lifegroups
DISCIPLESHIP TRAINING

Session #2— November 8, 2026

Title: The Blessing of Unity
Theme: Friendship Rising
Scripture: Psalm 133 (NIV)
Objective: During this session, the learner will illustrate the spiritual beauty and divine blessing of unity among God's people.

Outreach from Previous Week:
How can you incorporate the practice of remembering God's benefits into your daily routine?

Training Text: Psalm 133 (NIV)

1 How good and pleasant it is
when God's people live together in unity!

2 It is like precious oil poured on the head,
running down on the beard,
running down on Aaron's beard,
down on the collar of his robe.
3 It is as if the dew of Hermon
were falling on Mount Zion.
For there the Lord bestows his blessing,
even life forevermore.

Scripture Discussion | Psalm 133:1

- How is unity described?
- What does it mean to dwell together in unity?

over, please

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Scripture Discussion | Psalm 133:2

- What specific element does the psalmist use to describe the goodness of brotherly unity?
- Where does the oil start and where does it end?

Scripture Discussion | Psalm 133:3

- What specific refreshing phenomenon is unity compared to as it descends upon the mountains of Zion?
- How does the concluding phrase, "life forevermore," tie back into the overall message of the psalm?

Discussion Questions:

- Why is something good and pleasant like unity so difficult for believers to maintain?

- When you look closely at your own life, community or church, where have you witnessed or experienced true, refreshing unity?

- How can we seek unity in diversity under Jesus Christ while honoring different backgrounds, cultures and their members?

Next Week's Scripture: 2 Timothy 2:1-4 (NIV)

Outreach:

Ask two people the following question: How can we seek unity in diversity under Jesus Christ while honoring different backgrounds, cultures and their members?

Report your results in the group next week.