

# Intake & Output

Our Church – The Body Of Christ

Body an Interesting Image

- many shapes and sizes
- made up of many parts – all with a function
- healthy and unhealthy models around

Obesity and The Body of Christ

- too much intake – no output
- impedes the ability of parts to function
- evident to all who look at it

*“Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and after looking at himself, goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it – he will be blessed in what he does.”*

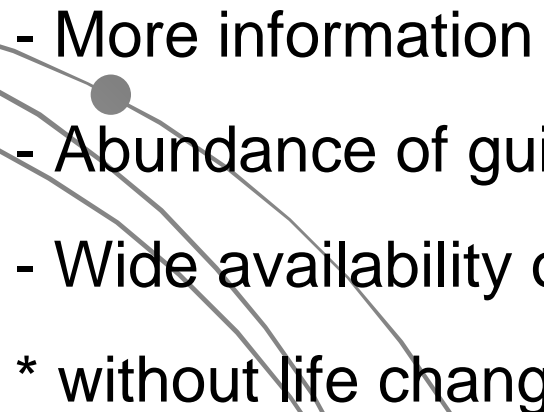
*James 1:22-25*



## 1. Information & Action

- nutrition and health information available
- understanding of our bodies greater than ever
- more programs and helps available
- \* without accessing and appropriating – useless

### Theologically

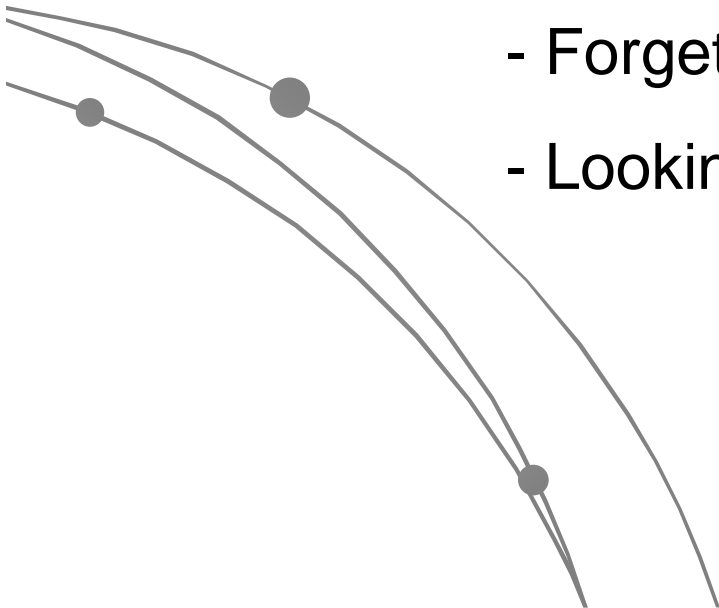
- More information & opinions than ever before
  - Abundance of guides, commentaries, helps
  - Wide availability of churches, opportunities
  - \* without life change in participants - useless
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## a) Do Not Accumulate Knowledge without Action

- simply listening lets us fool ourselves
- gauge growth by knowledge not life change
- mirror – shows you what others see!

### Three Observations

- Glancing At the Image
- Forgetting What is Seen
- Looking Intently

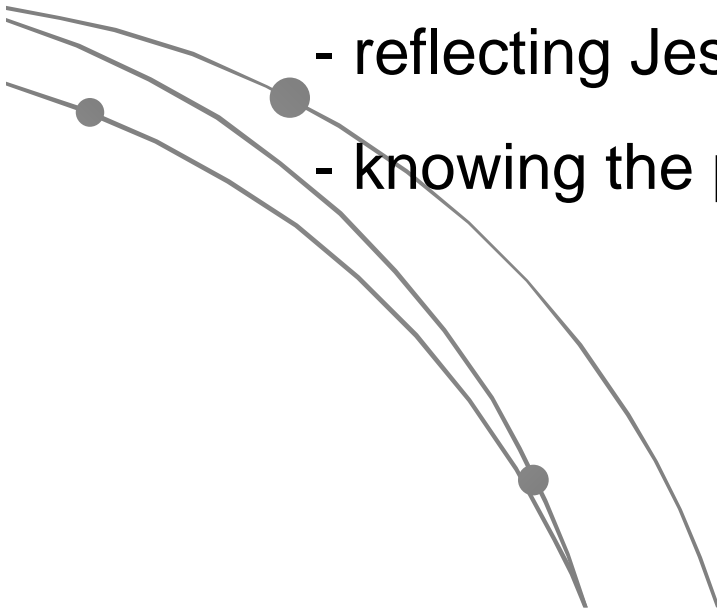


## b) Knowledge That Turns to Action

- looking at self clearly
- returning to the mirror to assess growth
- not distracted from the task
- applying the things learned

## c) Blessing is the Result

- reflecting Jesus in life
- knowing the peace, purpose, joy



## 2. What You Claim Being Seen

*“What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? Suppose a brother or sister is without clothes and daily food. If one of you says to him, ‘Go, I wish you well; keep warm and well fed’, but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.”*

*James 2:14-17*

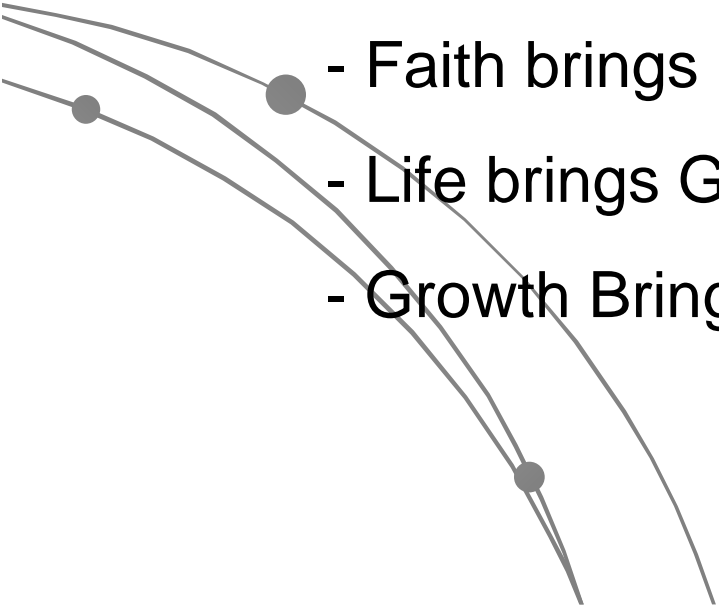
### a) Faith Is Essential

- saved by faith – Eph. 2:8-9
- walk by faith – 2 Cor. 5:7
- impossible to please God without faith – Heb.11:6

## b) There Is Counterfeit Faith

- words & convictions that have no action
- your priorities are exposed by your daytimer
- great example – well wishes without practical help
- dead faith an intellectual exercise

## c) Faith Has to Have an Outlet

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- Faith brings life – John 3:16
  - Life brings Growth – Eph 1:16ff
  - Growth Brings Fruit – John 15

## So What

### 1. Ignorance is Not A Defense

- availability of truth, amount of knowledge – helps
- already know much more than we live up to

### 2. We Are Commanded to Get in the Game

- action on the truth is required
- authentic evaluation and participation expected

### 3. What You Claim Must Be Reflected

- Christ one – must reflect the heart of Christ
  - You are the Jesus Most people will see
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