

CrossFit

Passage: Ephesians 4:7-16

Pastor Matthew Lau

1. Jesus Christ has given individual memberships to the body of Christ
2. Jesus Christ has given different personal trainers to lead the body of Christ
3. Jesus Christ has given personal responsibility to all of us to build up the body of Christ

Questions:

1. What stuck out most to you regarding the message and why?
2. With where you are right now in your "fitness" journey, what kind of help could you use from personal training?
3. What is the goal of building up the body of Christ according to this passage?
4. How have you been contributing to that goal given our personal responsibility?
5. What is a takeaway you have going into this week?