



It Matters, Pt. 5: Bodybuilding

Your body has many different parts, each with different and unique functions and yet they all work together for the purpose you choose. Did you know that Christians are a part of what the Apostle Paul called “the body of Christ”? As a follower of Jesus, you are a member of his body - the Church. Just as your body has different members with different functions, so the body of Jesus has different members with different functions. As a Christian and a member of his body, his agenda becomes your agenda. You are called to function in his body to accomplish his purposes. He has given you gifts and abilities to be used in building up his body, which includes you!

Bottom Line: Serving facilitates your spiritual growth and the growth of those you serve.

Discussion Questions

1. Think of a time when you were served well, maybe at a restaurant, department store, or during a call to your cell phone company. How did that experience influence or shape your idea of that company?
2. Think of someone who has played a role in your spiritual growth. What qualities did they have that allowed them to influence you? What, specifically, did they do to help you grow? How would your life be different had they not played that role?
3. **Read Ephesians 4:13-16.** What happens to a team when they serve others? What happens to an individual when they serve someone else?
4. **Back up and read Ephesians 4:3-12.** Discuss as a group what it means to receive grace as “Christ apportioned it.” What gifts do you think you’ve been given to help serve in the Body of Christ? (see also **Romans 12:4-8** and **1 Peter 4:7-11**)
5. It’s nice to be comfortable. But often when we’re comfortable we’re not being challenged, which means we’re not growing. Jesus doesn’t want that for his followers. This week, spend some time asking God where your gifts are best used at Journey. If you are currently serving at Journey, determine if it’s time to step out of your comfort zone and into a role that will challenge you to grow spiritually. If you’re not serving, reach out to a staff member and let them guide you to the right spot.
6. What has been the most helpful thought/idea from the message this week? How has that thought/idea helped you?
7. How can the group encourage you this week?

*If time doesn’t allow for you to discuss all of these questions, use only the ones you feel would be most helpful for your group.