

FCFTucson.org
Sunday, August 4th, 2019
Together We Can: Grow |part 1|

TEXT: Romans 12:4-5

We've been seeing in God's Word the importance in a community of Believers. Together we are the Body of Christ. We need each other. We are stronger together defying the odds & last week Rev. Brenda taught us about the power of agreeing together in prayer & how to do it.

Today we learn about how individual growth and health is enhanced in our ability to connect with other people. 1 Corinthians 12:12-19

- ❖ In a healthy body, the body grows and develops in proportion to the growth of the rest of the body. The left hand doesn't grow while the rest of the body stays the same.
 - Growth occurs in connected tissue where damage doesn't exist. The disconnected hand doesn't grow.
- ❖ Bodies are designed to grow through mutual support. Col 2:19b
 - Joints and ligaments work together in the body. Working together they are STRETCHED are strengthen & grow.
 - God wants us to grow & flourish together – Psalm 92:13-15
 - We are called to grow & help others grow. Heb 5:12, Tit 2:4
 - Pr 22:6, Eph 6:4 Parents help children grow by discussing, demonstrating, teaching, modeling. Train up NOT just tell up.
- ❖ Unfortunately, you can't make others GROW. Over the next TWO weeks we're going to talk about some practical ways we can help others grow and that help us GROW. Today we're just going to look at practical way to help others grow.

Valuing the Worth of Others

- ❖ When we are praised (sincerely praised), it makes us feel good. We stand up straighter, taller, lift our heads. When we don't feel loved or respected it is like someone stepping on the air hose of our life.
 - We need to tell people of their value to us. It is like oxygen for their souls. Without steady oxygen our natural body becomes sluggish & lethargic. The same can happen to the soul. Valuing others encourages them to keep growing. It will also help you grow friendships. Romans 12:10
- ❖ People crave affirmation. When that need isn't met people will do a lot to be: Seen, Accepted, & Loved
- ❖ **Ways to affirm & show value to others**
 - **Acceptance** – We've been accepted in the beloved. Eph 1:6

- **Romans 15:7** Jesus didn't make us live up to His expectations before He would love us and accept us.
- **Romans 5:8** God chose you as you were. He walks with you as you are. He loves you as He is. He is asking us to follow Him.
- **Attention** – Not ignoring and avoiding people. To give attention we must give part of ourselves & time to others.
 - I understand there are some people that want to demand more of your time than you have to give that person. Boundaries are important, but avoiding people is wrong.
 - Parents – Our children from BIRTH to ADULTHOOD will need or desire something from you at inconvenient times. When we stop what we are doing & give them our attention it communicates their value, which inspires them to grow.
 - Gal 6:10 Each of us can intentionally BUILD relationships so that we have multiple connection points to HOLD us up, PRAY, and BE there.
- **Affection, LOVE.** Romans 12:10 Love each other with **genuine affection**, and take delight in honoring each other.
 - One easy way to show affection is handshake, pat on the back, high five.
- **Appreciation:** When something appreciates its value goes up. Home, baseball card, gold-coin. **1 Thessalonians 5:12**
 - When we appreciate people their sense of their value goes up. When was the last time you told someone in this room, "I appreciate your attitude, sense of style, your example in service, promptness, and faithfulness?"

Simple ways to show value to other people.

- ❖ When you plan to watch a sports game or weekly show, find out who else would want to watch it and invite them to join you.
- ❖ If you exercise a few times each week, do it with a friend.
- ❖ Open Table NEXT month. Mosaic Café vs. Bianchi's
- ❖ Call someone just to tell them how much you appreciate them.
- ❖ Give them your time and yourself. Turn off your phone.

"You never know when a moment and a few sincere words can have an impact on a life." – Zig Ziglar