

BODY BUILDING

There is One Body, and One Spirit, even as ye are called in one hope of your calling.

Ephesians 4:4

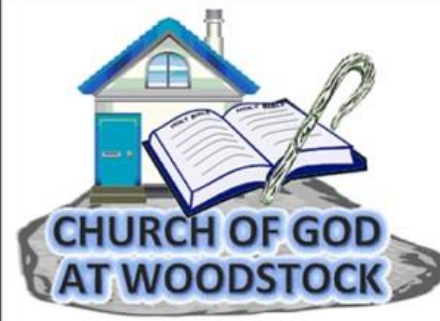


**TRUTH ON THE
WEB MINISTRIES**

WWW.TOTW.ORG

EPH 6:17 AND TAKE...THE SWORD OF THE
SPIRIT WHICH IS THE WORD OF GOD

A CHURCH OF GOD IN WOODSTOCK, ILLINOIS



BODY BUILDING

Matthew 13:14...17 [summarized]

And in them is fulfilled the prophecy of Esaias, which saith, ... For this people's **heart is waxed gross**, ... and should understand **with their heart**, and should be converted, and I should heal them ...

...For verily I say unto you, That **many prophets and righteous men** have **desired to see** those things which ye see, **and have not** seen them; and to **hear** those things which ye hear, and **have not** heard them.



BODY BUILDING

Matthew 22:36–40

Master, which is the great commandment in the law? Jesus said unto him, Thou shalt **love the Lord thy God** with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt **love thy neighbour** as thyself. On these two commandments hang all the law and the prophets.



BODY BUILDING

Daniel 12:4

But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and **knowledge shall be increased.**



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Matthew 24:24

For there shall arise **false Christs, and false prophets**, and shall shew great signs and wonders; insomuch that, if it were possible, **they shall deceive the very elect.**

BODY BUILDING

1 Tim 4:6-9 If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained. But refuse profane and old wives' fables, and **exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.** This is a faithful saying and worthy of all acceptation.



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Acts 24:16 And herein do I **exercise** myself, to have always a conscience **void of offence toward God,** and toward **men.**



BODY BUILDING

1 Cor 12:27

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Rom 12:4-6a For as we have many members in **one body**, and all members have not the same office: So we, being many, are **one body in Christ**, and every one **members one of another**. Having then gifts differing according to the grace that is given to us,



BODY BUILDING

1 John 1:3-7 That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly **our fellowship is with the Father, and with his Son Jesus Christ.** And these things write we unto you, that your joy may be full. This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all. If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth: **But if we walk in the light, as he is in the light, we have fellowship one with another,** and the blood of Jesus Christ his Son cleanseth us from all sin.

BODY BUILDING

1 Peter 1:18-19 Forasmuch as ye know that ye were **not redeemed with corruptible things**, as silver and gold, from your vain conversation received by tradition from your fathers; But with the **precious blood of Christ**, as of a lamb without blemish and without spot:



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1 Peter 1:23 **Being born again**, not of corruptible seed, but of incorruptible, **by the word of God**, which liveth and abideth for ever.



BODY BUILDING

Eph 4:1-6 I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called, With all lowliness and meekness, with longsuffering, forbearing one another in love; **Endeavouring to keep the unity of the Spirit in the bond of peace.** There is **one** body, and **one** Spirit, even as ye are called in **one** hope of your calling; **One** Lord, one faith, **one** baptism, **One** God and Father of **all**, who is above **all**, and through **all**, and in you all.



BODY BUILDING

Phil 3:14-16 | **press toward the mark** for the prize of the high calling of God in Christ Jesus. Let us therefore, as many as be perfect, be **thus minded**: and if in any thing ye be otherwise minded, **God shall reveal even this unto you**. Nevertheless, whereto we have already attained, **let us walk by the same rule**, let us mind the same thing.



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Ps 133:1 Behold, how good and how pleasant it is for brethren to dwell together in **unity!**



BODY BUILDING

Amos 3:3 **Can two walk together, except they be agreed?**



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Unless they meet together, and appoint time and place, when and where they shall set out, what road they will take, and whither they will go; without such consultation and agreement, it cannot be thought they should walk together; and not amicably, unless united in friendship, and are of the same affection to each other, and of the same sentiments one with another;

Gill's Exposition of the Entire Bible



BODY BUILDING

Heb 5:14 But strong meat belongeth to them that are of full age, even those who by reason of use have their senses **exercised to discern both good and evil.**



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Heb 12:11 Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are **exercised** thereby.



BODY BUILDING

Heb 12:12-13 Wherefore lift up the hands which hang down, and the feeble knees; And make straight paths for your feet, lest that which is lame be turned out of the way; **but let it rather be healed.**



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Prov 6:6-8 Go to the ant, thou sluggard; **consider her ways**, and be wise: Which having no guide, overseer, or ruler, Provideth her meat in the summer, and gathereth her food in the harvest.



BODY BUILDING

Eph 4:11-14 And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; **For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ:** Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: That we henceforth be no more children, **tossed to and fro, and carried about with every wind of doctrine,** by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;



BODY BUILDING

Heb 8:5-6

Who serve unto the example and **shadow** of heavenly things, **as Moses was admonished of God** when he was about to make the tabernacle: for, **See, saith he, that thou make all things according to the pattern shewed to thee in the mount.** But now hath he obtained a **more excellent ministry**, by how much also he is the mediator of a **better covenant**, which was established upon **better promises.**



BODY BUILDING

Tabernacle of the congregation

1 Cor 3:16 Know ye not that ye are the temple of God, and that the **Spirit of God dwelleth in you?**



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Ark of the testimony

Jer 31:33 But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; **and will be their God**, and they shall be my people.



BODY BUILDING

Mercy seat

Heb 4:16 Let us therefore come boldly unto the **throne of grace**, that we may obtain **mercy**, and find grace to help in time of need.

1 Cor 6:2 Do ye not know that the saints shall judge the world? and if the world shall be judged by you, **are ye unworthy to judge the smallest matters?**



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Pure candlestick

Matt 5:14 Ye are the **light of the world**. A city that is set on an hill cannot be hid.



BODY BUILDING

Altar of incense (sweet incense)

Rev 5:8 And when he had taken the book, the four beasts and four and twenty elders fell down before the Lamb, having every one of them harps, and golden vials **full of odours, which are the prayers of saints.**



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The holy garments for Aaron the priest

1 Pe 2:9a **But ye are a chosen generation, a royal priesthood...**

Eph 6:14 Stand therefore, having your **loins girt about with truth**, and having on the breastplate of righteousness;



BODY BUILDING

John 17:20–23 Neither pray I for these alone, but for them also which shall believe on me through their word; That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: **that the world may believe that thou hast sent me.** And the glory which thou gavest me I have given them; that they may be one, even as we are one: I in them, and thou in me, that they may be made perfect **in one**; and that the **world may know that thou hast sent me**, and hast loved them, as thou hast loved me.



BODY BUILDING

Eph 4:15-16 But speaking the truth in love, **may grow up into him** in all things, which is the head, even Christ: From whom **the whole body** fitly joined together and **compacted by that which every joint supplieth**, according to the effectual working in the measure **of every part**, maketh increase of the body **unto the edifying of itself in love.**



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-We are His Body



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- It takes work, determined, disciplined work
- We all have a very important part to play



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1 Pe 3:15 But sanctify the Lord God in your hearts: and be ready always to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear



BODY BUILDING

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- 2. Do everything you can to find or start a Fellowship in your area.**



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Prov 17:17 A **friend** loveth at all times, and a **brother** is born for adversity.





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ECCLESIASTES 4:9–12 **Two are better than one**; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: **but woe to him that is alone when he falleth**; for he hath not another to help him up. Again, if two lie together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; **and a threefold cord is not quickly broken.**

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Do everything you can to find or start a fellowship in your area.

Hebrews 10:23–27[23-24] Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;) And let us **consider one another** to provoke unto love and to good works:



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Hebrews 10:23–27[25] **Not forsaking the assembling of ourselves together**, as the manner of some is; but **exhorting one another**: and so much the more, as ye see the day approaching.



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Hebrews 10:23–27[26] For if we sin wilfully after that we have received the knowledge of the truth, **there remaineth no more sacrifice for sins,**



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Hebrews 10:23–27[27] But a certain **fearful looking for of judgment and fiery indignation**, which shall devour the adversaries.



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Pray for and think of each other

1 Cor 12:24-25 For our comely parts have no need: but God hath **tempered** the body together, having given more abundant honour to that part which lacked: That there should be no schism in the body; but that the members **should have the same care one for another.**



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Gal 6:10 As we have therefore opportunity, let us do good unto all men, **especially** unto them who are of the household of faith.



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Jas 1:5 If any of you lack wisdom, **let him ask of God**, that **giveth** to all men liberally, and upbraideth not; **and it shall be given him**.



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- 5. Share Joys & Praiseworthy events**



BODY BUILDING

Share Joys & Praiseworthy events

Phil 4:8 Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any **virtue**, and if there be any **praise, think on these things.**



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Col 3:16 Let the word of Christ dwell in you richly in all wisdom; **teaching** and **admonishing one another** in **psalms** and **hymns** and **spiritual songs**, singing with **grace in your hearts** to the Lord.



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Gal 6:1-2 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. **Bear ye one another's burdens**, and so fulfil the law of Christ.



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Jas 5:14 Is any sick among you? let him call for the elders of the church; **and let them pray over him**, anointing him with oil in the name of the Lord:



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Jn 13:35 By this shall all men know that ye are my disciples, **if ye have love one to another.**



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Jn 6:51

I am the living bread which came down from heaven: if any man eat of this **bread**, he shall live for ever: and the **bread** that I will give is my flesh, which I will give for the life of the world.



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1 Cor 10:17 For we being many are one **bread**, and **one body**: for we are all partakers of that **one bread**.



BODY BUILDING

Phil 2:1-8 [1-4]

If there be therefore any consolation in Christ, if any **comfort of love**, if any **fellowship of the Spirit**, if any **bowels and mercies**, Fulfil ye my joy, that ye be likeminded, having the same love, **being of one accord**, of one mind. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. **Look not every man on his own things, but every man also on the things of others.**



BODY BUILDING

Phil 2:1-8 [5-8]

Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of **no reputation**, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, **even the death of the cross.**



BODY BUILDING

1 Pe 2:1-5

Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings, As newborn babes, desire the sincere milk of the word, that ye may grow thereby: If so be ye have tasted that the Lord is gracious. To whom coming, as unto a living stone, disallowed indeed of men, but chosen of God, and precious, Ye also, as lively stones, **are built up a spiritual house**, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ.

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HAPPY SABBATH!



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