

**“We Are His Body”**  
April 21, 2013

**Core Value #5-We live together in long-term relationships of honesty and honor, encouraging one another to become all we can be in Christ.**

**Ephesians 4:14-16 (v. 4- “There IS one Body...”)**

**Jesus: “I pray that they will all be one—just as You and I are one...and may they be in us so that the world will believe You sent Me.” John 17:21**

**We ARE the “Body of Christ”- “the fullness of Him, who fills everything in every way” (Ephesians 1:23). (Present reality—increasingly manifest Him)**

- **We embody Jesus**
  - **Mary- “Blessed” to bring Jesus into the world**
  - **In Christ- we are blessed to BE Jesus to the world (His “representatives” Colossians 3:17)**
- **“As He is so are we in this world” (SEE 1 John 4:17)**
  - **“As He is”—not as He was**
  - **“so are WE”—not “me” (a corporate call)—the way we are together!**

**MARKS OF A HEALTHY BODY:**

**1. FULLY-CONNECTED TO THE BRAIN.**

**Colossians 2:19- “Holding fast to the Head” results in being “nourished and knit together.”**

**1 Corinthians 1:30-31- Connected to Jesus, these 4 dynamics surge through our veins:**

- (1) WISDOM (“right thinking” MSG) How we view life**
- (2) RIGHTEOUSNESS (“right living” MSG) Who we do life with**
- (3) HOLINESS (“clean slate” MSG) Why we do life (“*set apart; solely His*”)**
- (4) REDEMPTION (“fresh start” MSG) How we do life**

**\*\*The capacity to fully love other people flows from “knowing and relying on the love God has for us” (1 John 4:16)**

**2. COORDINATED (i.e., the parts co-operate)**

- **Every part is significant (*there are no spare parts*)!!**
  - ***Smallest organ- “Pineal gland” in brain—regulates sleep/wake cycles***

- Every part contributes (“as each part does its work”→ increase of love. *Ephesians 4:16*)
  - Every member is vital (i.e., children) (Slides)

### 3. STRONG IMMUNE SYSTEM

1 John 4:15-17-

“WE have confidence”- boldness to say and do what needs to be done  
 “in the day/time of judgment”- time of “crisis”

“WE are not a people who shrink back” (Hebrews 10:39)

[The Message- “anyone who is right with me thrives on loyal trust. If he cuts and runs, I won’t be very happy. But we’re not quitters who lose out. Oh, no! We’ll stay with it and survive, trusting all the way.”]

### 4. HEALTHY DIET

Not “bread alone” (*i.e., carbs?*)—“every word that proceeds from the mouth of God” (Deut. 8:3; Matt. 4:4)

-His revelation “IN you, even in your MOUTH”

-SPEAK TO ONE ANOTHER with psalms (thoughtful remembering) hymns (celebration) spiritual songs (viewing life from eternal perspective) (Ephesians 5:19)

-“Encourage one another daily”→ not hardened or deceived (Heb. 3:13)

ESTABLISH A “REVELATION-RICH” ATMOSPHERE!

### 5. EXERCISE

Ephesians 4:16- Together “builds itself up in love”.

-Choosing not to get offended...or stay offended

-Choosing to speak the truth...face to face...in order to “win” your brother/sister...not to conquer them and win the argument

-Choosing to honor...look for the treasure...believe the best

-Guard your heart...your tongue...

-Wake up each day with the thought: “How can I build someone else up today?”

#### RESPONSE:

Let His “mature love” cast out the fear of commitment (1 John 4:18)→ saturating us with the “unity of the Spirit!”

