

WEEKLY STUDY GUIDE: “Building Up the Body”

Theme: *Spiritual gifts must be rooted in love and aimed at others.*

1. CHASE — Love First (v.1)

Question:

Where do I tend to chase gifts, influence, or preference more than biblical love?

Action Step:

Practice one intentional act of sacrificial love this week—
toward someone outside your “chair.”

2. CRAVE — Respect Each Other’s Gifts (v.1–4)

Question:

Which gifts in the body do I overlook, undervalue, or misunderstand?

Action Step:

Thank someone in the church this week for the way they serve.
Send a text, write a note, or speak it face-to-face.

3. CLARIFY — Speak to Build Up (v.3–5)

Question:

Do my words make Christ clearer or confusing?

Action Step:

Before sharing anything—teaching, advice, correction, or encouragement—ask:

“Will this build the body? Will this help someone understand Jesus better?”

4. CONNECT — Remember the Table**Question:**

Which “chair” do I tend to drift toward—freedom, intellect, tradition, or super-spirituality?

Action Step:

Confess it to the Lord. Then thank Him that at His table, you sit as a forgiven, beloved child—not a competitor, not a category, not a faction.

5. CENTER — Jesus Is Lord**Question:**

Where have I been tempted to elevate my preferences, my group, or my style over Christ?

Action Step:

Begin each day this week with the same simple prayer:

“Jesus, be greater. Make me smaller.”