

The Church Body

As a physiotherapist, it is both my job and my passion to examine the human body and analyse how it moves. Even a seemingly simple action like walking involves a complex interplay between multiple systems and muscle groups.

It all begins with the brain sending signals to the relevant parts of the body to initiate movement. The process starts at the top—your head and shoulders—and cascades downward to the hips. The body shifts its weight onto one leg, allowing the opposite leg to lift via the hip flexors, bend at the knee, and swing forward. The foot then makes contact with the ground, beginning with the heel and rolling through to the toes. This entire sequence is repeated on the other side as the next step is taken.

Behind this basic yet intricate action, the heart increases its beating rate, and the lungs draw in greater volumes of air to meet the body's rising demand for oxygen and nutrients. The body works in harmony and synchrony to accomplish this unified task: walking.

But when one part of the body is injured or not functioning properly—due to something like a stroke, a torn muscle, or even the loss of a toe—that harmony is disrupted. What was once automatic becomes a challenge.

In the same way, the body of Christ—the Church—is designed to function in unity. Though we are many members, we form one body. If one part suffers or falls out of alignment, the whole body is affected.

Paul reminds us in Ephesians 4:2–4:

“Be completely humble and gentle; be patient, bearing with one another in love.

Make every effort to keep the unity of the Spirit through the bond of peace.

There is one body and one Spirit, just as you were called to one hope when you were called.”

Even if we feel insignificant or assume our contribution doesn't matter, Scripture makes it clear: every part has a role to play in God's plan.

1 Corinthians 12:18–20 says:

“But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.”

Paul continues in verses 23–25:

“...God has put the body together, giving greater honour to the parts that lacked it, so that there should be no division in the body, but that its parts should have equal concern for each other.”

This shows us that we all have a role to play in the body of Christ—no matter who we are. Our role may not always be visible or recognised, but it is still vital. God has called you to something greater.

This sermon series will explore what it truly means to be the Church and how we can function more effectively as one body. The Church is not a building or an institution. It is a living body—made up of people, united by one Spirit, gathered in one name: the Lord Jesus Christ. It is His love that binds us together, empowers us, and leads us forward.

Submit

In Ephesians 5:21, Paul writes:

"Submit to one another out of reverence for Christ."

The Apostle Paul calls us to mutual submission—but what does that really mean?

The Greek word for *submit* is *hypotasso*, which means *to arrange under, to subordinate, or to subject oneself*. It's a relational word—emphasising the voluntary choice to yield to another for their good. And let's be honest: this is a challenge for all of us, myself included.

To submit to one another means to open up our lives—to make space for others, to invite them in, and to allow them to become part of our spiritual journey. That's not easy. Our culture often values privacy, independence, and control over vulnerability and community. But Scripture gives us a clear reason:

"Submit to one another out of reverence for Christ."

Our submission to one another honours the Lord Jesus. It puts His love on display and brings Him glory.

As Jesus Himself said in John 13:35:

"By this everyone will know that you are my disciples, if you love one another."

What Does Submission Look Like?

It's more than just showing up on a Sunday and having tea and coffee before going home to prepare for the week ahead.

Let me ask:

- How many of us go deeper than surface-level conversations?
- Do we make a real effort to know one another—to share our lives, struggles, and joys?

That's why evening services, midweek Bible studies, and fellowship lunches aren't just extras on the calendar. They're part of what it means to live as the body of Christ. And this is something we, as a church, can grow in. Only a small portion of the congregation regularly attends these. How can we grow as a body when we aren't even practicing the basics of fellowship? Some may view those commitments as radical—but in reality, they're just the baseline of a Christian life lived in community.

These gatherings give us opportunities to practice the very submission and unity that Paul describes.

In Acts 4:32, we read:

“All the believers were one in heart and mind. No one claimed that any of their possessions was their own, but they shared everything they had.”

Their lives revolved around their church community. They saw each other not just as fellow attendees, but as family.

Today, we sometimes treat church as something separate from our families—but in the early Church, the two were intertwined. They lived together. And in times of persecution, they even died together.

They were a family—bound by the precious, holy blood of Christ—with one purpose: to glorify the Lord Jesus Christ.

So let me ask:

- Can we say the same about our walk as a church?
- Do we live as a family in the Lord Jesus?
- Do we submit to one another out of reverence for Him?

Submission to Christ

In Ephesians 5:22–24, Paul shifts to address marriage, saying:

“Wives, submit yourselves to your own husbands as you do to the Lord.

For the husband is the head of the wife as Christ is the head of the church, His body, of which He is the Saviour.

Now as the church submits to Christ, so also wives should submit to their husbands in everything.”

While this passage is directed at married couples, Paul uses a powerful analogy—Christ and His Church: the Bride and the Bridegroom.

Just as a bride submits to her groom, we as the Church are called to submit every part of our lives to Christ. Why? Because He is our Head. Our Leader. Our Saviour.

In John 14:6, Jesus says:

“I am the way and the truth and the life. No one comes to the Father except through me.”

We submit to Him because He alone leads us to the Father. He has rescued us. He has given us life, purpose, and abundance.

Later in Ephesians 5:25, Paul reminds us that:

“Christ loved the church and gave Himself up for her to make her holy.”

He loved us, gave Himself for us, and made us holy. He took us from the mud and the mire and brought us into the family of God—sons and daughters of the Most High.

It’s like going from sleeping rough on the street to sitting at the table with royalty.

So I ask again:

Are we living in submission to Christ?

Can we, as a church, say we are walking in full submission to Him?

Or are we more like the church Jesus describes in Revelation 3:16:

“So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.”

Serve

Ephesians 5:25–27

“Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless.”

Christ is the perfect husband. He has shown all men how to love their wives—not selfishly or conditionally, but sacrificially. The Lord Jesus is our living example, and through His love, He also shows us—as His bride, the Church—what we are meant to be.

He has demonstrated how to live, how to serve, and how to embody His love in action.

1 John 3:16 says: *“This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers.”*

This is the example the Church lives by. We are called to be the Body of Christ—a people made holy, without stain or wrinkle or blemish. The word *radiant* suggests something beautiful and

admirable.

We are meant to be a reflection of His glory. The Church is not merely a gathering—it is His bride, and our highest calling is to bring praise and honour to the Lord Jesus Christ in everything we do.

In Revelation 5:9, we get a glimpse of the heavenly praise for Christ:

*“And they sang a new song, saying:
‘You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation.’”*

This is the Church—redeemed and gathered to serve and glorify Christ.

Ephesians 5:28–30:

*“In this same way, husbands ought to love their wives as their own bodies.
He who loves his wife loves himself.
After all, no one ever hated their own body, but they feed and care for their body,
just as Christ does the church—for we are members of his body.”*

Christ has shown us in Romans 5:8 that:

“While we were still sinners, Christ died for us.”

That's the ultimate act of love and service.

The Lord Jesus gave everything—not because we were perfect, but because we were His.

He loves the Church because we are His body. We belong to Him.

In the Authorised Version, it says in verse 30 - For we are members of His body, of His flesh, and of His bones. Meaning not only external lives but our very core should look and be like the body of Christ.

So the question becomes: Are we living lives of service to Him?

Are we examples of His love, His humility, and His sacrifice?

As His body, we are called to be His hands and feet, going into the world as servants of His will—caring for the hurting, loving the unlovable, proclaiming His truth, and reflecting His character.

To serve Christ is not just a duty; it's a privilege.

Let us be a Church who live out that calling—not just with words, but in the action and attitude of our lives.

Seek

Ephesians 5:31–33 says:

“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”

“This is a profound mystery—but I am talking about Christ and the church.”

This mystery—the unity of Christ and His Church—is what sets Christianity apart.

The Almighty became flesh, lived a sinless life, died for His bride, and rose again.

In Matthew 13:44–46, Jesus tells the parable of the hidden treasure and the pearl.

The man sells all he has to purchase the field and the treasure.

One interpretation is that Jesus is the merchant, the field is the world, and the treasure is His Church.

He paid the price for the field—the sins of the world—so He could rightfully own the treasure: you and me.

So let me ask:

- Are we truly seeking Him with our whole lives?
- Are we living like we belong to Him?
- Are we submitting to the Church and to Christ?
- Are we serving Him with our hands, hearts, and voices?
- Are we seeking Him above all else?

Are we truly part of His Body?

Amen.