



Body Check

EXAMINING MY HEART AS A PART OF CHRIST'S BODY

"The eye cannot say to the hand,
'I don't need you!' And the head
cannot say to the feet, 'I don't need you!'"

1 CORINTHIANS 12:21 (NIV)

*Different
gifts.
One body.
One Head.
One mission.*

We are many parts, but we belong to one body.
Christ is the Head, and we are His hands, feet, eyes, ears, and heart.



1. Am I encouraging another member of Christ's body today?

Encourage one another and build
each other up. 1 Thessalonians 5:11

TODAY, I WILL...

☐



2. Am I serving where God has placed me?

Use whatever gift you have received
to serve others. 1 Peter 4:10

TODAY, I WILL...

☐



3. Am I grateful for the gifts God has given me?

Every good and perfect gift is from above.
James 1:17

TODAY, I WILL...

☐



4. Am I celebrating the gifts He has given others?

If one part is honored, every part
rejoices with it. 1 Corinthians 12:26

TODAY, I WILL...

☐



5. Is Jesus the Head of my decisions today?

Commit to the Lord whatever you do,
and He will establish your plans.
Proverbs 16:3

TODAY, I WILL...

☐



Take a Moment to Reflect

Where did I walk in unity today? Where can I grow tomorrow?
Ask the Holy Spirit to help you love, serve, and build up the body of Christ.

A healthy body is made of healthy members, all following one Head—Jesus Christ. 



The
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"So whether you eat or drink or whatever you do,
do it all for the glory of God."
1 CORINTHIANS 10:31 (NIV)

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