

1. When was the last time you had a physical? Were you nervous the doctor would find something wrong with your body? If the doctor had found something wrong would you want him to tell you the truth even if you didn't like the report? Why or why not? Were you encouraged or discouraged with the results? Did you get a prescription?
2. Take time to list the signs of health you see in the body of Christ known as Harvest Granger. What encourages you the most? When you think back to this time last year, year? Are you encouraged by the health you see in this body called Harvest Granger?
3. Read Ephesians 4:15-16. Think about the term "grow up in every way." List all the ways you can think of that a Christian should grow up. In which of these ways have you grown the most in the past year? In which ways do you want to grow the most this coming year?
4. Discuss the term "head" in v. 15. Is it easy to forget who the head of the church is? Why or why not? Name some things that compete for "headship" in the church?
5. Discuss the term "joined" and "joint." What are the members of a church body joined to? What are the "joints" at Harvest Granger? How joined are you to the following ministries at Harvest Granger?
  - a. Sunday Morning Service. (How much do you actually attend?)
  - b. Worship (How much do you engage in offering yourself to Jesus--physically, emotionally, financially, audibly?)
  - c. Small Group. (Are you transparent? Is your Small group "joined" to other small groups?)
  - d. Higher Ground Children's Ministry. (Yes, you should be joined to kids too!)
  - e. Sharpen Men's Ministry
  - f. Women's Ministry
  - g. Youth Ministry
  - h. 20 Somethings
  - i. Set up team
  - j. Tech team
  - k. Assimilation Ministry (What's that? Every member of Harvest Granger is on the assimilation team. That means you are expected to invite, welcome, and encourage everyone who needs to plug in deeper at Harvest.)

6. Discuss the term “held together”. What keeps the church from falling apart? Why is togetherness essential to a healthy body? When you come to church how much do you initiate worshipping or serving together with others?
7. Discuss the term “equipped.” In what areas do you feel most equipped for ministry? How did you get equipped? In what areas do you feel unequipped? Are you taking advantage of all Harvest Granger provides for equipping? (Sermon Audio, Discussion Questions, Peak Performance, Foundations, Bible Studies, Small Group leader training)
8. Verse 15 begins with “love.” Verse 16 ends with “love.” How essential is love in a church? When is it hardest for you to practice love? What kinds of people are hardest for you to love? What is it about you that makes you hard to love?
9. Discuss how you can practically apply these five demonstrations of love this week to build up the body of Christ.
  1. **Invite** – Unashamedly offer yourself as a pathway to the gospel.
  2. **Serve** – Shoulder weekly kingdom responsibility with the energy and gifts God provides.
  3. **Pray** – Connect the resources of Heaven to meet human need for the glory of God
  4. **Obey** – Believe and behave distinctly as disciple of Jesus.
  5. **Give** – Get God’s money to God’s house, on God’s day, so God’s work, can be done God’s way.