

Energized for Mission - Body Building

Acts 11:1-30

As you can clearly see, I'm an _____ at body building..._____! But even though I'm not Arnold Schwarzenegger, I do have enough experience in the gym and in life to know what works and what doesn't.

Growing biceps bigger than your head isn't exactly what this chapter is about. But it is about building up another _____. This chapter shows truths that apply to both the weight room and the Church. In order to get stronger AND for the Body of Christ to grow, we need _____, _____, and _____.

Accountability (Acts 11:1-22)

Peter shows up in Jerusalem and faces _____ for doing things no Jew had been willing to do before. But he doesn't act as if he never has to answer to anyone ever. He tells them what God did to _____ his hand.

In doing so, Peter also holds the rest of the _____ accountable. God made it abundantly clear that Jewish ceremonial laws and food laws no longer _____ and no one can be compelled to keep them. A key point!

Our culture _____ accountability at all costs. We are in for a rude awakening on Judgment Day if we can't take it from the people around us today. There is no way we can _____ or be our best without it.

Body building requires someone to _____ if we exercised, or to _____ us there. Success in the gym also requires someone to _____ us if we're doing an exercise wrong. If not, we can hurt ourselves, or others.

Encouragement (Acts 11:23-26)

The Church learns of some Hellenists coming to faith in Antioch and sends Barnabas to _____. (Accountability again!) When he sees the good happening he doesn't just fill out a report and leave. He actively _____ them to "keep up the good work!" He grabs Saul and stays a whole year to encourage them.

If you start working out and don't receive any encouragement, you will likely _____. But if someone notices how good you look or how strong you are, or tells you to keep it up, you will be encouraged to _____ going.

Support (Acts 11:27-30)

The brother and sisters that supported Antioch in its spiritual "infancy" face famine. Christians in Antioch turn around and give sacrificially to provide relief through Barnabas and Saul. We are not meant to do life alone. We face things too _____ and too heavy for us, but not too heavy for _____ of us, and certainly not for _____.

In the gym, a workout partner will help you lift more than you can on your own. With a _____ you can attempt things heavier than you would alone. Family can handle various tasks to free up gym _____.

Jesus didn't just support us in lifting a weight we could _____ lift on our own. Sin was a burden _____ could lift at all. He did it for us! He then sent the Spirit and brothers and sisters to encourage us and to hold us accountable in light of the Last Day. When we _____ these gifts, it builds up Christ's Body, spiritually, physically, and numerically.

How is the Holy Spirit leading you to more fully embrace support, encouragement, and accountability?

How is the Holy Spirit leading you to more faithfully provide support, encouragement, and accountability?

What is the Holy Spirit leading you to DO in response to what Christ has DONE?