

STRESS FRACTURE

-Ryan Parsons-

I think I have a stress fracture in my arm. Doing violent demolition on our house was equally violent to my 45-year-old body. As a result, my right arm isn't cooperating like it is supposed to, and there is no absence of pain. Not only have I had to modify some of my motor functions, but simple tasks like picking up a coffee cup send shrieks of complaint to my central nervous system. This just won't do. As a result, I'm not functioning at 100%.

Ephesians 4:15-16

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

Paul says in Ephesians 4 that the church is supposed to be in a continual process of spiritual growth and maturity to greater love and Christlikeness. He also insinuates that when even one part of that body isn't working correctly, the rest of the body suffers. This is why they were instructed to encourage and equip one another. We know this intellectually, but sometimes we forget in actual practice. The truth is, when I'm not doing well, it affects the church, too. As a result, it is imperative that I make love and Christlikeness a priority in my life, not just for my benefit, but for the benefit of the community of believers. Sometimes we get distracted and forget about our essential place within the body and the effect our struggles have on the health of the body.

With this in mind, I challenge you to do two things this week.

1. Perform an assessment of your own life using scripture as the guideline. Are you thriving? Are you continuing to mature in Christ? Are you working properly in the body of Christ? Adapt and adjust as needed.
2. Check on another part of the body. See how they are doing. Pray with them. Talk about spiritual things. Find out if there is anything you can do to help them grow, thrive, and work well.

We need each other.

Hesed,
Ryan