



## *Day One: One Body – His Body!*

If our bodies were no longer intact, what would happen? Could we function? Could we continue to live?

Jesus says we are **one body**. How then can we be divided and still function? The moment we are no longer intact, something dies.

***Ephesians 4:4 (NLT)*** For there is **one** body and **one** spirit, just as you have been called to **one** glorious hope for the future. There is **one** Lord, **one** faith, **one** baptism, **one** God and Father of all.

There are limited times in the Bible in which a point is emphasised through repetition – and possibly nowhere else is something emphasised seven times! But here there are seven references to ‘one’, and the oneness it speaks of is over seven different areas of spiritual life... which pretty much covers it all! This is really making a point!

Yet He hasn’t asked us to MAKE the body one – this is His work. He has just asked us to believe that the body IS one, and to live as though that is true. Our part is simply to believe it, to pray for this – Jesus’ heart desire – to be experienced on the earth, and to concentrate on being one with Him. When we do and we live with Him in the secret place, the church will inevitably come into oneness.

***Galatian 3:28 (NLT)*** There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus.

Paul’s commission from Jesus was a commission of oneness. He was used by God to begin this process of bringing different groups together and reconciling them through the blood of Jesus. Jew and Gentile, slave and free, male and female... each time, it was uniting two separate groups into one. And what were the two signifying acts of this oneness? Baptism and Communion.



We too, have each been made one with all who are in Christ Jesus. And Jesus has also asked us to participate in these two significant prophetic acts as part of the body of Christ.

Baptism signifies our oneness with Jesus and therefore our being part of the body of Christ. It reflects the death of our old man as we go into the water, and our resurrection with Jesus – IN HIM – when we come out again!

**1 Corinthians 12:13 (KJV)** *For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.*

Our baptism into Jesus is our baptism into His one body.

Then He asks us to partake of communion, which reminds us continually of the fact that we are HIS body.

**Matthew 26:26 – 28 (NLT)** *As they were eating, Jesus took some bread and blessed it. Then he broke it in pieces and gave it to the disciples, saying, “Take this and eat it, for this is my body.” And he took a cup of wine and gave thanks to God for it. He gave it to them and said, “Each of you drink from it, for this is my blood, which confirms the covenant between God and his people...*

Communion is a continual reminder that we are in Him and part of His one body. Each believer participates regularly in this prophetic act of oneness whether or not they recognise this aspect of it. Oneness is His reality.



Has oneness become your reality? What does communion mean to you?

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## *Day Two: All That Matters*

In the end, there's only one thing that matters in all of this:

***Colossians 3:11 (NLT)*** *Christ is all that matters, and he lives in all of us.*

Any time we are looking at what is different between us as believers, we are not looking at what is the same, which means we're not looking at Him. Yet He's so magnificent, we could look at Him every moment of the rest of eternity and still never exhaust the wonder of His person as we see one facet of His being, and then the next and then the next on display.

If we truly see Jesus and become enraptured with who He is, we'll be so engaged that we won't want to see anything else. And truly the biggest issue with the division within the body is not so much what we think when we look at each other, but that we're not looking continually at Him! It's hard to be divided when He is all we can see. Let's just keep our eyes on Jesus!

When we do, we'll start to see Jesus everywhere that we go! We'll see Him in the people around us. We won't see what they don't do, what they don't believe or what they don't say. We'll instead see the glimmers inside of them that look like Him and we'll honour that. We will, as He does, long for oneness and connection with them.

The fact is that we need each other. We are inextricably linked with every believer. Think of the believers who went before you. The revelations they received that you now carry. Aren't you glad that Paul went before you? How many other believers in your lifetime have preached messages which have brought understanding to your life and which are now a part of your very foundations?

Consider those who were martyred as a result of the revelations they brought to the body of Christ or to bring the Gospel to different nations. Consider men like John Huss, burned at the stake by the church for preaching that every believer should elevate the Scriptures above the teachings of men and even to suggest that each person should have access to the Scriptures rather than



them being locked away for only the Priests to read. Are you glad that you can pick up your Bible and read it whenever the Holy Spirit prompts you to? Part of our body paid for that precious privilege with their blood. Did we need them?

Do we need the body that surrounds us in this present day? Of course we do! Consider the people who have prayed for you, encouraged you when you felt like giving up, or spoken a prophetic word over your life. God has placed precious and priceless things in others in the body, which we need. He fully intended that we would not contain and carry everything we need ourselves, but He wanted us to need one another so we would work together as one in love. One body. Imperfect, because none of us are perfect, but IN LOVE.

Every believer, from every denomination, from every generation, contains priceless and precious treasure that is intended to bless the body around them. Within you is treasure that I need. Within me is treasure that you need. But we cannot access this treasure if we are far apart. The treasure comes out as we come together. We become a mature bride... powerful in His love. We become pieces of a beautiful puzzle, fitting perfectly together side by side.

Then we will be as Jeremiah prophesied:

**Jeremiah 32:38 – 39 (AMP)** They will be my people and I will be their God. Then I will give them one heart and one way.

One heart and one way. It's going to be beautiful...



One heart and one way. Can you see it? Ask Him to show you what it looks like.

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### *Day Three: Love Letter to My Sisters*

The Holy Spirit gave me this love letter to share with you, my sister. It is the expression of His heart within our hearts:

*I am one with My King, the One I love. I am in Him and He is in me – the very life blood in my veins, the very beating of my heart. He is my everything. He is all I want. He is what I live for.*

*When He looked into my eyes and extended His hand in invitation, I could not believe that His eyes were on me and that His life was laid down for me... so that I could share one heart with Him. For the one who is joined to the Lord is one spirit with Him. No greater promise exists. And as He laid down His life for me, I exchanged my heart for His heart. It is no longer I who lives but Christ Who lives in me. I have one heart. It is His.*

*I long to be one with you, for your heart houses the one I love...for in you resides the One whom I adore. You hold a piece of my heart, and I hold a piece of yours.*

*Without you, I feel incomplete. I know that God has given me all of Him, yet I reflect one facet of His heart, while you reflect another. Without you, I cannot see the full picture of the one whom I adore.*

*For my understanding is not complete without you. I hear the voice of my Beloved and I am thrilled as He speaks to my heart... and as He speaks to me through you.*

*He has given me knowledge and understanding, as He has said I have the mind of Christ. Yet He also brings the wisdom I need through others, for He wants to speak to me through you and to speak to you through me... so I will need you...and you will need me.*

*I am your eyes, you are my hands. I am your mouth, you are my veins. We are a body dependent on one another for life. We are strokes of a paintbrush, our colours mixed together on His palette, creating a masterpiece that has only yet*



*been seen in the heart of our King. We are pieces of a puzzle fitting snugly together to reveal a majestic picture of perfection. We are spokes of a wheel, each supporting the other, no shorter, no longer than the other. We are stained glass pieces expertly positioned in a window, each reflecting a different colour and light, yet all pieced side by side to reveal His magnificence. By myself, I am beautiful. But surrounded by you, we are breathtaking!*

*Without you, I cannot be who I was made to be. I cannot fully live - I am incomplete! For you are the intercessor who will save my life. You are the edifier who will fix my eyes on hope. You are the channel of God's blessings to me. You are the mouthpiece who will speak His oracles and bring healing to my life. For it's Christ in you that is the hope of glory and I have no purpose that will come to fruition without you.*

*You have displayed His heart throughout the generations. I could not hold this Book of life in my hands without you. I could not speak His name without fear had you not been born. I have no revelation that did not come through you. I have no understanding that you did not bring. My life would not be the same without you.*

*I never want to be divided or separate from you again. Not ever again. I long to be one with you, even as Jesus and the Father are one. I long to stand as a heart soldier for Jesus and see you by my side... my fellow warrior, my friend, partaker of His heart. I want to fasten my heart to yours forever and hold hands as we forge together to finish the work that our King commissioned us to do. And to rejoice in the victory He has wrought for us.*

*Do you love me? Because I love you. Oh, how I love you!*

*You are my sister. We are the body of Christ. One heart with Him... one heart with each other. We are the temple He is building, one precious stone after the next. And we will be together with Him...one heart... forever.*



## Soak Time

How does this letter make you feel?

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If you were writing a letter to your sisters in the body of Christ, what would you like to say?

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### *Day Four: Perfect in One*

As we conclude this 'One Heart' message (for now... there will be more to come in the future), let's go back to the scriptures which Jesus prayed over us as a body, this time in the New King James Version. Now, you underline or highlight the parts of these scriptures that stand out to you:

**John 17:21 - 22 (NKJV)** *...that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given them, that they may be one just as We are one.*

We've looked at John 17:21 and 22 and they are pivotal scriptures. However, it is equally important to see what Jesus goes on to say immediately in verse 23 because what He has to pray is not yet over:

**John 17:23 (NKJV)** *I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.*

Perfect in one. Let that sink down on the inside of you. It's the 'One'-ness that makes the bride (the body) perfect.

It's just like pieces of a puzzle. When the puzzle is together and every piece is in its place, it is made 'perfect in one'. Each piece of a puzzle is not the same. They may look similar but each piece is unique and different. Yet they fit together perfectly and when each piece is in place, they reveal the bigger picture – together! You can't see the picture when you are looking at a single piece of the puzzle, or even 10 or 20 pieces. But fit together, completed and 'perfect in one', we see the picture clearly.

However, if even one piece is missing, the puzzle cannot be considered perfect, because it is not one.

We are each the pieces of that puzzle. And every single one of us is important and necessary to complete the picture. Your heart piece may sit perfectly





beside people you've not yet even met yet. Your sisters or brothers from other denominations or other geographic locations. Your heart piece may snugly fit with that of a child – yours or someone else's. Remember, it is the same big Holy Spirit residing inside of them as you. They are part of this picture and they have treasure to offer, too. You may already know with whom your heart piece fits perfectly beside – you may be aware of what you are called to and where you fit and who you are to journey together with.

God has carefully considered where you are to fit and whom you are to fit beside. He knows what combination will create the most extraordinary picture and fulfil His purposes on the earth. He alone knows where each of us fit in His picture.

***Ephesians 2:20 (NLT) ...we are carefully joined together in Him.***

***Ephesians 4:16 (NLT) He makes the whole body fit together perfectly...***

Wherever God has placed you, and beside whomever He has designated you to be, may your heart reflect that of one precious woman who attended the retreat and wrote in a beautiful and treasured note:

*"I am honoured to place my heart piece beside yours."*





## Soak Time

What do you feel the puzzle reflecting the body of Christ looks like at this stage of history?

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Do you know where your heart piece fits in God's glorious picture and beside whom it fits? If not, ask God to show you where you fit – you may be amazed!

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### *Day Five: Stories From Your Sisters*

One of the gorgeous women who attended the retreat has graciously shared with us the vision she received from the Lord during the very first soak time of the retreat. It has truly blessed our hearts and we believe it will bless yours too as you see that each one of you are very much a part of this vision:

*During the first soak time I was seeking revelation and truth from the Holy Spirit and I saw a vision of a beautiful orchestra. I then saw a picture of just one instrument. This instrument was playing beautiful music. I felt God telling me that I was the instrument and when I draw near to Him I play the song I was destined and purposed to play. I play His song. The instrument then becomes surrounded by other instruments, an orchestra. Different instruments, playing different parts of the one symphony. When God gathers His instruments, there is a symphony of heavenly praise. When each instrument plays the piece designed for them, His song for them, there is music of such beauty, such majesty, that it is impossible not to stand in awe.*

*I received this vision and I asked God to show me His truth to back it up. While still in the soak time, I opened the Song of Songs book that the One Heart team had gifted us straight to Chapter Two:*

*I'm truly His rose,  
The very theme of His song!*

*At the bottom it says that the Hebrew text says, 'a rose of Sharon.' The word Sharon can be translated 'His song.' I've also looked in other Bible Dictionary and the word Rose can be translated as beauty and splendour.*

*I am His song. His beauty and splendour. I feel like God is showing me that my true beauty is on display for all to see and hear when I play with the unforced rhythms of grace. In those times I play with the ease and confidence of a woman who knows she is adored and loved. I am just one instrument. I am beautiful on my own playing His song, however when I am gathered together*



*with the woman, with other instruments, I am magnificent. Our Great Conductor is pleased. He knows His song when He hears it.*

We are all part of His beautiful song, and what a privilege to play His song together...