

We are continuing our discussions through the book of Ephesians.

Last week we talked about four of the “corner pieces” of the puzzle that makes up the beautiful picture of a growing and maturing Jesus Follower.

It’s interesting how the Father uses the analogy of us being the Body of Christ and individual part of the Body. The Scriptures we’ve been focusing on in **Ephesians (Chapter 4 verses 7-16)** talk about how each part of the Body needs to function properly for the Body as a whole to be healthy, grow, and accomplish its purpose.

Here are a couple of charts that show these principles in action in our human bodies. Since the Father was the one to introduce the analogy of the Body for the Church, we can easily see the spiritual correlations and application.

The Components of a “Physical Fit” individual can be divided into 2 categories:

Health Related Components	Definition
Body composition	The percentage of body weight which is fat, muscle and bone
Cardiovascular fitness	The ability of the heart, lungs and blood to transport oxygen
Flexibility	The range of motion (ROM) at a joint
Muscular endurance	The ability to use voluntary muscles repeatedly without tiring
Strength	The amount of force a muscle can exert against a resistance

Skill Related Components	Definition
Agility	The ability to change the position of the body quickly and control the movement
Balance	The ability to maintain the body’s center of mass above the base of support
Coordination	The ability to use two or more body parts together
Power	The ability to perform strength performances quickly
Reaction time	The time taken to respond to a stimulus

God designed the physical body and His Body, the Church, in an amazing way!

This morning I want to start looking at how each of us can align ourselves to His principles so that we are constantly growing and maturing in Him so that we can function properly in His Body, the Church.

There are foundational “Health” Related Components to our spiritual growth and there are “Skill” Related components to our spiritual growth.

God wants us to not only grow in who we are in Christ, but also how we serve Him – our fruitfulness.

This is not an exhaustive list, nor is it to be used as a performance-oriented report card.

Think of it as more of a road map on the journey of maturity; identifying some of the mile markers along the way.

The growing fruitfulness in the life of a Jesus Follower can be recognized as a person continues to grow in Christ.

We will never achieve perfect “Christ-likeness” in our lifetime, but our desire should be to continually move towards being more like Him.

Let’s explore some ways that we can grow in our relationship with Him.

The growing fruitfulness in the life of a transformed Jesus Follower is demonstrated in these following ways...

A growing and maturing biblical worldview

Each person has a worldview whether they realize it or not. Our worldview determines the way we view life. A worldview is like a set of filters that affect the way we perceive things, people, ideas and the world around us. Our worldview can be formed by many things: our upbringing, our environment, our education, our experiences, the culture we are a part of, what we read, watch and partake of in the media. Just about any stimuli that we receive can play a part in shaping our worldview. Unfortunately, many people are not strategic in developing and managing their worldview. Too often a person’s worldview is a result of a patchwork of beliefs that are formed more by default and osmosis rather than purposefully and intentionally. Biblical discipleship teaches a person to use God's word as the source of their worldview.

To be truly effective as Jesus Followers, we should be able to understand the times in which we live and know how to apply God’s word and principles to our culture.

1 Chronicles 12:32 *men of Issachar, who understood the times and knew what Israel should do...*

The filters through which we view the world around us should come from God's word. Many things form the "understanding" of an individual, but we must allow God's principles to supersede any other input that we have in our lives.

Psalm 119:104 *I gain understanding from your precepts; therefore I hate every wrong path.*

Having a biblical worldview will provide protection for us because only God knows the best path through life. There are many choices that we must make in life. The decisions made in conjunction with God's principles are the most secure.

Proverbs 2:11 *Discretion will protect you, and understanding will guard you.*

If we try to guide our lives by cultural norms, "common sense" or any form of our own understanding we are potentially walking into a maze of confusion, heartache, and destruction. Only God's principles can guide us through the labyrinth of life successfully.

Proverbs 3:5,6 *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.*

A biblical worldview, which develops knowledge and understanding in our lives, not only will help us alter our attitudes and actions but will help us develop more Godly speech and temper our anger. James 1:19,20 says, "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires."

Proverbs 17:27 *A man of knowledge uses words with restraint, and a man of understanding is even-tempered.*

To develop a biblical world view you must choose to walk by faith because often God's principles don't fit into our "common sense" or societal norms. (Isaiah 55:9 As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.)

2 Corinthians 5:7 *We live by faith, not by sight.*

Hale Pule Question

Look over the verses listed above. Did any of the verses or principles "jump out" at you?

What are some practical ways that you can continue to build a healthy biblical world view in your life?

Let's continue this conversation next week...