

Healthy Habits

Pt. 3, Serve with Excellence

Pastor TW Norman

3/1/2026

Key Quote: Healthy Disciples don't drift into health, they decide into it

1 Corinthians 12:12-19 "Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. 13 For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. 14 Even so the body is not made up of one part but of many. 15 Now if the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason stop being part of the body. 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason stop being part of the body. 17 If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? 18 But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. 19 If they were all one part, where would the body be? 20 As it is, there are many parts, but one body."

1. God's Design: We are One Body with Many Parts

Eph 4:16 "From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."

Quote: "I'm not optional, I am essential. I have a part to play."

2. The Resistance: Why Parts Refuse to Function

Believe the enemies lies:

a) Comparison: the lie that says I'm not Important

b) The Lie that say's "I'm not Needed"

Mt 20:28 "just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."

3. The Blessing of Serving: What happens when you serve

a. When you Serve You Make Room for People to Encounter God

When you serve, you are creating pathways for people to meet Jesus and that is when lives are changed and eternities are altered.

b. Serving is Responding to God's call on your life

Romans 12:4-8 "For just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we, though many, form one body, and each member belongs to all the others. 6 We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith; 7 if it is serving, then serve; if it is teaching, then teach; 8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently; if it is to show mercy, do it cheerfully.

c. Serving produces fulfillment, because your gifts are being expressed for God's purpose