

## The Body of Christ

### Description

[RG AUDIO 101813](#)

Ephesians 3:1-13

When I was in high school, I had a rare bone cyst that kept me on crutches for several months. When I was finally allowed to walk again, most of the muscle in my leg was gone. So much so that I had to rebuild the muscle in order to walk normal again. I learned a valuable lesson during that time. If you don't use your muscles, you'll lose them.

What I didn't realize, though, was that this isn't only true for the physical body. It's also true in a spiritual sense. We are the body of Christ, and if we don't use the gifts and talents God has given us, we might lose them.

In Ephesians 3, Paul reminded the church in Ephesus that both Gentiles and Jews were members of the body of Christ. Some of them were the hands of Jesus, reaching out in love to those around them. Others were the feet, taking His message to faraway cities. Still others were His mouth, His eyes, and His arms.

Being a part of the body of Christ means submitting to what the head wants. We are the body, and Jesus Christ is our head.

Author: Lindsey Bell

**Date Created**

2013/10/18