
CWCC 2022: Being a Body Builder

*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. **Ephesians 4:16***

Barriers to building

1 Corinthians 12:12-25

Body-building barrier #1:

Body-building barrier #2:

You are needed, and in need of others.
No one has everything; everyone has something.

2. Building one another up

1) How are people building one another up in this passage? What (if any) motivation is given for doing this?

2) What are some practical ways you could do this for:

- A member or members of your Bible study group?
- Your pastor(s)?
- Your church's link missionary/missionaries?
- A specific person who comes to mind?

Ephesians 4:2

Colossians 3:16

1 Peter 4:7-9

Ephesians 4:15

Hebrews 3:12-13

Ephesians 4:32

Hebrews 10:23-25

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3. How can I build?

PLAN to build

P

L

A

N

Who is one person you can speak to at church to help you with the next step in serving?

4. The place of love

... because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved.

Ephesians 2:4-5

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Reflection questions

1. How do you think about yourself as a member of the body of Christ? Are you more tempted to think you don't belong, or that you don't need others? How does 1 Corinthians 12 encourage or challenge you in this?
2. Who is one person you can encourage or thank for being part of your church family? Write their name down and give thanks to God for them.
3. What is one way you could embrace your need for other members of your church family?
4. When has someone has encouraged you by speaking the truth in love, or building you up according to the truth of the gospel? Why was it so encouraging? Write their name down and give thanks to God for them.
5. What is one way you can build someone up from the 'one another' passages you looked at?
6. Spend some time working through the PLAN framework. Who is one person you can speak to at church to help you with the next step in serving?
7. Meditate on Ephesians 2:4-5. Give thanks for God's love and mercy made manifest in the gospel. Pray for God's help to love your church.
8. Pray through Ephesians 1:15-23 and 3:14-20 for yourself and for your church.

Books

Sam Allberry, *Why Bother With Church?* (The Good Book Company, 2016)

Christopher Ash, *The Book Your Pastor Wishes You Would Read (But is Too Embarrassed to Ask)* (The Good Book Company, 2019)

Dietrich Bonhoeffer, *Life Together* (SCM Press, 2015)

Gloria Furman and Kathleen B. Nielson, *Word-Filled Women's Ministry* (The Gospel Coalition, 2015)

Tony Merida, *Love Your Church: 8 Great Things About Being A Church Member* (The Good Book Company, 2021)

Tony Payne, *How to Walk into Church* (The Good Book Company, 2015)