

Body Building Basics

Ephesians 4:1-3

Building the Body of Christ takes _____ !

Check Points:

1. Align our _____ with our _____.

...walk in a manner worthy of the calling...

- **Where were we called _____?** 2:12
- **What are we called _____?** 2:13-18
 - Positional: We are called together in _____.
 - Practical: We are called to live in _____ with _____.
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- **What are we called to?** Chapters 1-3 "to the..."

Apply: Do our _____ measure up to our _____?

2. Adjust _____ dynamics.

...with all humility, gentleness, patience, forbearance...

- **Humility:** Accept the call to "_____ mobility."
 - Is not...
 - Is...
- **Gentleness:** Use power to _____ not _____.
- **Patience:** The faith-choice to wait for results –
granting _____ and _____ for growth.

3. Fuel for the _____.

...showing tolerance...in love...being diligent...

- **This requires "ING."**
Show _____ and be _____
"A _____ term _____ in the same _____."
- **This requires _____-space.**
Tolerance: _____ for God to do His work in _____.

Challenge: Take off the _____ !

Next Week: **Fit Factors** for Body Building – Come be "fitted!"

Body Builders Discussion Guide

(If you'd like feedback from Mike during discussions text 952-955-9865)

- What's your opinion of the popularity of fitness and "Body Building?"
- What's truly required to take care of or build up our physical bodies? Is there any correlation to taking care of the "Body of Christ?"
- Do you think that "relational maintenance" should be a high priority for the Body of Christ? Is it in your experience? What's that look like?
- Please send me a short text to (952)955-9865 with your thoughts about possibly doing a "Church Health Survey." Could it help us focus on areas of strength to utilize and areas of weakness that we need to continue to develop? Could it help us establish a baseline of health indicators to provide a metric for our future development?

1. Highlight the "walk" commands in Ephesians 4-6 and note how we are called to "walk."

- A good walk can benefit our physical bodies, but what is a spiritual walk and how can it benefit the Body of Christ?
- What do the first 3 chapters of Ephesians have to do with our "walk?" (N.B. the term is mentioned only in 2:2 & 10 but is used 6 times in the last 3 chapters.)

2. Building the Body of Christ requires "humility." Is that different than thinking poorly of yourself or a negative self-identity? Explain. How does your answer fit with the fact that Jesus was "humble?"

3. Building the Body of Christ requires "gentleness" (meekness). Is that the same as being a "wimp?" How does it relate to "power" since that is part of the makeup of the term?

4. Building the Body of Christ requires "patience." Please pray that God gives me some right now!!!!!!! Respond to this statement: "Patience is the choice, by faith, to give others the time and grace they need to grow – especially when they don't deserve it."

5. Do you understand Mike's weird statement that "fueling for the long-haul requires "ING?" What's the point and how does it connect with the participles in Ephesians 4:2-3? How does it connect with our daily lives?

6. In what ways are you, personally, tempted to "put on gloves" at church or with the Body of Christ? Whatchagoinado?

Prayer Target: Open arms and a tender touch toward others!

Body Building Basics

Ephesians 4:1-3

Building the Body of Christ takes relational maintenance!

Check Points:

1. Align our walk with our calling.

...walk in a manner worthy of the calling...

- **Where were we called from?** 2:12
- **What are we called into?** 2:13-18
 - Positional: We are called together in one body.
 - Practical: We are called to live in unity with others.
- **What are we called to?** Chapters 1-3 "*to the...*"

Apply: Do our lives measure up to our calling?

2. Adjust interpersonal dynamics.

...with all humility, gentleness, patience, forbearance...

- **Humility:** Accept the call to "downward mobility."
 - Is not...
 - Is...
- **Gentleness:** Use power to serve not get ahead.
- **Patience:** The faith-choice to wait for results – granting time and grace for growth.

3. Fuel for the long-haul.

...showing tolerance...in love...being diligent...

- **This requires "ING."**
ShowING and beING
"A long-term obedience in the same direction."
- **This requires grace-space.**
Tolerance: Grace-space for God to do His work in others.

Challenge: Take off the gloves!

Next Week: **Fit Factors** for Body Building – Come be "fitted!"