

## WE ARE THE BODY OF CHRIST

14 JUNE 2026

### SUMMARY

This message explores the profound truth that Christians are the living body of Christ, as stated in 1 Corinthians 12:27. The message emphasizes that Christ desires to unite himself so profoundly with believers that his life becomes visible through their lives. Rather than viewing faith as merely believing certain truths or attending church, the message calls Christians to recognize that Christ lives within them and works through their ordinary, everyday actions. The teaching stresses that relationship with God must precede understanding our tasks or purpose, and that God often uses our weaknesses to display his strength. Through small acts of love, service, and faithfulness in our daily responsibilities - whether caring for family, showing kindness to neighbors, or praying for others - we become Christ to the world around us.

### KEY POINTS

- We are not becoming the body of Christ; we already are the body of Christ through baptism and union with Jesus
- Christ wants his life to be so visible through us that people can "smell Jesus" coming from us
- Our ordinary lives and responsibilities matter far more than we realize. They are the mission field
- Before asking "what is my task?" we must first know who God is and develop our relationship with him
- God uses our weaknesses to display his strength; his grace is sufficient for us
- The most significant gifts in the church are often hidden - the faithful prayers, small acts of kindness, and daily sacrifices
- We must look at life through God's eyes, recognizing that the Kingdom is built through small, faithful actions
- Every conversation, act of kindness, moment of patience, and prayer matters in God's economy
- We are called to be missionary disciples right where we are in our homes, workplaces, and communities

### SCRIPTURE REFERENCES:

- 1 Corinthians 12:27 - *"Now you are the body of Christ and individually members of it"*
- 2 Corinthians 12:9 - *"My grace is sufficient for you, for my power is made perfect in weakness"*

**STORIES:**

- Rosemary Downes' personal encounter with Jesus during a meditation on the woman at the well at a women's conference, where she realized she felt spiritually dry and Jesus revealed he had "poured all the water over her"
- The disciples on the road to Emmaus who walked with Jesus but didn't recognize him until he broke bread with them, illustrating how we often fail to recognize Jesus walking with us in our daily lives
- The widow's offering in the temple, showing how small gifts given sacrificially matter more to God than large gifts given from abundance
- The miracle of the loaves and fishes, emphasizing how God can multiply what we offer him, even when it seems insignificant (like a little boy's lunch)
- Bridget's testimony (referenced throughout) about someone sharing Jesus at her school, which drew her to want to know more about him
- Rosemary Downes's prayer with Bruce about making two hours of sleep worth five when they had young children and many responsibilities
- Mother Teresa seeing Jesus in every face in India and spending 2-3 hours before the Blessed Sacrament daily to sustain her ministry

## **WE ARE THE BODY OF CHRIST**

### **SMALL GROUP GUIDE**

This guide is designed to help your small group dive deeper into the message.

### **OPENING PRAYER**

Invite the Holy Spirit to guide your discussion and open hearts to God's transforming work. Pray the IMPACTERS Community Prayer .

### **ICEBREAKER**

Share about a time when someone unexpectedly showed you Christ's love through an ordinary act of kindness. How did it impact you?

### **DISCUSSION QUESTIONS**

#### **Understanding the Concept**

1. Rosemary Downes' shared a powerful encounter with Jesus during a meditation exercise. Have you ever had a moment when you truly encountered Jesus in an unexpected way? What was that like?
2. "Do I believe that Christ has united himself to me so profoundly that his life is meant to be visible through my life?" How would you honestly answer this question? What makes this concept difficult to grasp or live out?
3. The message mentioned that "we don't take off Jesus and put Jesus on - He lives in us." What does this mean practically in your daily life?

#### **Living It Out**

4. Rosemary Downes asked: "How often in my life do I not recognize Jesus walking with me?" Reflect on this past week. Where might Jesus have been present that you didn't initially recognize?
5. Bridget shared about her ordinary day - dropping kids off, attending meetings, doing schoolwork. How does understanding yourself as the body of Christ transform how you view your ordinary responsibilities?
6. The message mentioned different gifts: listening ears, patience with children, faithfulness in prayer. What unique gifts has God given you? How might He be asking you to use them in your current season of life?

#### **Overcoming Obstacles**

7. Rosemary Downes admitted: "There are days when I don't even feel like praying" and "I don't feel very holy." How do you navigate the gap between what you feel and what you know to be true about your identity in Christ?
8. We often ask God "What's my task?" before knowing who He is. Why do you think we do this? How can we shift our focus to relationship first?

9. The message mentioned we often put "buts" on our availability to God ("only 9-5," "only if I'm comfortable"). What "buts" do you recognize in your own life? What would it look like to remove them?

### Practical Mission

10. Pope Francis said "every Christian is called to be a missionary disciple," and the mission field is our homes, families, and workplaces. Who is in your immediate mission field? How might God be asking you to be Jesus to them this week?
11. Rosemary Downes prays: "May I say the right words today? May I hug the right person? May I love who needs to know they're loved today?" How might adopting this prayer change your approach to everyday encounters?

### REFLECTION EXERCISE

#### Personal Inventory:

Take a few quiet minutes to reflect and write down:

1. **My current responsibilities** (family, work, community, etc.)
  - How might God already be using these as my mission field?
2. **My unique gifts** (even small ones - listening, encouraging, organizing, etc.)
  - Where have I seen these gifts make a difference?
3. **One person God might be asking me to "be Jesus" to this week**
  - What specific action could I take?

Share one insight from your reflection with the group.

### PRACTICAL APPLICATIONS

Choose 1-2 to commit to this week:

#### Daily Practices

- **Morning Prayer:** "Lord, may I be You to people today. Help me recognize where You're already present."
- **Evening Reflection:** Review your day and identify where Jesus was present, even in moments you didn't initially recognize.
- **Breath Prayer:** Throughout the day, pray "Less of me, more of You."

#### Specific Actions

- **Identify your mission field:** Write down the names of 3-5 people you encounter regularly. Pray for them daily this week.
- **Use your gifts:** Identify one specific way you can use your unique gifts to serve someone this week.
- **Transform the ordinary:** Choose one routine responsibility (commute, household chore, work task) and intentionally do it as an act of worship, being Christ in that moment.

- **Practice presence:** In one conversation this week, fully focus on the other person, asking God to help you see them as He sees them.

### **For the Bold**

- **The widow's offering:** Give something sacrificially this week - time, money, attention - beyond what feels comfortable.
- **Prayer commitment:** Spend extended time (30+ minutes) in prayer for someone who needs it, following Mother Teresa's example.

### **ACCOUNTABILITY QUESTION**

Who will you share your commitment with, and when will you check in with them?

Pair up or form groups of 3 and share:

- Which practical application you're committing to
- How you'd like the other person to pray for you
- When you'll check in with each other (suggest mid-week text or call)

### **CLOSING PRAYER**

*"Lord Jesus, thank You that we are Your body - not becoming, but already are. Help us to believe this truth deeply. Open our eyes to see where You're already present in our lives. Give us courage to be You to others in our ordinary, daily responsibilities. May we ooze Your love from every pore. When we're weak, be strong in us. When we're tired, sustain us. Transform us - less of us, more of You. We ask this in Your mighty name. Amen."*

### **FOR FURTHER STUDY**

- **Scripture:** 1 Corinthians 12 (the whole chapter on the body of Christ)
- **Scripture:** Luke 24:13-35 (Road to Emmaus)
- **Scripture:** John 4:1-42 (Woman at the well)
- **Catechism:** Look up what the Catechism says about spiritual gifts for the common good
- **Saint Study:** Research St. Teresa of Avila or St. Mother Teresa and their understanding of being Christ to others