How Can I Be a Healthy Member of a Healthy Body?

Ephesians 4:1-16

Introduction:

1. I cannot make the church grow.
2. Usually, parents aren’t concerned with making their children grow.
3. Growth is normal for a healthy person.
4. My concern then, is to stay healthy; when I am healthy, I will grow. 1 Corinthians 9:27
5. When enough individuals grow, the church will grow.
6. STAY CONNECTED. Ephesians 4:1-6
   1. Jesus prayed for unity. John 17:20, 21
   2. Unity is perceived in the head with a common faith about what God says. Ephesians 4:4-6
   3. Unity is achieved in the heart and in the hands; unity is not an accident looking for a place to happen. Ephesians 4:1-3
7. COMMUNICATE ACCURATELY, CLEARLY, PROMPTLY.
   1. Teaching God’s will is necessary to people becoming Christians and being added to the church. John 6:44, 45; Acts 2; Acts 18:8
   2. Speaking the truth in love:
      1. Provides stability. Ephesians 4:14
      2. Includes both an action and an attitude: truth - love. Ephesians 4:15
      3. Has a goal in mind: growing up into Christ. Ephesians 4:15
   3. A Christian, a congregation can be no stronger than:
      1. Public teaching and preaching,
      2. Individual study of God’s word.
      3. The accurate, clear, prompt communication of
         1. Pain and pleasure.
         2. Sickness and health.
         3. Action and intent of each part of the body.
8. EXERCISE, TRAIN, AND FUNCTION ACCORDING TO ABILITY AND OPPORTUNITY.
   1. A. Recognize, feel, express, and display gratitude for your gifts. Ephesians 4:7-11; 1 Corinthians 15:9, 10; Matthew 25:14, 15; 1 Timothy 1:12
   2. Fulfill your purpose; do your work; mind your business; perform your task.
      1. Ministry is the way to health (greatness) for every follower of Christ. Matthew 20:25-28
      2. The ministry of leaders is to prepare (equip) other members of the body for ministry (works of service). Ephesians 4:11, 12
      3. If leaders don’t prepare, train, equip others for works of service, the works of service will not be done with excellence or will not be done at all.
         1. R. C. Thompson, who had been hired as a supervisor of a crew in an oil field, was digging a ditch. Half the crew started at one end and half at the other end, with the water cooler in the middle. R. C. was in the ditch, digging. His boss asked him to come with him. Four men were sitting at the water cooler. His boss said, “You can’t do the work of four men. I didn’t hire you to do the work of four men. I hired you to train and supervise. If you were doing your work, they would be doing theirs.”
         2. If the captain oscillates between the bridge and boiler room, a higher head of steam won’t compensate for steering in circles.
   3. Cooperate with the perfect plan; the whole body grows as each part does its share, does its work. Ephesians 4:16
      1. Body parts are different. 1 Corinthians 12:14-24
      2. For efficient coordination, there must be
         1. Connection.
         2. Accurate, clear, and prompt communication. 1 Corinthians 12:25, 26

Conclusion:

1. I cannot make the church grow.
2. I can be a healthy member of the body and walk worthy of my calling.
3. I need to
   1. Stay connected.
   2. Communicate accurately, clearly, and promptly.
   3. Exercise and function according to my abilities and opportunities.