

Bible reading Roman's 12:1-8

Hymn707- Singing-The Faith- Make me a channel of your peace

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup>Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

### **Humble Service in the Body of Christ**

<sup>3</sup>For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. <sup>4</sup>For just as each of us has one body with many members, and these members do not all have the same function, <sup>5</sup>so in Christ we, though many, form one body, and each member belongs to all the others. <sup>6</sup>We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your<sup>[a]</sup> faith; <sup>7</sup>if it is serving, then serve; if it is

teaching, then teach; <sup>8</sup>if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead,<sup>[b]</sup> do it diligently; if it is to show mercy, do it cheerfully.

### ***New International Version (NIV)***

### **Reflection**

I have heard most parents discouraging their children from eating junk food because of what it does to their health. In saying this the parents want their children to live a healthy life. This is what Paul is saying to the church in Rome. Paul's is not just trying to inform the church but to transform the church. Paul is encouraging the church to live a healthy spiritual life reminding them that their bodies are a living sacrifice, holy and acceptable to God. To create their bodies as a dwelling place for the Holy Spirit, a place which is clear of malice, gossip, hate, jealous and greed. Paul is saying we should be careful of what we allow in our bodies be it physical or spiritual. We should nourish our souls with the word of God and not contaminate it with harmful things of the world. What we feed our Spirit with should be seen or heard by how we present ourselves. We should not be standing on roof tops to tell people that we are followers of Christ. People should be able to see who we

are by our actions, how we respond to situations. Are we quick to throw stones at others before we think of how Christ would have responded to the situation. Are we quick to throw hurtful words to others without thinking, are we quick to blame others for our mistakes because we do not want to take the blame? Our actions should be louder than words. How many souls have we hurt because of our recklessness in talking?

We should endeavour to feed our souls with the right food. A Spirit fed with the word of God is calm full of wisdom, and produces fruits of the Spirit, love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control, according to Paul in Galatians 5: 22-23. A calm Spirit hates for war but ready to reason and bring peace out of a stormy situation but a neglected Spirit is full of anger, rage, bitterness and ready to fight and throw stones.

This is why Paul is saying we should not conform to the standards of this world but be transformed by the renewal of our minds, so that we may prove what is good and acceptable and perfect will of God. We should separate ourselves from patterns of this world and live a life that pleases God. **Hallelujah!** 🎶 🎶

## Prayer

Father thank you for the word that you have brought unto us today. A word that has encouraged us to be mindful of what we feed our spirits with. We live in a world that's encouraging and directing us into sin. We pray for the power of the Holy Spirit to take control of our lives so that we may live a life that pleases you. A life free of hate, anger, bitterness, malice and jealous. A life that sees good in others and a life that's humbly serving you. We have been reminded that each one of us is a part of the body of Christ. Therefore as part of one body help us to live in love, unity and peace. Help us to be the bearers of the fruits of the spirit so that others may feed from us. We know we fall short of you glory but we know you will make us whole through your son Jesus Christ. **Amen** 🙏🙏🙏

*Prepared by **Rev Mary Sachikonye Methodist Minister for (Mile Cross, Costessey, Trinity Thorpe Marriott, Hosford and Drayton) for a time as this. We are a church without walls. We should therefore, continue to proclaim the good news. I will be sending **Words of Hope** every week so that we may continue to nourish our spirits and continue to live in HOPE!***