

20221211 HOW TO MAKE THE BODY HEALTHY

Romans 12:4-11

⁴ For just as each of us has one body with many members, and these members do not all have the same function,

⁵ so in Christ we, though many, form one body, and each member belongs to all the others.

⁶ We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith;

⁷ if it is serving, then serve; if it is teaching, then teach;

⁸ if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

⁹ Love must be sincere. Hate what is evil; cling to what is good.

¹⁰ Be devoted to one another in love. Honor one another above yourselves.

¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

The Church: The body of Jesus Christ

Colossians 1:17-18

¹⁷ He (Jesus) is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church;

Three important points about a local church being healthy

1. Why to be healthy
2. What to do to be health
3. How to do it

1. WHY TO BE HEALTHY: BECAUSE GOD WANTS THE CHURCH TO _____ . (GROW)

Ephesians 1:15-16

¹⁵ ...We will **grow** to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, **grows** and builds itself up in love, as each part does its work.

Health comes from **balance**.

Romans 12:5

⁵ ...Each member belongs to all the others.

The essence of our salvation as the body of Jesus Christ: **ONENESS**

John 17:20-23

²⁰ "My prayer is not for them (the disciples) alone. I pray also for those who will believe in me through their message (this means that it applies to all Christians), ²¹ 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. ²² I have given them the glory that you gave me, that they may be **one** as we are one - ²³ I in them and you in me—so that they may be brought to **complete unity**. Then the world will know that you sent me and have loved them even as you have loved me.

2. WHAT TO DO TO BE HEALTHY: GOD WANTS THE CHURCH TO _____ HIS MISSION THROUGH FIVE PURPOSES. (FULFILL)

Five ways to maintain a well-balanced lifestyle:

- (1) Appropriate Diet – Discipleship (Instructions)
- (2) Enough sleep - Worship
- (3) Socialization - Fellowship
- (4) Passionate activities with purpose - Evangelism
- (5) Exercise - Ministry

God's provision for ministry – The Spiritual Gifts

1 Corinthians 12:4-7

⁴ There are different kinds of gifts, but the same Spirit **distributes** them. ⁵ There are **different kinds of service**, but the same Lord. ⁶ There are **different kinds of working**, but in all of them and in everyone it is the same God at work. ⁷ Now to **each one the manifestation of the Spirit** is given **for the common good**.

The truths concerning the spiritual gifts

- It's the Spirit of God Who distributes them to us.
- Only believers receive them.
- There are many different spiritual gifts for the various needs of the church.
- Every Christian has one or more of spiritual gifts. But no one has all of them.
- There are different ways the spiritual gifts are used in the church based on the needs of a local church.
- Spiritual gifts are the manifestation of the Spirit of God. It's His presence and power. It's not our personal spiritual ability.
- No spiritual gift is for our own personal benefit. Every spiritual gift is for the common good.
- Therefore, when I don't do ministry in the church, the church suffers and does not grow.

The importance of ministry for a church to be balanced for its health

Romans 12:6-8

⁶ We have different gifts, according to the grace given to each of us. If your gift is prophesying, **then prophesy** in accordance with your faith; ⁷ if it is serving, **then serve**; if it is teaching, **then teach**; ⁸ if it is to encourage, **then give encouragement**; if it is giving, **then give** generously; if it is to lead, **do it** diligently; if it is to show mercy, **do it** cheerfully.

****More intentional efforts required for fellowship, evangelism, and ministry.***

3. HOW TO DO THE THINGS THAT MAKE THE CHURCH HEALTHY: GOD WANTS THE CHURCH TO ____ ONE ANOTHER. (LOVE)

Romans 12:9

⁹ **Love** must be sincere. Hate what is evil; cling to what is good.

How to love

Romans 12:10-11

¹⁰ Be devoted to one another in love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.

(1) Be devoted to one another.

(2) Honor one another.

(3) Be passionate and diligent.

We serve the Lord through serving one another.