"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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