

One Worship – Developing a Healthy Body
Lynn Haven UMC @ AL Kinsaul Park
July 31, 2016

Introduction

(1 Corinthians 12)
(Ephesians 4:11-16)

In these two chapters of the Bible we are taught about how our bodies should work together as part of the larger body of Christ, the church. All of our unique gifts and talents are needed to form a complete body. We tend to think of our bodies in terms of us as an individual. But we must begin to think of them as parts of a larger entity working together toward a common end: serving our God. To do that effectively, we need bodies that are being strengthened in order to execute His work, minds that are maturing spiritually to boldly communicate His message and hearts filled with a desire to demonstrate His love through acts of service that benefit His people.

Digging Deeper

Attractive and enjoyable

- We are but one body. Many parts, but one body. If we are truly behaving as the body of Christ we should exude His presence. How have you been affected by someone who clearly had the “scent of Jesus” on them?
- Our society most assuredly provides a secular narrative on its definition of attractive and enjoyable. But what if we took a biblical approach to answering this question? Describe what you think it means to be attractive and enjoyable from a Christian perspective.

Growing and useful

- In his “Awesome” study, Pastor Rick Warren talks about how awesome families grow through setting a Christian example and having conversations with each other about the things that really matter in life. In John 13:14-15 (NLT), Jesus sets the example by washing the feet of His disciples. In Deuteronomy 6:7 (NLT), we learn about the 4 times of the day we should talk to our children (at home or out and about, when we lie down and when we get up). Talk about the ways that your family could incorporate these practices into your daily routines.
- Thinking beyond ourselves to the larger body of Christ (the church) what are some things your family or small group could do to be useful and help grow the faith of the un-churched in our community?

Honorable to God

- Taking care of our bodies is a spiritual discipline. The Bible tells us in 1 Corinthians 6:20 “you were bought at a price. Therefore honor God with your body.” When you think of your body in this way, how does it change your perspective about what you eat and how often you exercise?
- Read 1 Timothy 4:8 (NIV). It is important to keep our bodies physically healthy. But spiritual health and Godliness will serve us now and in the life to come. How can we honor God through spiritual development?

Conclusion

So, as we are one body moving toward a common goal, let us work together so the words we speak and the things we do are pleasing in His sight. Let us maintain healthy vessels so we are physically able to serve Him. Let us grow in our faith so that we may share the Good News with all whom we encounter. Let us GO and make disciples of men baptizing them in the name of the Father, Son and Holy Spirit. Finally, let us do all of these things in an effort to achieve that common goal: to bring honor and glory to God!