

1st week of August
“The Body of Christ”
Ephesians 4:1-16

Your Story

Tell your family about a time when you had to work together with others as a team to be able to get something done. Were you able to do that thing alone? How did it feel working together as a team? How did you feel after you all got it accomplished?

My Story and the Bible Story

Read Ephesians 4:1-16. Focus specifically on verses seven-thirteen: *“But that doesn’t mean you should all look and speak and act the same. Out of the generosity of Christ, each of us is given his own gift. The text for this is,*

*He climbed the high mountain,
He captured the enemy and seized the booty,
He handed it all out in gifts to the people.*

Is it not true that the One who climbed up also climbed down, down to the valley of earth? And the One who climbed down is the One who climbed back up, up to highest heaven. He handed out gifts above and below, filled heaven with his gifts, filled earth with his gifts. He handed out gifts of apostle, prophet, evangelist, and pastor-teacher to train Christ’s followers in skilled servant work, working within Christ’s body, the church, until we’re all moving rhythmically and easily with each other, efficient and graceful in response to God’s Son, fully mature adults, fully developed within and without, fully alive like Christ.” (Ephesians 4:7-13, The Message)

As a teenager, we had a skit we did a lot in my youth group called The Body of Christ. We would all say “The body of Christ, the body of Christ, the body of Christ needs all its parts to work.” And then would come “except for…” followed by a body part (hands, feet, ears, eyes, etc.) We would then have to try to do things without those parts. What followed was a funny but eye opening reminder that, just as it’s much easier for us to move with all of our parts, it is much easier for the body of Christ to show people our Savior when everyone is doing what God has called them to do.

God has given each of us different gifts. Some are called to preach, others to teach, others to make snacks for Vacation Bible School, still others to fix the air conditioner when it breaks, others to build homes, etc. We are all important to the body of Christ. Every one of us has a role, whether we are six years old, sixty years old, or one hundred. And when we work together as the body of Christ, we become efficient and graceful, united in our faith in God. Jesus says that our faith can move mountains. And when we are all united in our faith, impossible things no longer seem quite so daunting, and those mountains start to move.

Discussion and Action

- Talk to your children about the roles they play in the body of Christ. Ask them which body part they think they are- the elbow, a hand, an ear, etc. Also ask them how they can use the talents God has given them to share God's love with others (you may need to help them list their talents).
- Talk about what role you play in the body of Christ. How can you use your talents to further the kingdom of God?
- Talk about big things your church has done when they have been united.
- What are some ways that you and your family can be the body of Christ this week?

Prayer

Thank God for giving each of us different gifts. Ask God to help the people of your church/ Christians work together to show others' His love.