

Wellbeing - The Body of Christ

READ: Eph 4:1-16

In v.14 Paul makes the awesome statement that we have the potential of “attaining the whole measure of the fullness of Christ”. This must not be understood individualistically, but as a community. Therefore as a church, we have the potential to be Christ in this place, we are his body, destined to do his work. **WE CAN HAVE THE FULLNESS OF CHRIST!**

QUESTION: What is Jesus like - what did he do?

See Luke 4:17-21 & Luke 7:22

- **Teaching, Healing, Deliverance, The Overlooked - included; Challenged injustice**

That means, proclaiming the good news, setting people free from the things that hold them, healing the sick and even raising the dead.

· But this raises the question of how we can obtain this? Paul gives the answer.

1. Verses 11-13 show that it is through specific members of the body exercising their gifts. He highlights the ‘leadership gifts’ of apostles, prophets, evangelists, pastors & teachers, these people **SERVE** the body, so that ALL God’s people are prepared for works of service. They don’t do all the ministry – but enable the body to fulfil their roles. **EXAMPLE?**
2. Verse 16 – it is not just those with the specific gifts mentioned – **we all have a part to play!**

QUESTION: “What happens if we fail to play our part?”

QUESTION: “What happens if we do?”

How do we play our part?

Read: Rom 12:1-8

[The context of this passage (v.1 starts with therefore!). The immediate context is the nature and character of God (Rom 11:33-36), the wider context is the grace of God shown to us to bring salvation. In the light of this how are we to respond? In worship, and this worship is by offering our bodies as living sacrifices, and knowing “how” to do this is through the Spirit renewing our minds.]

· In v.1-8 Paul makes the point about ALL of us having a **PURPOSE** – every part of a body is needed! He picks 6 gifts and illustrates **HOW** the gifts are to be used, revealing the **ATTITUDE** of the one ministering:

1. They are to be used! (Simple truth – but needs to be said!)
2. They are to be used abundantly, conscientiously, and to the full extent of our faith
3. They are to be used humbly (v3). Humility – seeing ourselves as God sees us. Not to think we are something because we have a specific gift, but also not to think we are nothing because we devalue our gift,

we have been given these gifts, skills, passions & abilities ... so use them!

QUESTION: “Where do you sense God encouraging or challenging you?”

NOTE - there is a S.H.A.P.E. document on the website that helps us understand more specifically where God might use us