

The Anatomy of a Healthy Body #2- Pastor Larry

TEXT: 1 Corinthians 12:27- “You are the body”

Introduction- Acts 2:42-43- a Picture of the early church

1 Corinthians 1:10- The book of 1st Corinthians is about the body- Paul says “I’m concerned that there is division in the body”

1. Speak the same thing
2. No divisions
3. “Perfectly joined together” How?
 - a. Same mindset – same understanding
 - b. Judgement – purpose, vision and goals
 - c. Every church needs to grow warmer through fellowship, deeper through discipleship, stronger through worship, broader through ministry, and larger through evangelism.

1. A healthy body has a healthy Mind – James 1: 6-8 - Faith

Not double minded-Two minds. 1 Peter 1:13 A girded mind

Mark 4:18-19 Stress free – the cares of this life choke the Word, deceitfulness of riches, lust of things

2. A healthy body is a growing one

Acts 2:46 – 47 – “the Lord added or grows”

1 Corinthians 3:1-15- Babies: Why? Not able to bear meat

v.3 You are carnal – envy, strife, divisions

v.7 God gave the “increase” the growth

If the body is not growing we should examine ourselves for these things

v. 9 Hard work builds a growing body

building is not just laboring or not just together, BUT “Laboring together”

3. A healthy Body eats a well-balanced meal -needs right kind of food and nutrients,

1 Corinthians 3:2 – “I have fed you with”

Milk/Meat – full course – 5 purposes

Paul was the chef and he was feeding God's Word. What kind of meal depended on them. Not Paul
Do you want Meat? Then drink your milk and grow to be hungry for meat

Be Hungry for the Word of God. How do you know when a child is ready for meat?

There is a growth change – a new demand

Review: 1 Corinthians 2:9 –14

Spiritual things are spiritually discerned. You have to be spiritual to get meat

Carnal Christians gets milk, spiritual gets meat

v.14 the meaty seems foolish to natural people

1 Peter 2: 1-2 “As Babe” desire. 1st lay aside malice then as babes “desire” or “crave”

Why? Foundation teaching builds a good immune system in the body. Like a mother's milk

Matthew 18:3- we must become like a child to receive the kingdom. 2 Peter 3:18- Grow in grace

4. **A healthy Body needs to have a strong backbone.** Chiropractors says that to be healthy your back should be properly aligned. Whole nervous systems come out of spine

Ephesians 6:11-18 – a strong back is able to stand. Prayer builds a strong backbone. We must first kneel before we can stand.

5. **A healthy Body must be properly clothed-** Our Armor Ephesians 6:11

1 Peter 5:5- Clothed with humility- Ephes. 4:24-new man, Gal 3:27- Christ, Rom 13:12 armor of light

6. **A healthy Body must have proper exercise-** 1 Timothy 4:7-8

Practice doing Godly things

Hebrews 5:12-14 By reason of use – practice- we will make mistakes! Practice makes perfect.
Don't quit trying to live right

Someone said- “I'm never gonna be able to live Godly, so I sin a little each day.”

7. **A healthy Body must understand the parts and functions of each body so there is no abuse**

1 Corinthians 12:12-31 Many members – each has a gift and a function (using a guitar as a hammer)

A janitor's gift is to see what we don't see, various teams, deacons, deaconesses, motivational Grace gifts, Spiritual Gifts, ministry gifts

Conclusion: Ephesians 4:11-16 –Every Joint Supplies.