

ONE



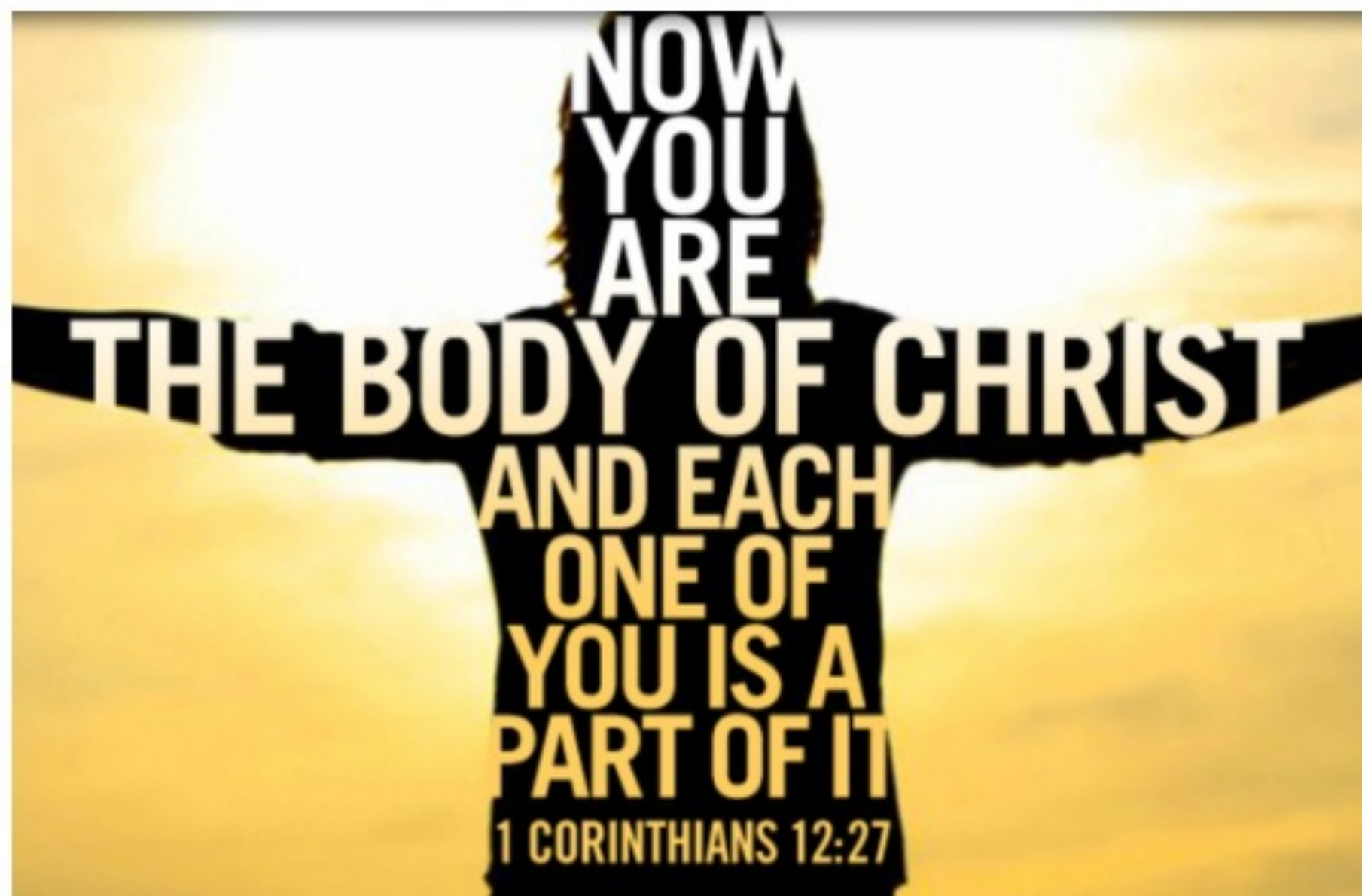
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# GROWING TOGETHER

Ephesians 4:11-16





**NOW  
YOU  
ARE**

**THE BODY OF CHRIST**

**AND EACH  
ONE OF  
YOU IS A  
PART OF IT**

**1 CORINTHIANS 12:27**







**“If you fail to  
plan, you plan to  
fail”**

Our end goal is to  
**Resemble Christ**  
in his Fullness  
and Perfection



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## Christ as the Goal

Eph 4:13

until we all attain to the unity of the faith and of the knowledge of the Son of God, **to mature manhood, to the measure of the stature of the fullness of Christ,**



# Christ as the Goal

A united picture of Christ will showcase Him **clearly** to the World







## 3 Principles for Growing Together

1. Start with the Right Diet
2. Get Active!
3. Check your Results



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# 1. Start with the Right Diet

Eph 4:11-12



**“You are what  
you eat”**





# Guess the Calories



~200 Cal / bowl



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# Guess the Calories



~200 Cal / bowl



1120 Cal / bag (184g)



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# Guess the Calories



~200 Cal / bowl



1120 Cal / bag (184g)



180 Cal / piece



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## Guess the Calories



~200 Cal / bowl



~100 Cal / seed



1120 Cal / bag (184g)



180 Cal / piece



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## Guess the Calories



~200 Cal / bowl



~100 Cal / seed



1120 Cal / bag (184g)



335 Cal / 500ml cup

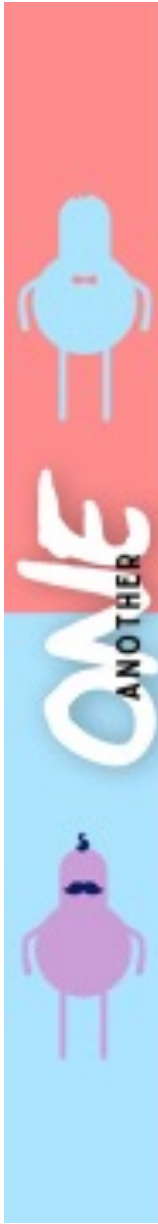


180 Cal / piece



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What are the  
teachings we allow to  
**influence** us?

# Diet of the **Word**

Eph 4:11

And he gave the **apostles, the prophets, the evangelists, the shepherds and teachers**







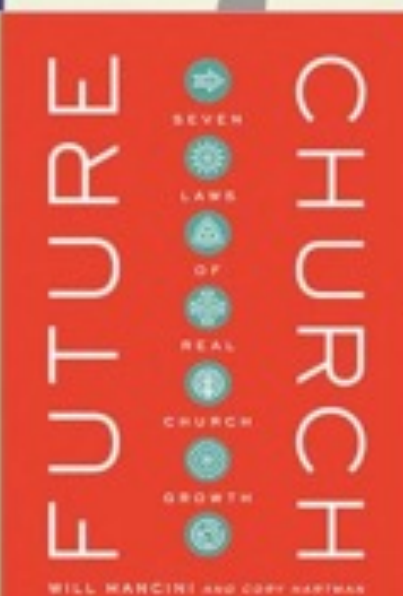
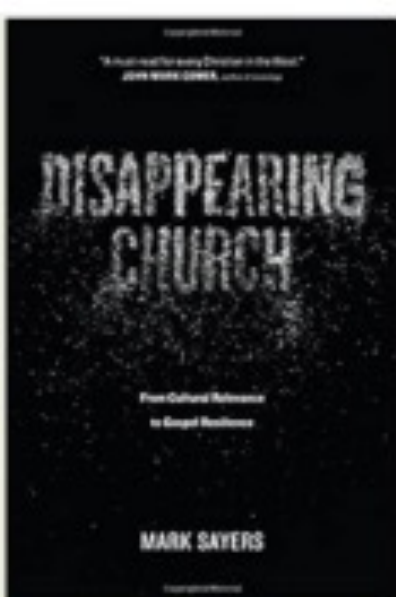
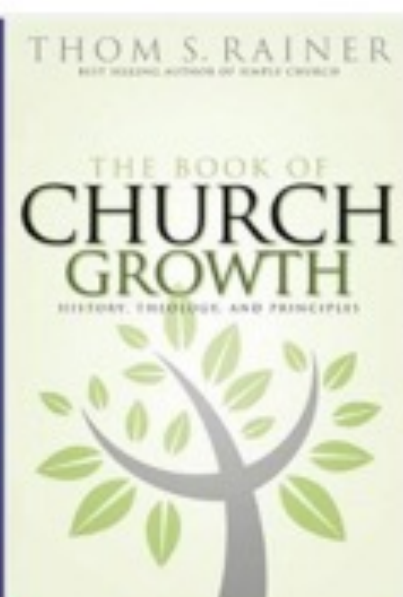
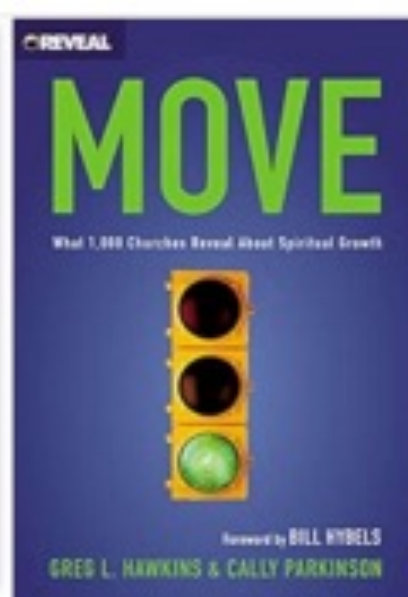
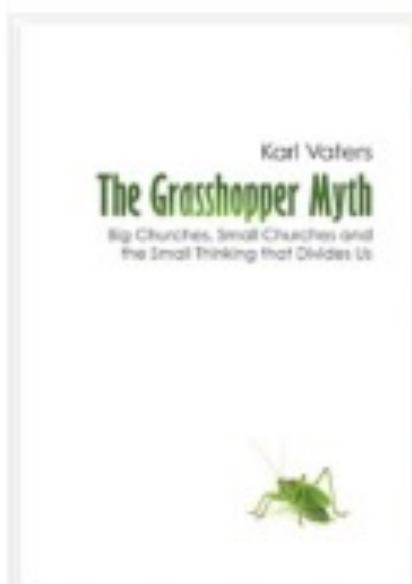
The Word is the **Primary**  
**Spiritual Diet** to grow the  
**Church**

# Diet of the **Word**

1 Pet 2:2

Like newborn infants, long for the pure spiritual milk,  
**that by it you may grow** up into salvation









# Diet of the **Word**

Eph 4:12

**to equip the saints** for the work of ministry, for building up the body of Christ,







CULINARY  
INSTITUTE  
of Virginia







## Diet of the **Word**

2 Pet 3:17

17 You therefore, beloved, knowing this beforehand, **take care that you are not carried away** with the error of lawless people and lose your own stability.





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The Church grows from  
the **faithful teaching of**  
**the Word of God**

## 2. Get Active!

Eph 4:12



National Steps Challenge™ is back with Season 5: Bonus Round for everyone!

Does binge watching your favorite drama feel good? Imagine a feeling even better than that. That's how good it feels to start moving again with the National Steps Challenge™.

Move, sync, and earn rewards in the National Steps Challenge™ Season 5: Bonus Round.

Clock steps



Clock MVPA minutes  
(Moderate to Vigorous Physical Activities)



Clock steps to earn up to \$10 worth of eVouchers. Additionally, be rewarded with up to \$10 worth of eVouchers when you clock MVPA minutes!

TIER	STEPS REWARDS	MVPA REWARDS
1	750 Healthpoints = \$5 eVoucher	750 Healthpoints = \$5 eVoucher
2	Next 750 Healthpoints = \$5 eVoucher	Next 750 Healthpoints = \$5 eVoucher



**350 BONUS HEALTHPOINTS**

Simply sign up now and you are already halfway through Tier 1 of each challenge category!

#### HOW TO EARN HEALTHPOINTS?

Earn Healthpoints simply by clocking steps & MVPA minutes daily!  
The more you move, the more you earn.

STEP COUNT	HEALTHPOINTS (DAILY)
5,000 - 7,499	10
7,500 - 9,999	25
10,000 and more	40 (max)

# Exercise is for **Everyone**

Eph 4:12

to equip the **saints for the work of ministry**, for building up the body of Christ,



Every Believer should be  
**actively involved** in the  
life of the Church



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# Exercise is for **Everyone**

Eph 4:7

But **grace was given to each one of us** according to the measure of Christ's gift.



Wisdom church Faith Tongues God Leadership Encouragement Craftmanship Knowledge Evangelism part Discernment Creative Healing Intercession

anyone Miracles Teaching parts Hospitality Apostleship Mercy Shepherding Now Spirit Giving

pray anyone Miracles Teaching parts Hospitality Apostleship Mercy Shepherding Now Spirit Giving

prophets anyone Miracles Teaching parts Hospitality Apostleship Mercy Shepherding Now Spirit Giving

one Teaching parts Hospitality Apostleship Mercy Shepherding Now Spirit Giving

Knowledge Interpretation speaker speak Hospitality Apostleship Mercy Shepherding Now Spirit Giving

body Administration Mercy Shepherding Now Spirit Giving

every tongue Now Spirit Giving

Spiritual Gifts

Prophecy

Communication

Healing Intercession

love speaks different Lord healing like

Wisdom church Faith Tongues God Leadership Encouragement Craftmanship Knowledge Evangelism part Discernment Creative Healing Intercession

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every tongue Now Spirit Giving

Spiritual Gifts

Prophecy

Communication

Healing Intercession

love speaks different Lord healing like

We are **Gifted** in order to  
**Give** to the **Body**



# Exercise is for **Everyone**

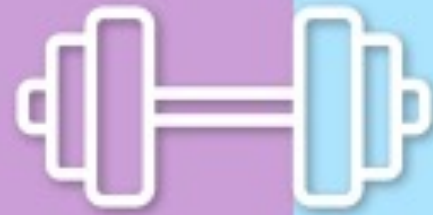
Eph 4:12

to equip the saints for the work of ministry, **for building up the body of Christ,**



# 3. Check your Results

Eph 4:14-16



## A. Doctrinal Discernment

Eph 4:14

so that we may **no longer be children**, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.







how to lose belly fat



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About 83,100,000 results (0.71 seconds)

### 8 Ways to Lose Belly Fat and Live a Healthier Life

1. Try curbing carbs instead of **fats**. ...
2. Think eating plan, not diet. ...
3. Keep moving. ...
4. Lift weights. ...
5. Become a label reader. ...
6. Move away from processed foods. ...
7. Focus on the way your clothes fit more than reading a scale. ...
8. Hang out with health-focused friends.

<https://www.topkissmedicine.org/health/8-ways-to-lose-belly-fat/>

8 Ways to Lose Belly Fat and Live a Healthier Life | Johns ...



About featured snippets



Feedback

### People also ask

What exercise burns the most belly fat?



How can I reduce my tummy in 7 days?



Can you lose stomach fat in 7 days?



How can I get a flat stomach in 2 days?



Feedback

## A. Doctrinal Discernment

Matt 24:11

And many false prophets will arise and lead many  
**astray**



## B. Truth **Balanced** with Love

Eph 4:15

Rather, **speaking the truth in love**, we are to grow up in every way into him who is the head, into Christ,



**“They won’t care what you know,  
until they know that you care”**



## C. Growing toward **Christlikeness**

Eph 4:15

Rather, speaking the truth in love, we are to **grow up in every way into him who is the head, into Christ,**



## C. Growing toward **Christlikeness**

2 Cor 3:18

And we all, with unveiled face, beholding the glory of the Lord, are **being transformed into the same image** from one degree of glory to another. For this comes from the Lord who is the Spirit.



## D. Every Member Contributing

Eph 4:16

from whom the whole body, joined and held together by every joint with which it is equipped, **when each part is working properly**, makes the body grow so that it builds itself up in love.







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