

BUILDING THE BODY

Part 5

Flexibility



1. Healthy vs. Fit

BUILDING
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BUILDING THE BODY

1. Healthy vs. Fit

2. Cardiovascular Endurance

Having new found faith in the church brings new life.



New believers bring a breath of fresh air.

Sharing the Good News with the next generation of believers is critical to our existence.

How is your witness?

BUILDING THE BODY

1. Healthy vs. Fit
2. Cardiovascular Endurance

3. Muscular Strength

We need strength to serve.



We must **exercise** our spiritual muscles **in service**.

Are you **gaining** strength
by regularly exercising your **faith**
through service?

A church **grows stronger by** having strong members **servicing**.

BUILDING THE BODY

1. Healthy vs. Fit
2. Cardiovascular Endurance
3. Muscular Strength

4. Muscular Endurance

Doing something repeatedly.

Christ-exalting worship not only in church but in all areas of our lives.

The **Holy Spirit**

giving us the needed **strength** to not grow weary but rather continue **for the long haul.**



BUILDING THE BODY

1. Healthy vs. Fit
2. Cardiovascular Endurance
3. Muscular Strength
4. Muscular Endurance
- 5. Flexibility = a loving community**



Flexibility =
A loving community

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A loving community is a major sign
of a fit church.

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1 John 1:5-7

God is light; in him there is no darkness at all. If we claim to have fellowship with Him yet walk in the darkness, we lie and do not live by the truth. But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin.



Flexibility = A loving community

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Ephesians 2:10

For we are God's handiwork,
created in Christ Jesus
to do good works,
which God prepared in advance
for us to do.



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Luke 10:27

Love the Lord your God with

all your heart

and with all your soul

and with all your strength

and with all your mind;

and, love your neighbor as yourself.



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1 Peter 1:22

Now that you have purified
yourselves by obeying the truth...
love one another deeply,
from the heart.



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1 John 4:16-17

And so we know and rely on
the love God has for us.

God is love.

Whoever lives in love lives in God,
and God in him. In this way, love is made
complete among us so that we will have
confidence on the day of judgment,
because in this world we are like him.



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Matthew 24:12-13

Because of the increase
of wickedness,
the love of most will grow cold,
but he who stands firm to the end
will be saved.



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Love

One

Another