

Body Language. Romans 12:1 – 8



Most of our communication with each other is non verbal. This means that our bodies continue to send out signals even when our mouths are closed. For example, turning our bodies away from someone can indicate our desire to leave. Direct eye contact is a sign of confidence. Staring off into space probably means we've disengaged. Slumped posture is indicative of sadness or boredom. Raised hands indicate excitement or anger. Touching the hand to the chin tells people that we're thinking.

Since Christ is our spiritual head we need to make sure that we, his Church, are properly proclaiming who he is and giving him his due honour and respect through our corporate body language.

1. Romans 12:1 – 2 instructs us to offer ourselves to God as living sacrifices. Reflect on the body position usually associated with sacrifice. What should being living sacrifices look like within our church?
2. Romans 12:3 tells us not to think too highly of ourselves, but instead to use sound and sober judgement. Compare the body language of arrogance with that of humility and honest self-assessment. What do these two types of body languages look like (physically and spiritually)?
3. Romans 12:4 – 5 reminds us that we all belong to each other as members of Christ's body. However, 1 Corinthians 12:14 – 17 gives us a picture of Church members who have disengaged with the rest of Christ's body (perhaps due to pride or feelings of inadequacy). What does the body language of disengagement look like? What can our church do to help our disconnected brothers and sisters to re-engage with Christ and his Church?
4. Romans 12:6 – 8 depicts the members of Christ's body using their God-given spiritual gifts for the good of his body. Consider some of the adverbs that describe the way these gifts are to be used: "give generously", "govern diligently", "show mercy cheerfully". What is the body language of generosity, diligence, and cheerfulness? Why are these attitudes so important to our church's body language?
5. Imagine, draw or act-out the kind of body language you most want to see being exhibited by your church. Pray that God will help us always demonstrate these types of corporate body language.