Being a Body Builder
Ephesians 4:11-13

Sermon Outline

A. Chosen by God (vs. 11):

1. **Apostles and prophets** – Laid the foundation (2:20; 3:5; 1 Corinthians 3:10-11).
2. It is God’s sovereign will that established the foundation for the church (Ephesians 2:20).
3. Because God is doing the filling He is making the decisions who leads the process.
4. It is God’s sovereign will that selects who will be pastors and teachers.
5. **Pastors and teachers** key role is to:
   a) Feed God’s flock (2 Timothy 3:16).
   b) The apostles laid the foundation, the word is used for all building development (2 Timothy 3:17).
   c) Pastor (shepherd) he must establishes **vision** (Exodus 18:19-20; Ephesians 4:12 – work to do).
   d) **The Word of God is critical** to keep a believer from stumbling (Deuteronomy 8:3; 2 Peter 1:3-11).
      a) Challenge God’s flock to **grow**. Teach believers how to practice their faith.

B. The Workout (vs. 12):

1. The pastor must **provide leadership**:
   a) This is the reason for the pastor’s leadership.
   b) **Equip** – like a house fully furnished to have the **ability** to do good (Ephesians 2:10; Philippians 2:12-13; Colossians 1:28-29).
      • Ability to manage **problems** believers face (Ephesians 4:17-24; 6:10-17).
      • Ability to manage **marital issues** (the man is Christ and the wife is the church; Ephesians 5:32).
      • Ability to deal with **single issues** (Ephesians 4:17-24).
      • Ability to **find strength** in critical times (Ephesians 6:10).
   c) The pastors stimulates believers to set themselves aside for God (Ephesians 3-6):
      • The work Christ is doing in their lives (Ephesians 2:10).
      • Filled up to the fullness of God (Ephesians 3:16-19).
      • Truly **consecrate themselves** to God (Ephesians 1:15-20).
      • Not conform to the world (Romans 12:2).
      • Are committed to experiencing the **divine nature** of God (Ephesians 5:32).
   d) Use their **spiritual gift** (Ephesians 4:7).
   e) Challenge believers to commit to **ministering to the needs of others** (2 Thessalonians 5:13-15).
   f) Defines purpose – Christ is head ‘to the church’ (Ephesians 1:22).
g) **Build up:**

- The pastor must promote spiritual growth (Matthew 28:18-20).
- Become spiritually **profitable** for everyone in the church.
- Spiritually strengthening for **powerful living**.

2. **Body of Christ** – Defines His:

a) His authority (Ephesians 1:22).
b) Headship – The Word is everything (Ephesians 1:22).
c) Unity among the races (Ephesians 2:13-16).
d) Unity in church (Ephesians 4:4, 25; 5:30).
e) The nature of how nurturing takes place in marriage (Ephesians 5:29).