

Scripture: Ephesians 4:1, 7, 11-16

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received....⁷ But to each one of us grace has been given as Christ apportioned it...

¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. 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.

Message: It's Time to Get in S.H.A.P.E. (Part 3): Exercise Your Faith**1. Our _____**

- Called to _____ (ch 1)
- _____ by _____ (ch 2)
- _____ to _____ (ch 3)

A Message for Me...

2. Our _____: _____ the Body of Christ

- The _____
 - The _____
 - The _____
 - The _____
- The _____
 -
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- The _____
 - Identify your _____
 - Seize the _____
 - _____

A Message for Me...