# "Body Building"

## Ephesians 2:11-22

#### The Devil's old tactic of body shaming still stings!

- God's 'chosen people' <u>used to be</u> identified by their flesh.
  - Our identity has never been tied to OUR flesh!
  - The effect of the Law is to demonstrate our inadequacy...
    ...which means that faith in our flesh always leaves us empty!
  - We then measure every one else against a broken benchmark.
- The temptation to judge the measure of God's grace in someone else's life comes our own insecurity.
- The incarnation ('coming in flesh') of Christ is for every heartbeat in humanity and creature in the Kingdom of creation...and binds our identity to HIS flesh instead of our's!

### This Body is being built up together!

- There is no room for hostility from hospitality within the church...it's not our house!
- Christ abolishes every division within His flesh and builds our old, perishable bodies into a Body that is eternal and absolute!
- Body building is not about flexing our muscles... ...our strength comes being stretched, trained, and tested by God himself.
  - The Gospel stretches us beyond our comfort zones! (vs 19-22)
  - God calls us to wrestle through His Word where He trains up His Body and strengthens us to be faithful for the sake of something bigger than us!
  - We are strengthened in Christ for those seasons when our faith is tried, tempted, and tested!

#### Body Building is a life-long endeavor and God spends the entirety of our life doing the heavy lifting!

- · By the grace of God, we ALL have place within his body!
  - The theme of Paul's preaching is: "If I've got a place, than you definitely do too!"
  - Christ stands as the cornerstone of contradictions and the God of all grace.
  - That which makes us different from the rest of the world also makes us the same within His body!
- Through the breaking of His own body on the cross, Christ destroyed the hostility that would consume our's! (vs 18)
- We are a work in progress, "...together into a dwelling place for God by the Spirit!" (vs 22)



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