

## Health Begins With Connecting To The Head

### SCRIPTURES OF THE DAY

[Ephesians 4:15-16;](#)

[Philippians 2:1-5; Ephesians 1:15-17](#)

In the body, the mind (The Head) controls the entire effective functioning of the body. The hand does not make decisions independently to function the way that it desires to. The feet do not make the decision independently to start walking. All of these decisions come from the mind or the head. Paul's description of a healthy body of Christ operates in the same fashion. As the body of Christ is connected to the mind of Christ, the body will function in a healthy manner, fulfilling all that God has designed it to do.

What does it really mean to have the mind of Christ? An example is that the mind of Christ is in opposition to the world's mindset. We no longer think the way we did before accepting Christ in our lives. Some years ago it was popular in church circles to ask the question: WHAT WOULD JESUS DO? It got to a point where it was used so often, it became trite and lost much of its virtue. But let's not throw out the baby with the bath water. The principle is a critical one. In your life are your decisions formed and guided by what the Lord would do?

Take some time to journal how and if your thoughts have changed since Christ has become your HEAD!

Challenge yourself and those in your small group if we take our direction from the HEAD...Christ Jesus as LORD. If so journal together how we do this day by day and week to week.

Monday, May 24, 2021

## Each Member Connected And Important

### SCRIPTURES OF THE DAY

[Ephesians 4:16](#)

[1 Corinthians 12:14](#)

The Body of Christ is made up of many different members just as God created our wonderful physical bodies. We have eyes, ears, muscles, tendons, joints and more. Each one of them are critical to make the body whole and functional. Most humans can tell you where their thumb is but couldn't tell you where their Anterior Crucial Ligament is. But if it tears or is removed, they will not have stability in their knee. The same goes for the body of Christ. Those who excel in preaching and singing garner most of the attention in the church but their part in the body is no more important than the praying mother, janitor, intercessor or Sunday school teacher. Without any of these parts the body is not whole, and if parts of the body do not act in their proper function, the body cannot operate effectively. The ear shouldn't be jealous of the eye but appreciative of one another. Nor should we be envious of anyone else's place in the body because when we operate in the way God designed us the whole body benefits.

Tell someone you know in the Body of Christ that you appreciate them. Point out to them how you see their value and what they add to the Body. Let them know how they have impacted you in a positive way by being the person God called them to be.

Make an Instagram post and/or Facebook status and talk about someone in the Body of Christ that has impacted your life by being who God called them to be. Hashtag it #afcchristbody. Do this as a small group and share with each other who you are affirming and why.

## Deciding What My 'Present' Gift Is: Where, When and How Do I Function?

## SCRIPTURES OF THE DAY

[Ephesians 4:16](#)

[I Corinthians 12:1-18](#)

A common mistake that members of the body of Christ make is believing that the choice of where they connect and serve in the body of Christ is their decision to make. No one who is truly connected to Christ calls themselves nor where they are planted in the body. In 1 Corinthians 12, Paul outlines the principle guidelines of the gifts in the body of Christ. It is God who places gifts (people) and arranges and rearranges them as it pleases Him.

Our scripture today in 1 Cor 12:1-18 speaks of the spiritual gifts in the Body of Christ. Your gift is needed in the Body. How was your gift identified? Were others involved in this identifying or just yourself? Where do you currently serve at AFC? Make a post on Facebook or Instagram to shout out what ministry you serve in. Here's an example: #afcweserve I serve in the culinary ministry, etc. To what degree are you satisfied that this is where you should be serving?

Call or text another brother or sister and ask them if they serve. Discuss with them that they do have at least one gift and see if they need guidance regarding its identification and function. If they aren't currently serving, ask them if you can assist them in getting connected to a ministry at AFC.

## Connected To Be Effective Conquerors

### SCRIPTURES OF THE DAY

[Ephesians 4:16, NLT](#)

[1 Corinthians 15:57-58, NLT](#)

#### STUDY & REFLECTION

Have you ever heard the phrase, ‘A chain is only as strong as its weakest link’? The meaning of that phrase refers to the less sturdy area in the chain being the strongest area in the chain, which suggests that the ‘strongest area’ is not really strong at all. A healthy Body of Christ is connected through Jesus to conquer all areas of weakness in life. If one member of the Body of Christ is weak then we are all weak; yet, God has provided each one of us with talents and gifts that connect perfectly with one another. The connection brings glory to God, and propels us forward to conquer every enemy and every challenge. God does His part by giving us the victory! (1 Cor. 15:57) Let’s do our part by connecting with one another, coming into agreement regarding ministry, and committing to conquer our weaknesses together! (1 Cor. 15:58).

#### ACTION ITEMS

Take a few minutes to list areas in your life where you feel weakness or disconnection exist. This exercise will require personal reflection, and may not be easy because shame, guilt, and fear will creep in; however, the Holy Spirit will be your guide. After listing those areas, spend time in a prayer of thanksgiving for God’s plan of connection to Jesus Christ, and His Holy Spirit. The time that you dedicate in prayer will produce a deeper connection to Jesus Christ, and encourage you to share with others these issues and develop a plan to conquer those areas of weakness.

#### INVOLVING OTHERS

Connect with at least two people whom you trust that are not members of your family, and share an area from the list where you identified weaknesses and/or disconnection. After sharing, ask the individual(s) to pray for you and identify a plan to address these areas.. You may consider creating a reminder to reconnect with them towards the end of the week to check-in.

Thursday, May 27, 2021

## A Healthy Church Seeks The Truth & Speaks The Truth In Love

### SCRIPTURES OF THE DAY

[Ephesians 4:14-15](#); [Colossians 3:8-10](#); [1 Timothy 6:3](#)

#### STUDY & REFLECTION

Lies impact in a negative way the Body of Christ. Paul warns the church about the immaturity of children. Children are immature because they can be easily persuaded by the latest greatest toy with a slick, engaging commercial. A healthy church seeks after the truth, which is found in the Word of God and shared by those who have credibility in the church. Not only must we seek the truth but we must also speak the truth. This truth must be spoken in love, with the desire to keep the entire body whole. Lies are like a poison or cancer that slowly eats away at the healthy functioning church. We must resist lies and stand for the truth. Reflect and journal about how lies have impacted your walk with Christ. Also, include how the truth has brought healing and wholeness to those same situations.

#### ACTION ITEMS

It is never easy to accept truth especially when it is directed towards a sensitive area of your life. Reflect and journal in a very honest way the following questions:

- How open are you to receiving truth from others or do you find a way to justify yourself?
- Are you afraid of speaking the truth in love out of fear of being liked, how can you overcome this?
- How willing are you to accept from your pastor something that you don't personally agree with?

#### INVOLVING OTHERS

*Humility/Transparency required* Who are the people who can speak truth to you and you listen and respond with seeking to change? If you don't have those types of people in your life, take time this week to pray about and connect with those people to hold you accountable. If you have people who can speak the truth to you, ask those people about how quickly you receive and respond with change.

# A Healthy Church

## SCRIPTURES OF THE WEEK

[Ephesians 4:15-16;](#)

[Philippians 2:1-5;](#) [Ephesians 1:15-17](#)

[Ephesians 4:14-15;](#) [Colossians 3:8-10](#); [1 Timothy 6:3](#)

[Ephesians 4:16,](#) NLT

[1 Corinthians 15:57-58](#), NLT

### WEEKEND REFLECTION

Re-read and reflect on all of the scriptures this week.

After reflecting on all that you have studied and learned about the **Healthy Body of Christ**, how would you rate *your connection within the Body of Christ*?

Rate yourself: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

On the same scale how would you rate the connection of the Body here at AFC to itself corporately?

Reflect and journal about your commitment to helping make the Body of Christ at AFC healthy.