

The One Body

October 19, 2025

This is a teaching about The One Body of Christ. We are going to be taking a deeper dive into God's Word today. In order to understand the big picture of how our God and Father has called us, we must look at the "structure" of the Church which He established in Christ.

Ephesians 1:18: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, **19** And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power, **20** Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places, **21** Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come: **22** And hath put all things under his feet, and gave him {Christ} to be the head over all things to the church, **23** which is his body, the fulness of him that filleth all in all.

To have the "eyes of our understanding enlightened," means to have our mind and heart flooded with light to the end of knowing and understanding all of the things following that statement. Yet, how many believers really feel that they have a complete understanding of this great work which God wrought in Christ, to the end of acting upon it? Not enough.

Furthermore, it says that the Church is "his body," and that all things are under his feet. If we are members of this **ONE BODY**, then it means that all things are under our feet. This ONE BODY is very unique. There is ONE head of this ONE BODY and that is the LORD JESUS CHRIST. It is not to be divided into various denominational parts, or sections that can be scrutinized or criticized. One body means **ONE BODY**. IT IS ESTABLISHED! God's heart, His desire, His plan for all eternity. It's wasn't a waste of time for God.

Why is this one BODY so significant, and what does it mean? In order to understand this one body, we must consider that prior to the day of Pentecost, the children of Israel (Judeans) were called of God. The bloodline from which the Messiah was to come was through his son Isaac, and his grandson Jacob thereafter. God changed Jacob's name to Israel, which means "**Prince of God**," and told him that his 12 sons would be the line through which the Messiah would come. In the book of Acts, Stephen explains this truth when standing before the Sanhedrin, the ruling body of Judaism.

Acts 7:8 And he [GOD] gave him [Abraham] the covenant of circumcision: and so Abraham begat Isaac, and circumcised him the eighth day; and Isaac begat Jacob; and Jacob begat the twelve patriarchs [*children of Israel*].

The children of Israel were to be God's chosen people. For the next 15+ centuries, God did everything He could to bless them. However, sometimes they believed God and sometimes they not, and worshiped false gods. It was an "on-again, off-again" affair! AT one point, God warned them by His prophets that if they didn't stop their foolishness, they would go into captivity for 70 years in Babylon; which happened during the times of Jeremiah and Ezekiel. As this captivity began, God made them another promise, starting in Jeremiah 31.

Jeremiah 31:31 Behold, the days come, saith the LORD, that I will make a new covenant with the house of Israel, and with the house of Judah: **32** Not according to the covenant that I made with their fathers in the day *that* I took them by the hand to bring them out of the land of Egypt; which my covenant they brake, although I was an husband unto them, saith the LORD: **33** But this *shall be* the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people. **34** And they shall teach no more every man his neighbour, and every man his brother, saying, Know the LORD: for they shall all know me, from the least of them unto the greatest of them, saith the LORD: for I will forgive their iniquity, and I will remember their sin no more.

As it turned out, this promise came to pass and was fulfilled on the Day of Pentecost, which is proclaimed in the New Testament epistle to the Hebrews, chapter 10.

Hebrews 10:16 This is the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them; **17** And their sins and iniquities will I remember no more. **18** Now where remission of these is, there is no more offering for sin. **19** Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus.

The word, "covenant," Greek: *diathēkē*. This is speaking of the new and better covenant. What makes it a new and better covenant? First of all, GOD did all the work. Sent His Son to die, raised him from the dead, seated at His own right hand, and poured out His gift to us. You are God's property now and there is nothing anyone can do to change that!

Until the day Christ returns to gather us together, our charge is to remain steadfast—perfectly joined in the same mind, walking in the same love, and working side by side for the sake of the gospel. Unity in the Body does not come by chance; we must understand what this unity is all about.

The Church, the one body, was *the great mystery* which God kept secret and did not reveal it until He showed it by revelation to the Apostle Paul. He revealed it to the Church in Ephesians chapter 3.

Ephesians 3:3 How that by revelation he made known unto me the mystery; as I wrote afore in few words, **4** Whereby, when ye read, ye may understand [*comprehend*] my knowledge [*sunēsis*] in the mystery of Christ) **5** Which in other ages was not made known unto the sons of men, as it is now revealed unto his holy apostles and prophets by the Spirit; **6** That the Gentiles should be fellowheirs, and of the same body, and partakers of his promise in Christ by the gospel.

On Day of Pentecost, only Judeans believed. But subsequently after the Day of Pentecost, Gentiles who believed would be saved. Then, once the great mystery was revealed, it shocked the Judean world at that time! To even think that the Gentiles could be saved is one thing, but to hear that they were now part of the same body as the Judeans was unimaginable! There was now **ONE BODY!** Jews and Gentiles being fellowheirs and of the same body was quite earthshattering news. Furthermore, we discover how to respond to this news.

Ephesians 4:1: I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, **2** With all lowliness and meekness, with longsuffering, forbearing one another in love; **3** Endeavouring to keep the unity of the Spirit in the bond of peace.

Verse 3 is probably one of the most misunderstood, misquoted verses in the Bible. That phrase "*unity of the Spirit*" is often misunderstood to mean, "make unity." However, let's unpack it carefully... God isn't commanding believers to *create* unity. He says to "**keep**"= *tērein* in Greek, meaning to guard or maintain what already exists. The **unity of the Spirit** is something **God has already given** through the new birth — through the gift of holy spirit. Every born-again believer is already spiritually united with Christ and, therefore, with each other as stated in **I Corinthians 12:13** "**For by one Spirit are we all baptized into one body...**"). So the "unity" Paul speaks of is a **spiritual reality**, not an emotional, organic or organizational one.

In **verse 3 of Eph 4**, the word "**Spirit**" is used here to refer to the gift of holy spirit received from God by people on and after Pentecost. It is used in the genitive case, as a genitive of origin: "**unity from the spirit.**"

4:4 — "**There is one body, and one Spirit, even as ye are called in one hope of your calling.**"

This verse expands on what that unity looks like. These three items — one body, one spirit, and one hope — which corresponds directly to the truth of the **mystery** revealed in **Ephesians 3:6**. Accordingly:

- There is **one body**, of which both Judeans and Gentiles are *joint members*.
- There is **one spirit (pneuma)** — the gift of holy spirit — of which both are *joint partakers*.
- There is **one hope** of their calling — the future return of Christ and eternal life — of which both are *joint heirs*.

In this administration of grace, there are no longer separate promises, covenants, or hopes for different groups of Jews and Gentiles. God has brought all into one unified body in Christ. The peace of verse 3 is the **bond** that holds this unity together, and the reality of verse 4 defines **what that unity is** — the spiritual oneness shared by all believers through the gift of holy spirit.

4:5 — “One Lord, one faith, one baptism.”

These three items correspond to the foundational truths presented in the **Book of Romans**, which lays the groundwork for the Church of the Body. Let’s look at these three things a little closer.

- **One Lord** — Jesus Christ, the risen Head of the Body. All believers confess the same Lord, who unites us under his headship: **1 Corinthians 8:6 But to us there is but one God, the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we by him.**
- **One faith** — The faith (believing) of Jesus Christ, which becomes ours when we believe (**Romans 10:9: Even the righteousness of God which is by faith of Jesus Christ unto all and upon all them (Jew & Gentile) that believe: for there is no difference.** There is not a different believing for Judeans and a different believing for Gentiles, but one common believing that brings justification and new life. The believing of Christ.
- **One baptism** — The baptism by the gift of holy spirit, not by water. This is the spiritual baptism that places every believer into the one Body of Christ.

These three elements express the **means** by which the believer enters into and lives within the unity established by God.

4:6 — “One God and Father of all, who is above all, and through all, and in you all.”

This final statement brings the sequence to its divine conclusion, identifying the ultimate **source** of all unity — Who happens to be God our heavenly Father.

He is:

- **Above all** — Supreme in authority and purpose.
- **Through all** — Working and energizing through His spirit in every believer.
- **In you all** — Personally indwelling in each believer through that same gift of holy spirit.

Every aspect of this unity — the body, the spirit, the hope, the Lord, the faith, and the baptism — finds its origin and sustenance in **God the Father**, who is the architect of the entire plan.

Colossians 3:14: And above all these things put on charity [love], which is the bond of perfectness. 15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Here it states: “**the bond of perfectness**” a close parallel to “*the bond of peace*” in **Ephesians 4:3**.

In both places, *peace* and *love* serve as the **binding forces** that hold the Body together.

In Ephesians, the unity is “*from the spirit*”; in Colossians, that unity is governed by “*the peace of God ruling in the hearts*.” These are the binding forces of the unity of the One Body.

Colossians 2:9: For in him dwelleth all the fulness of the Godhead bodily. 10 And ye are complete in him, which is the head of all principality and power.”

The word, “Godhead”: Greek: **theotēs** = divine nature. To restate it, “for in him dwells all the fullness of the **divine nature** bodily.” This mirrors **Ephesians 4:6**, where God is *above all, through all, and in you all*. In Colossians, Colossians clarifies *how* that happens — it’s through Christ, in whom God’s fullness dwells, and through whom believers share completeness. It’s the same unity viewed through a “different lens”: in Ephesians, the focus is the Body’s oneness; in Colossians, it’s the fullness of the head of the body.

Colossians 1:26: *Even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: 27 To whom God would make known what *is* the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory.*

It's now Christ in you, the hope of glory! Everywhere you are, Christ is there! This is true for everyone who believes on the Lord Jesus Christ. And each person makes up the members of the **ONE BODY of CHRIST**. This is the way that God designed it. All are members in particular of that one body. Everyone, without exception, would have this same power of Christ to heal, to save, to raise the dead. You and me!!

The history of the Church, and the idea of breaking up of the ONE BODY into various sects and denominations is all man's doing, not our heavenly Father's doing. In God's eyes, we are all members of this one body. Why then are there various divisions and schisms? It is simply a matter of not adhering to the order given to what God had ordered. There are keys that are practical, and that we can apply that carry out God's order for the ONE BODY.

I Corinthians 1:10: *Now I beseech you, brethren, by the name of our Lord Jesus Christ, that ye all speak the same thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind and in the same judgment.*

We are to be in perfect harmony and full agreement in what we say. There are to be no dissensions or factions or divisions among us. We are to be perfectly united in common understanding and in our opinions and judgments. That includes the fact that as teachers of God's Word, we must be accurate in what we teach and must rightly divide God's Word.

1 Corinthians 1:11 *For it hath been declared unto me of you, my brethren, by them *which are of the house of Chloe*, that there are contentions among you. 12 Now this I say, that every one of you saith, I am of Paul; and I of Apollos; and I of Cephas; and I of Christ.*

13 *Is Christ divided...?*

The quick and simple answer is NO! Christ is NOT DIVIDED. But back in the ancient city of Corinth, the believers were getting off track, and dividing themselves into either Paul's group, or Apollo's group or Peter's group. This was not God's design, nor did it help build the one body. It was destructive and ill-conceived and continues to be so in our day and age. To be perfectly joined together in the same mind and the same opinion is the charge we are to heed. How do we do that? **Colossians 3**.

Colossians 3:12-14: *Put on therefore, as the elect of God, holy and beloved, bowels of mercies [merciful compassion], kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity [love], which is the bond of perfectness.*

Will there be quarrels and disagreements? Yes, there will be. Is the solution division and strife? Do we just walk away from each other? No, the solution is "...**forbearing one another and forgiving one another.**" On top of everything, we are to put on the love of God, Because the love of God is the cohesive element, the glue that keeps us together, who are all members of the body of Christ. This is our privilege and responsibility in the ONE BODY OF CHRIST.

God bless you