

Sunday, September 16, 2018—Body Building: The One-Anothering Principal

### Introduction

- This morning we are going to begin a new series on the subject matter of Body Building or building up the body of Christ.
- It has been over three years since I have preached topically. Before our series on I Corinthians, I preached the following topical series:
  - The Things Freely Given Us of God
  - The Battlefield of the Mind
  - A Heart of Thanksgiving
  - The Judgment Seat of Christ
  - Right Division 101
  - Tactics: Developing a Game Plan for Discussing the Word Rightly Divided
- This morning I want to begin a series of studies on how the body of Christ is designed to function and edify itself.
- Definitions of Bodybuilding:
  - “a sport involving strenuous physical exercise in order to strengthen and enlarge the muscles of the body.” (Google)
  - “the developing of the body through exercise and diet; *specifically*: the developing of the physique for competitive exhibition.” (Merriam-Webster)
  - “the act or practice of exercising, lifting weights, etc., so as to develop the muscles of the body.” (Dictionary.com)
- I Timothy 4:7-8—this series is going to be about a particular kind of exercise, spiritual exercise. Spiritual exercise that is designed to build a spiritual body not a physical one. Our goal is to learn how to flex our spiritual muscles within the body of Christ.
  - Verse 8—is not a text verse to support not partaking is physical exercise.

## Romans 12:4-5

- I have chosen Romans 12:4-5 as the text verses for this series because they encapsulate many ideas pertaining to the body of Christ that are explained in more detail elsewhere in Paul's epistles.
- In addition, there are many related and important concepts within the context of this passage.
  - Verse 1—our reasonable service
  - Verse 2—transformation by the renewing of our mind
    - Bible Conference
  - Verse 3—proper thinking about one's self
- *For as we have many members in one body*—the body of Christ is comprised of many individual members, yet we are one body.
  - I Corinthians 12:12-27—the divine illustration for how the body of Christ is comprised/structured is the human body. All the members of the human body work in concert with all the other members for the benefit of the entire body.
  - Ephesians 4:15-16—talk about how the various tendons, ligaments, and joints work together to produce specified movement.
    - Edify—means to build. The body of Christ is literally designed to build itself up.
  - Colossians 2:19—we are not lone rangers designed to function on our own. We are designed to live in community and fellowship with other members of the body of Christ. What happens when an athlete blows out a joint? His entire body is rendered useable to his team.
  - The body of Christ is a walking triage unit. When a believer withholds themselves from fellowship with the body they could be depriving the body of a specified function that only they can fill. When that happens, the entire body is hampered or hindered from reaching its full spiritual potential.
- *And every one members one of another*—the phrase “one of another” is a translation of a plural pronoun which means: “reciprocally” or “mutually.”
  - Reciprocal—“Mutual; done by each to the other” (Webster's 1828)

- Reciprocally—"Mutually; interchangeably; in such a manner that each affects the other and is equally affected by it." (Webster's 1828)
- The Greek word is variously rendered in English with words and phrases such as: "mutual," "one another," "esteem one to another," "one of another" throughout the New Testament.

### **The One-Anothering Principle**

- The English expression "one" and "another" occur together 110 times in 44 verses in Paul's epistles. When one considers these occurrences a key, but much overlooked Pauline principle emerges, the principle of One-Anothering.
  - Romans 12:10—kindly affectioned & preferring one another
  - Romans 13:8—love one another
  - Romans 14:13—not judge one another
  - Romans 15:7—receive one another
  - Romans 15:14—admonish one another
  - Romans 16:16—salute one another
  - Romans 16:20—greet one another
  - I Corinthians 12:25—same care one for another
  - Galatians 5:13—by love serve one another
  - Galatians 5:15—**should not** bite & devour one another
  - Galatians 5:26—**should not** be provoking one another
  - Galatians 6:6—bear ye one another's burdens
  - Ephesians 4:2—forbearing one another
  - Ephesians 4:32—forgiving one another
  - Colossians 3:16—teaching and admonishing one another
  - I Thessalonians 4:18—comforting one another

- I Thessalonians 5:11—edify one another
- A church body that choose to practice the principle of One-Anothering would be characterized by meaningful and deep concern for fellow believers. It is characterized by the following:
  - *Connectedness*—“knit together” (Col. 2:19)
  - *Accountability*—“striving together” (Phil. 1:27)
  - *Edification*—“edify one another” (I Thes. 5:11)
  - *Growth*—“grow up into him” (Eph. 4:15)
  - *Unity*—that ye be likeminded, having the same love, *being* of one accord, of one mind. *Let nothing be done* through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. (Phil. 2:2-5)
  - *Motivation*—“the love of Christ constraineth us” (II Cor. 5:14)
  - *Ministry*—“addicted themselves to the ministry of the saints” (I Cor. 16:15)
  - *Fellowship*—“fellowship in the gospel” (Phil. 1:5)
- Practicing the principle of One-Anothering builds the body of Christ. The results of which would be:
  - People will look forward to coming together.
  - Fellowshiping becomes a priority in their lives.
  - These results also provide a platform for evangelism.
  - These results of true body life will fuel a positive growing expectation about life and ministry.
- Ecclesiastes 4:9-12—we need one another.
- Romans 12:5-- As members of the B.O.C. we should never be alone and should always have someone having our back and be there to comfort, exhort, love, edify etc.