



CrossFit

06/23/2024 – EPHESIANS 4:7-16

EMMANUEL CHINESE CHRISTIAN CHURCH





**CROSSFIT
TRAINING**

CrossFit Tips



- ▶ Jesus has given out individual memberships to the body of Christ
- ▶ Jesus has given personal trainers to lead the body of Christ
- ▶ Jesus has given personal responsibility to all of us to build the body of Christ

Ephesians 4:7-16

7 But grace was given to each one of us according to the measure of Christ's gift. 8 Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men." 9 (In saying, "He ascended," what does it mean but that he had also descended into the lower regions, the earth? 10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.) 11 And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, 12 to equip the saints for the work of ministry, for building up the body of Christ, 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, 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. 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 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.




Jesus Has Given Out
Individual Memberships To
The Body Of Christ

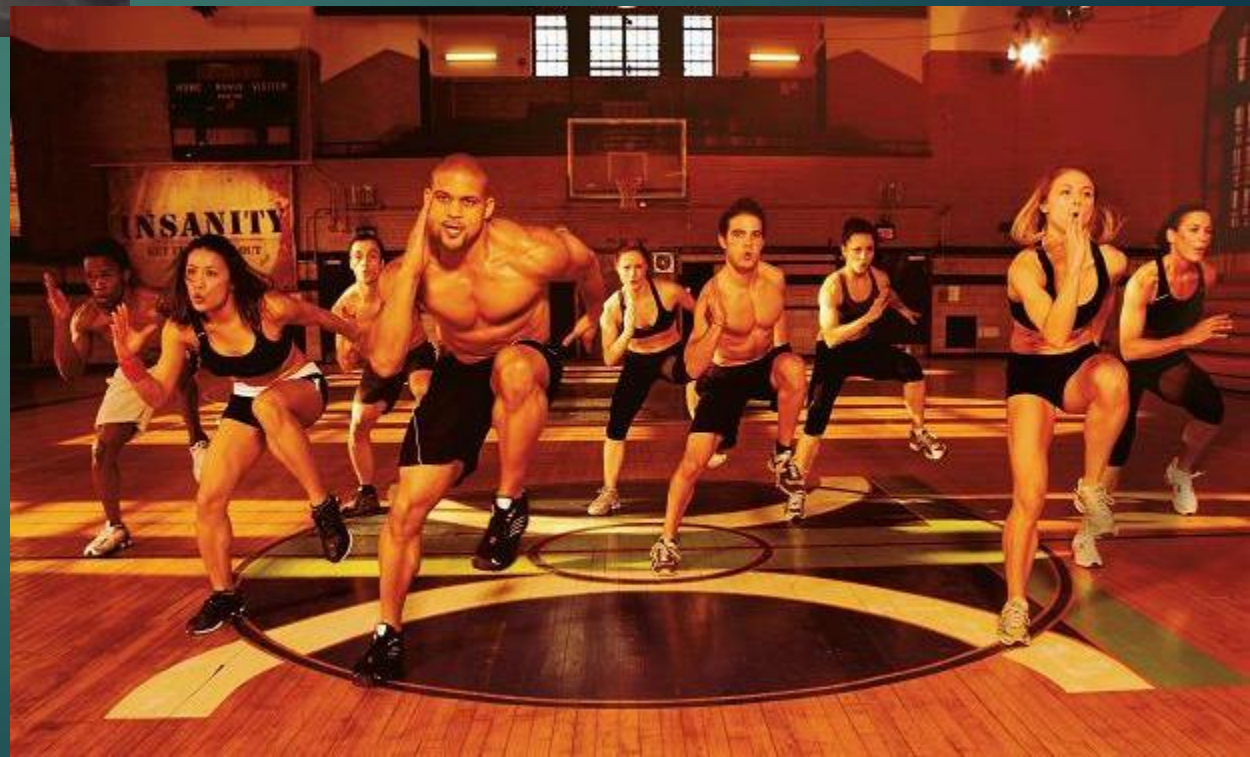
Ephesians 4:7-10

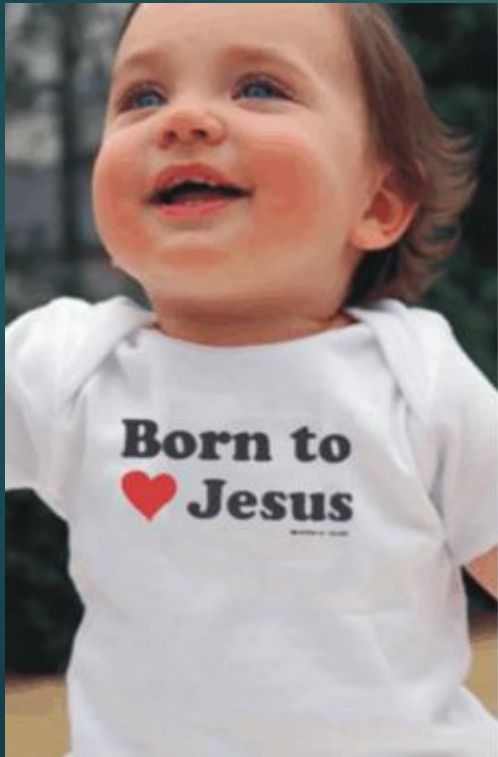


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Jesus Has Given Personal
Trainers To Lead The Body Of
Christ





Ephesians 4:11-14



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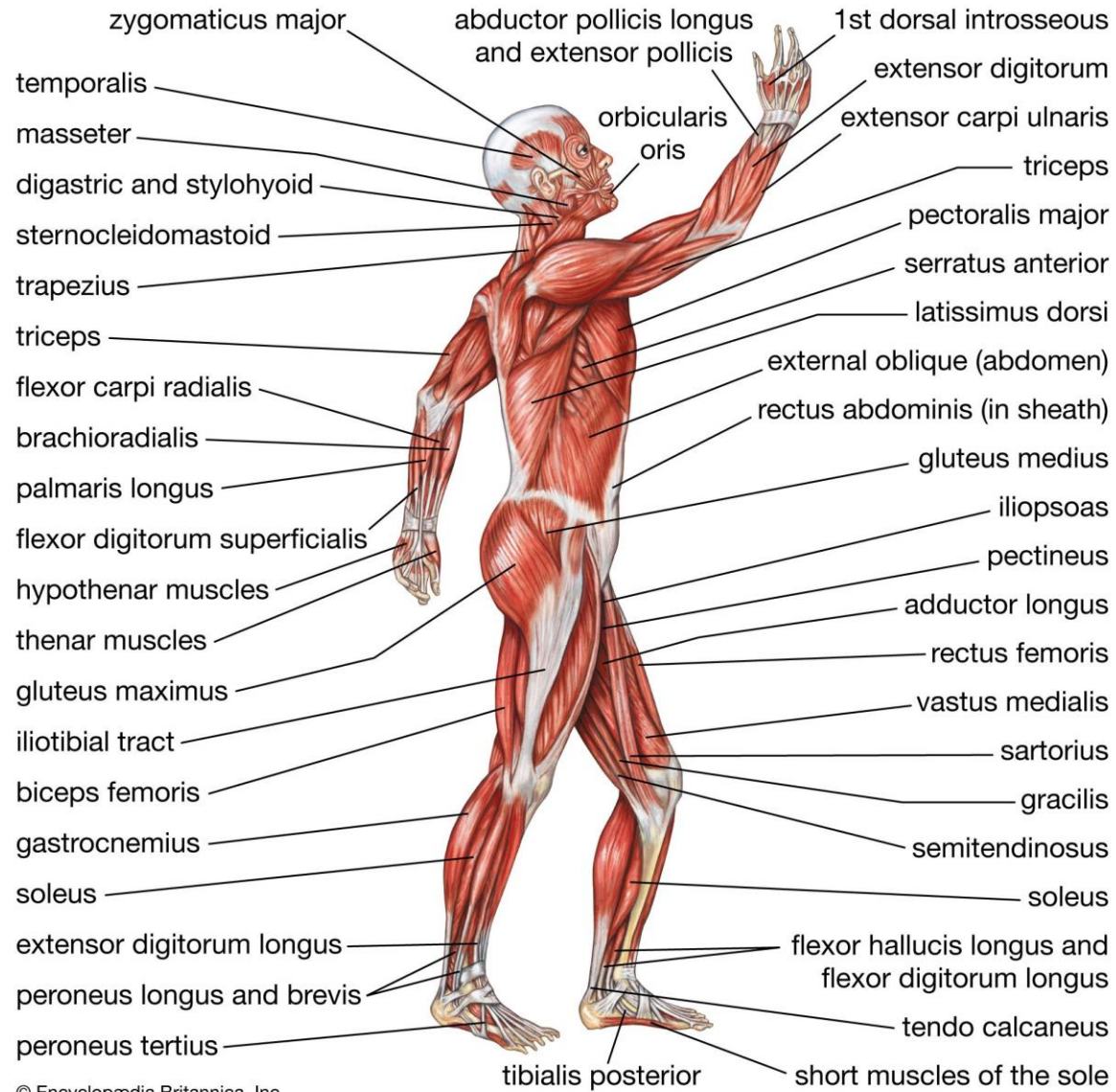


Jesus Has Given Personal
Responsibility To All Of Us To
Build The Body Of Christ

Ephesians 4:15-17



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



C.S. Lewis



In each of my friends there is something that only some other friend can fully bring out. By myself I am not large enough to call the whole man into activity; I want other lights than my own to show all his facets.

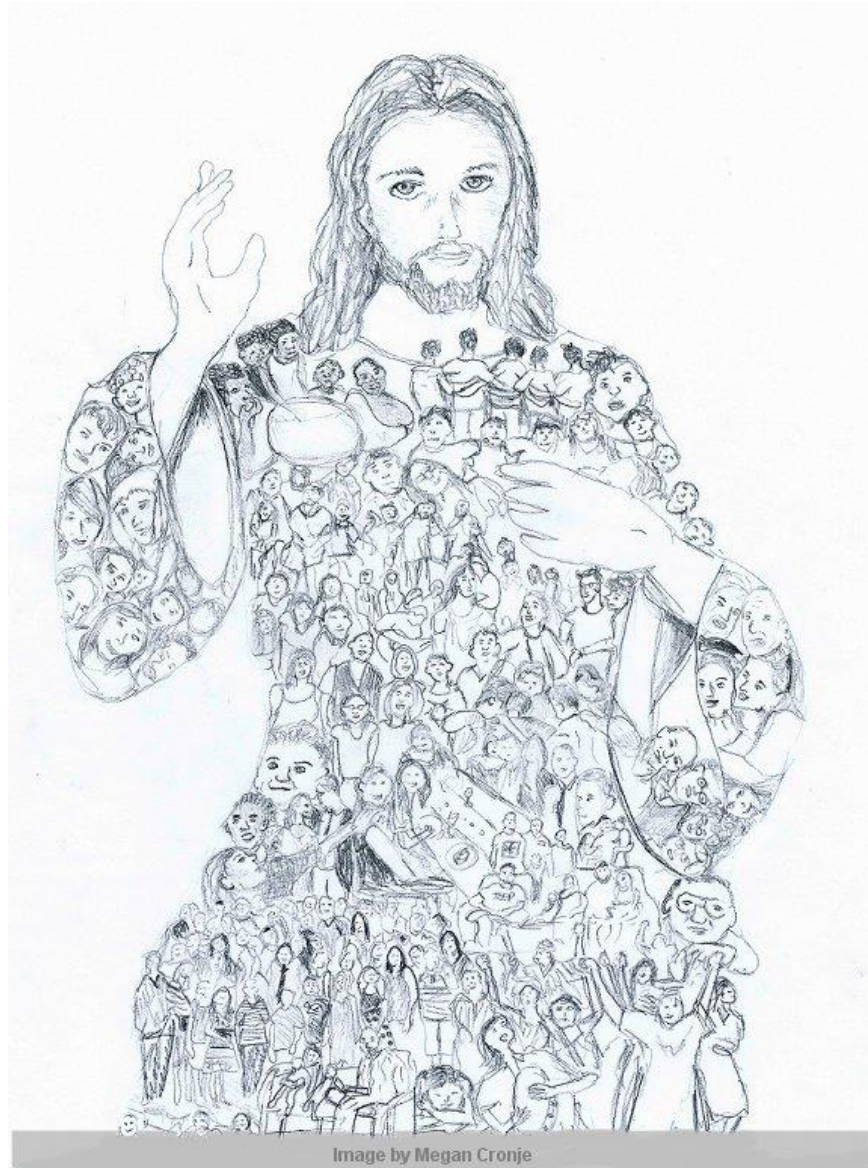


Image by Megan Cronje



CONCLUSION