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Getting in Shape

Getting in shape

People come in all shapes and sizes! But it's not just physical - people are very different when it comes to their gifts and skills too. In Christ Church there are all sorts of people with very different gifts and characters. **This series gives you an opportunity to explore what shape you may be** - what gifts you have been given - and what it means to be part of the Christ Church community.

It can be easy to forget that God has given everyone some unique and amazing gifts - including you! You may already have an idea of what they are, but others may not yet know. And so, during this series, there will be **an opportunity to try and discover the specific gifts that God may have given to you**. You will also be given an opportunity to **work out where best you can put these gifts into practice**.

To do this we will take a look at two different Bible passages in our Sunday services - **Ephesians 4:1-16** in the mornings, and **Romans 12:1-8** in the evenings. The following booklet provides a number of different questions based on the particular passage for each week of the series. You may find it helpful to choose either the questions from Ephesians or Romans. Following these Bible questions, there are a couple of application questions which relate to both passages. Hopefully they will prompt some helpful discussion and reflection.

Our prayer is that God would use this series to remind you of the wonderful gifts and skills that he has given to you, and how your particular shape can flourish and thrive as part of the Christ Church community.



For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others.

We have different gifts, according to the grace given to each of us.

Romans 12:4-6



Week 4 Questions

Ephesians 4:14-16

What does a 'grown up' church look like?

What is 'speaking the truth in love' (v15)? What does it result in?

What happens if you lose either the 'truth' or the 'love'?

Why is 'each part doing its work' so important? How are you doing on this?

Romans 12:6-8

In these verses Paul lists a number of different gifts. Why, according to verse 5, are these gifts given?

Why is it so important to make sure we remember that gifts are given on the basis of grace (v6)?

What do you think all of these gifts look like in the life of Christ Church?

Paul mentions something of the attitude in which some of these gifts should be used. In what ways is it tempting to prioritise certain gifts over others?

Application

Are there areas in which you are not currently involved in which you might be able to use the gifts that God has given to you?

What steps can you take to use your God-given gifts more effectively?



Week 1 Questions

Ephesians 4:1-6

In verse 1, Paul mentions the 'calling that we have received'. What is this 'calling', and what difference does this make to our lives? (cf. 2:11-22)

It is noticeable that Paul clearly links a response to what God has done with a change in attitude towards other people (v2). In other words, our worship of God is closely linked with our service of other people. Why is this the case?

Why is it so encouraging to know that unity is based not on our actions, but on God's Spirit (v3)?

What reasons are given for remaining united with other Christians in v3-4?

Romans 12:1-2

In verse 1, Paul says 'in view of God's mercy'. What does he mean? Why is this so important?

As a response to the amazing mercy that God has shown, what is required? What do you think this meant to Paul's first readers – particularly as they would have been familiar with the system of animal sacrifices? And what might this mean for us today?

How does this instruction make you feel? What would help you to live this out more fully?

To live like this is an act of 'worship'. How does this differ from the conventional view of 'worship'? Why is it so important to refer to all of our lives as worship, not just what happens in church?

Application

If worship is about every aspect of our lives, are there any areas in your life in which you know you need to pay particular attention to worshipping God more? How are you doing in having a servant-hearted attitude towards other people?

What about for us as a whole church? In the light of Paul's teaching, how might we put this into practice?



Week 2 Questions

Ephesians 4:7-16

Why is it important to remember that all gifts are a result of Christ's grace (v7)?

What difference does it make to know that Christ has both 'descended' and 'ascended' (v8-10)?

According to verses 11-16, why has God made us so different as individuals?

If verses 11-13 were faithfully lived out, who would be doing all of the work at Christ Church? Who, then, are the ministers of Christ Church?

Romans 12:3

How does Paul say that we should think of ourselves? In what ways is this counter-intuitive?

What does it mean to think of yourself with 'sober judgment'?

What do you think it means to do all of this 'in accordance with the measure of faith God has given you'?

How might this verse apply to being servant-hearted in the church?

Application

One morning, a friend who isn't a Christian says to you, 'Why do you go to church?' In the light of what Paul teaches, what might you say?

If God has graciously gifted each of us, and if we are called to serve each other with humility, are there any ways we might change our thoughts about church and our own personal involvement in the life of Christ Church?



Week 3 Questions

Ephesians 4:11-13

In these verses Paul lists a number of different gifts. Why are these gifts given?

It is noticeable that the different gifts in verse 11 are gifts commonly associated with church leadership. Therefore, how does verse 12 change how you see the role of church leaders, and your own role at Christ Church?

What would verse 13 look like in practice at Christ Church?

What 'works of service' are you involved with? In what ways do they 'build up the body of Christ' (v12)?

Romans 12:4-6

Why, according to these verses, is it so important that Christ gives us different gifts?

What do you think Paul means when he says 'each member belongs to each other'? Do we find that easy?

In verse 3 we are encouraged to have a right view of ourselves – how does the analogy of the body help us with this?

If Christ Church is like a body, which part are you?! How does thinking of the church like this help you to realise the crucial role you have to play?

Application

Which gifts do you think God may have given to you, or may wish to give to you?

Are there ways you can use those gifts more effectively here at Christ Church?