

Body Builder
Pastor Du'Waine Davidson – GFC – 9/29/24

Today I want to discuss with you the importance of who you are and understanding your identity. The well-being of you as a person is tied into the well-being of the body in which you were given.

Scripture tells us to love our neighbor as ourselves but I want to highlight loving ourselves before we can love our neighbor. While we should all be focused on the serving part of this scripture, I cannot negate the fact that there is a profound message in serving ourselves. Why? Because it better positions us to serve others and reflect the love of God.

Weve heard the scripture *give and it shall be given unto you but we cannot give what we don't have. Therefore, if you aren't well within yourself then you cannot hand out wellness to others because you are empty.*

While we go through this message, I want to put an emphasis on what it means to be well in yourself. It is from that place that you will be able to play your part in the success of the body of Christ.

As we dive into the wellbeing of the body my desire is to share with you the significance and the similarities between who you are today, who you are meant to be and your role in the body of Christ. Why? Because you are meant to be built. Yes a whole Body Builder.

The title of this message is Body Builder. Every muscle has an integral role and purpose. No part is too small or too big, too tall or too short. Although we cannot determine our height, we can however determine how healthy we are and thus how big or small we become.

So it is in the body of Christ. Many of us have been receiving without exercising our faith in action, and now we've become couch warmers in the church. I want to encourage you today by reminding you that it's time to get in the gym. **In order to build muscle there is a suffering that you will have to endure when lifting weights that you have never lifted or exercising a part of the body that you've never worked out.**

In this season of your workout you will experience suffering.

Suffering in the Body

1 Corinthians 12 emphasizes how every part has an important role

21 The eye can never say to the hand, I don't need you." The head can't say to the feet, I don't need you." 22 In fact, some parts of the body that

seem weakest and least important are actually the most necessary. 23 And the parts we regard as less honorable are those we clothe with the greatest care. So we carefully protect those parts that should not be seen, 24 while the more honorable parts do not require this special care. So God has put the body together such that extra honor and care are given to those parts that have less dignity. 25 This makes for harmony among the members, so that all the members care for each other. 26 If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad.

Anyone can be there when things are going great, but not too many want to stick around when you are suffering. And then you have those that isolate themselves when going through suffering. When the rest of the body isn't given the opportunity to join you in the suffering.

Suffering with one another

If you don't feel comfortable involving the rest of the body, then you have to ask yourself why? I believe that **many of us are going through so much because we have decided to suffer alone when we aren't meant too and when this happens you have allowed the opened the door to the enemy.**

For example, husbands and wives.... if you are keeping the other part of your body unaware of some things, then you put a wall between you and the opportunity for that breakthrough in your marriage. You have kept some things that you've decided to take "to the grave" when God has blessed you with a helper through it all. **Our relationship should be so transparent that there's nothing we wouldn't share with one another.**

Suffering starts at home

Ephesians 5:25-32 in the New Living Translation says:

25 For husbands, this means love your wives, just as Christ loved the church. He gave up his life for her 26 to make her holy and clean, washed by the cleansing of God's word. 27 He did this to present her to himself as a glorious church without a spot or wrinkle or any other blemish. Instead, she will be holy and without fault. 28 In the same way, husbands ought to love their wives as they love their own bodies. For a man who loves his wife actually shows love for himself. 29 No one hates his own body but feeds and cares for it, just as Christ cares for the church. 30 And we are members of his body. 31 As the Scriptures say, A man leaves his father and mother and is joined to his wife, and the two are united into one." 32 This is a great mystery, but it is an illustration of the way Christ and the church are one. 33 So again I say, each man must love his wife as he loves himself, and the wife must respect her husband.

We have to remember that the enemy is a coward is looking for any opportunity he can have.

The late Dr. Myles Monroe stated this and I'll never forget it. "Whatever you give a woman, she'll receive it, multiply it and give it back to you. If you give her a seed she gives you a baby, you give her a house she'll give you a home, If you give her groceries she multiply it and give you a meal, If you give her frustration she will multiply it and give you..."

Jesus gave His life for His bride, and we being the bride are called to multiply the body by discipling. If the church is the bride of Christ and left wondering what He was doing then we would be frustrated in our walk with Him. We would be wandering, going through the motions, vulnerable to the world and be conquered by every weapon that is formed against us.

To dig a little deeper and be transparent, husbands-your wife should be able to go through your phones. Women, your husbands should be able to freely go through your phones and your search history.

If we are going to be a whole body then we are going to have to be okay with suffering TOGETHER. The focus here is not to bash one another or cater to our insecurities with one another but to suffer together through the accountability of one another. **If we are now ONE BODY then there should never be a time when one part of the body is suffering alone.** We should be asking one another the hard questions THROUGH RELATIONSHIP.

Now don't think that I'm saying we should be nosy and asking for the sake of asking. Neither for the sake of gossiping. Then we've become like the world, spreading lies confusion and discord. This should only be done for the sake of suffering together. Then after suffering through the pain in the weightlifting, there is a healing process that the body must not ignore. **If we fail to allow the healing process of the body then the muscles cannot continue to grow but will tear.**

Healing The Body

This is a season that we cannot ignore because there are parts of our body that need healing. Though individually we may not be in a healing process, but the other part of the body could be. Therefore we (the other parts of the body) should be hurting with it and nurturing it back to health.

Galatians 6 (New Living Translation)

1 Dear brothers and sisters, if another believer[a] is overcome by some sin, you who are godly[b] should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. 2 Share each other's burdens, and in this way obey the law of

Christ. 3 If you think you are too important to help someone, you are only fooling yourself. You are not that important.

Inflammation is part of the body's defense mechanism. It is the process by which the immune system recognizes and removes harmful and foreign stimuli and begins the healing process. The most common acute inflammations are caused by injuries and infections. Environmental factors, including aspects of your daily life and exposures to toxins, are the culprits behind most cases of chronic inflammation.

Family, If we ignore the parts of our spouse, children, brothers and sisters in Christ and their needs then guess what happens to the body(family/marriage)? It tears. There will be signs from places that need healing that you will be made aware and men you can bet that your wife will let you know.... There are signs in the body of Christ that need restoring. If a brother or sister is going through a battle. If you find areas of this ministry that are in need. We have individuals here now that are going through radiation and chemotherapy that need our support. We have ministries that need our service and most of all we have families that are broken and the enemy is fighting to tear apart. This is not the will of God for us because He has given us tools we need to reconcile in our differences according to 2 Corinthians 5 NLT.

16 So from now on we regard no one from a worldly point of view. Though we once regarded Christ in this way, we do so no longer. 17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 18 All this is from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation: 19 that God was reconciling the world to Himself in Christ, not counting peoples sins against them. And He has committed to us the message of reconciliation.

Conclusion:

1 Peter 5:10-11 says:

In His kindness God called you to share in His eternal glory by means of Christ Jesus. So after you have suffered a little while, He will restore, support, and strengthen you, and He will place you on a firm foundation. 11 All power to Him forever! Amen.

This is when you become a Body Builder – full of strength, boldness, confident, and for battle and ready to win the title. This is when the church begins to look like Christ.

Ephesians 4:15-16 NLT

15 Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. 16 He makes the

whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

When Jesus died He gave us all access regardless of our badges, titles, hats or callings. He said we were all as important. **This means that regardless of how long we've been a believer or been coming to church we all have a role to play and is just as important and significant to the body.**

Galatians 3:26-29 NLT

26 For you are all children of God through faith in Christ Jesus. 27 And all who have been united with Christ in baptism have put on Christ, like putting on new clothes. 28 There is no longer Jew or Gentile, slave or free, male and female. For you are all one in Christ Jesus. 29 And now that you belong to Christ, you are the true children of Abraham. You are his heirs, and Gods promise to Abraham belongs to you.

If there are some things about the body of church in general that you don't like then it could be a direct result of you not walking in your role. If there is something your spouse isn't doing then it could mean that you should be. If you're going to complain then you have to be willing to dive in and become totally available.

Yes you will see some ugly things that will disgust you but you will also see some things that you will want to be front and center and celebrate. Yes there are some things you will encounter that will be strange but you will also find more things to pray about. Yes you will find some things that are immature but you will also find some areas that you will grow from. This is not an individual affair but a bunch of humans trying to get it right.