

Examine one area where your actions might not align perfectly with your beliefs. Perhaps it's how you speak about others, handle money, or treat those who serve you. Choose one specific way to demonstrate Christ-like character today.

Morning Prayer

Holy God, you've called me to be set apart for your purposes. Help me to live with genuine integrity, not pretending to be what I'm not, but allowing your Spirit to transform me from within. May my life be a true reflection of your goodness and grace. Amen.

Evening Devotion**Authentic Living****Evening Reflection**

Tonight, reflect on the difference between religious performance and authentic faith. God isn't calling us to put on a show but to allow his transforming power to make us genuinely good, gracious people. In a world where trust is scarce, our authentic Christian living becomes a powerful witness. When we're real about our struggles whilst demonstrating real change, people notice. This isn't about perfection—it's about direction and genuine transformation.

Evening Reflection

How can you be more authentic in your faith journey whilst still pursuing holiness?

Evening Prayer

Father, guard me from hypocrisy and help me to be genuine in my faith. Transform my heart so that goodness flows naturally from within. Let my life be a testimony to your transforming power. Amen.

Wednesday - Universal Truth for Every Age

Morning Devotion

Today's Verse

Jesus Christ is the same yesterday and today and forever.

(Hebrews 13:8)

Devotional Thought

The gospel isn't a passing trend or cultural phase—it's universal truth for every age and every place. When we say we believe in the 'catholic' church, we're affirming that there's one Christian message for Nigeria and Ghana, for Sri Lanka and St. Paul's—one truth that transcends cultural boundaries and historical epochs. While how we present this message may change with culture, Jesus himself remains constant. This is incredibly encouraging when people claim Christian faith is dead or irrelevant. We're not part of some passing fad. The faith that sustained the early church sustains us today and will continue for generations to come.

Reflection Question

How does knowing that you're part of an eternal, universal truth encourage you in your daily walk?

From Sunday's Sermon

"Jesus is the same yesterday, today and forever... We are not part of some passing fad."

Today's Application

Connect with Christians from different cultural backgrounds today—perhaps through prayer, reading testimonies from other countries, or reaching out to international students. Celebrate the universal nature of our faith that transcends all boundaries.

Morning Prayer

Eternal God, thank you that your truth transcends time and culture. Help me to see beyond my local context to the global body of Christ. Strengthen my confidence in the eternal relevance of the gospel message. May I be faithful in passing this truth to the next generation. Amen.

Evening Devotion

Timeless in a Changing World

Evening Reflection

In our rapidly changing world, there's comfort in knowing we anchor ourselves to something timeless. Whilst technology advances and social norms shift, the core truths of Christianity remain steady. Tonight, consider how this stability affects your daily decisions and long-term perspective. You're connected to believers across centuries and continents who've found hope in the same unchanging Christ you serve today.

Evening Reflection

What aspect of God's unchanging nature do you most need to remember right now?

Evening Prayer

Unchanging God, in a world of constant flux, you remain my constant. Help me to build my life on the solid foundation of your eternal truth. Give me wisdom to distinguish between cultural changes and eternal principles. Amen.

Thursday - Carrying the Apostolic Flame

Morning Devotion

Today's Verse

So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.
(Colossians 2:6-7)

Devotional Thought

Like Olympic torch bearers, we've received the baton of faith from previous generations and carry the responsibility to pass it on. We're stewards of apostolic truth—continuing in the faith and teaching of the first apostles. This isn't merely about preserving old traditions; it's about living out timeless truths in fresh ways for our generation. The flame that lit the hearts of Peter and Paul, that sustained believers through persecution and reformation, now burns in our hearts. We have both the privilege and responsibility to ensure this flame continues burning brightly for those who come after us.

Reflection Question

What specific aspect of apostolic faith do you feel called to champion in your generation?

From Sunday's Sermon

"We are part of that procession with Christian faith at this moment... it's our responsibility and privilege to pass the baton on to the next generation."

Today's Application

Identify one way you can mentor or encourage someone younger in the faith this week. This might be through formal teaching, informal conversation, or simply modelling faithful Christian living. Consider how you're helping pass the torch of faith forward.

Morning Prayer

Lord Jesus, thank you for the faithful witnesses who passed the gospel flame to me. Help me to be a faithful steward of this precious truth. Give me opportunities to encourage and mentor others, ensuring the light of your gospel continues to shine brightly through the generations. Amen.

Evening Devotion

Stewarding Sacred Trust

Evening Reflection

Tonight, consider the weight and wonder of being entrusted with the gospel message. You're part of an unbroken chain stretching back to the first disciples who walked with Jesus. This isn't about perfection—it's about faithfulness. Every act of love, every word of encouragement, every demonstration of Christ's character helps keep the flame alive for others to see and be drawn to.

Evening Reflection

How are you currently helping to keep the flame of faith alive for others?

Evening Prayer

Father, help me to be a faithful steward of the gospel trust you've placed in my hands. May my life add fuel to the flame of faith rather than dampening it. Use me to light others' hearts with your love. Amen.

Friday - Seizing Our Moment

Morning Devotion

Today's Verse

That all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. (John 17:21)

Devotional Thought

We live in unprecedented times of opportunity for Christian witness. In an age of identity confusion, uncertainty about purpose, and desperate need for community following COVID, we have something the world desperately needs. People no longer automatically believe things are getting better; they're searching for meaning and authentic community. This isn't a time for the church to retreat or apologise for existing. It's our moment to demonstrate something different—genuine community, clear purpose, and hope that doesn't disappoint. When we gather for communion, we see it: people from different backgrounds united on level ground, all equally loved, all equally welcome.

Reflection Question

What unique opportunities do you see in your community for demonstrating Christ's love?

From Sunday's Sermon

"There has never really been such a time and such an opportunity for Christian faith... It's a great opportunity and it's a great responsibility."

Today's Application

Look for one specific way your church can meet a need in your local community. Perhaps offering practical support, creating spaces for genuine connection, or simply being a place where people from different backgrounds can find unity and acceptance.

Morning Prayer

Father, open my eyes to the opportunities around me. Help our church to be a beacon of hope, unity, and authentic community in a fractured world. Give us courage to seize this moment and wisdom to respond faithfully to the needs we see. May our unity draw others to you. Amen.

Evening Devotion

Level Ground at the Table

Evening Reflection

At communion, we're all on level ground—no one too bad to come, no one too good that they don't need to come. This beautiful picture of equality and grace is what the world needs to see. Tonight, remember that you're part of something magnificent: a community where barriers are broken down, where different people find unity in Christ, and where everyone is welcomed and valued. This is the church Jesus loves and gave himself for.

Evening Reflection

How can you help others experience the 'level ground' of God's grace this week?

Evening Prayer

Jesus, thank you for the beautiful community you've created where all are welcome and valued. Help me to extend this same grace to others, ensuring everyone feels they belong at your table. May our church continue to be a place where your love is tangibly experienced. Amen.