

The Rest Principles
Part Five
Rest from Discord in Relationships

- *In the first rest principle we addressed those who want to serve God, but struggle with guilt, shame, and condemnation because of their past sins or present failures.*
- *The second rest principle deals with Christians who are troubled by fear and anxiety because of the problems and struggles of life.*
- *The third rest principle deals with Christians who are spiritually dry.*
- *Today we are going to study the fourth rest principle. This rest principle deals with Christians who have discord in their relationships with others.*
- *These Christians seem to have frequent conflicts with others. The weaknesses of others may irritate them. They lack the patience needed to work with others. They may tend to isolate themselves from others and become loners.*
- *The solution for these people is that they must learn harmony through body ministry.*
- *To learn how to function in harmony with other believers and as a Body there are a number of truths we must understand, embrace, and put into practice in our lives.*
- *First, we must recognize the importance and value of each fellow believer in the Body of Christ.*

Philemon 1:6, NKJV

⁶ that the sharing of your faith may become effective by the acknowledgment of every good thing which is in you in Christ Jesus.

- **“that the sharing of your faith may become effective”**
- *The Greek word translated here as “sharing” is κοινωνία (koinōnia) and it means “partnership, joint participation, the sharing with one another, a gift jointly contributed.”*
- *Our faith becomes “effective” or activated when we are in fellowship with other believers and work together, combining each of our unique gifts to fulfil God’s purposes.*

“by the acknowledgment of every good thing which is in you in Christ Jesus.”

- *The way we partner or fellowship together is by acknowledging, recognizing, and valuing the gifts, and all the good qualities Christ has placed in each believer.*

- *Once we recognize the treasure in each believer, we will not only value one another but we will honour one another, and encourage one another to develop and exercise their gifts and talents.*
- *Second, we must recognize our limitations and that we need the Body of Christ to live a victorious life and fulfil God's will.*

Romans 12:3, NKJV

³ For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

- *We need to honestly evaluate ourselves so we recognize our strengths and weaknesses, and our gifts as well as our needs.*

Proverbs 11:14, NKJV

¹⁴ “Where there is no counsel, the people fall; But in the multitude of counselors there is safety.”

- *When we are seeking direction we need the input of those in the Body of Christ who God has put in our lives so we can be sure we are hearing clearly from God and properly evaluating the situations we face.*
- *“Where there is no counsel, the people fall” — It is dangerous when we fail to seek counsel from others when making important decisions. The Hebrew word “fall” can also be translated as “waste away.” Not seeking or accepting godly counsel can lead to our downfall and failure. We can fail to recognize opportunities God has presented to us and if we waste those opportunities we will end up living unfulfilled or even fruitless lives.*
- *“But in the multitude of counselors there is safety.” — Making decisions devoid of any counsel leads to loss. The better course is to have a multitude of counselors to protect us from making bad decisions and falling into traps in which the enemy would want to ensnare us.*
- *The Hebrew word translated here as “safety” can also be translated as “victory.” When we seek counsel from those God has placed around us it results in much more than protection—it results in living victorious and overcoming lives.*
- *Some Christians have a tendency to ignore the counsel of others in the Body of Christ who God has placed in their lives or only seek the counsel of those who would always be in agreement with their wishes and thoughts.*
- *One time a Christian asked a pastor, “Why do I need to go to church and fellowship with other Christians? Why can't I stay at home and just keep my relationship exclusively between God and me?” The pastor's answer was very simple and clear, “If*

you just seek God on your own and ignore the rest of the Body of Christ pretty soon God will sound just like you.” In other words, without Body Ministry we will fail to clearly hear from God and instead we will not be able to discern between God’s will and our own will.

- *We need the input and counsel of those around us so we will not be led astray by our own thoughts and desires.*
- *Two things I have learned about myself:*
 - *1. I can be wrong.*
 - *2. I can be wrong and not realize that I am wrong.*
- *Because of these two things I need people around me who can give me counsel, direction, and correction.*
- *Everyone in the Body of Christ needs the input and counsel of others no matter what gifts they possess, what position they hold, how long they have been a Christian, or how mature they are in Christ.*
- *One of the metrics to determine the spiritual maturity of a Christian is to see how they respond to accountability and correction.*
- *It is interesting that even the most prophetic Christians who receive revelation and prophecies for others often need input and the counsel of others to hear what God wants to say to them.*
- *“By the mouth of two or three witnesses every word shall be established.” (2 Corinthians 13:1b). — When making important decisions, it is vital that we seek multiple confirmations to verify that what we have heard is from the Holy Spirit and not just our own wishful thinking. We also need to confirm we have understood and applied it correctly.*

“For we know in part and we prophesy in part.” (1 Corinthians 13:9, NKJV).

- *No one is able to see the entire picture or understand all the different aspects of any situation. However, when we come together to seek God He will provide each of us different view points by which we can understand and evaluate the situation and thus “in the multitude of counselors there is safety.” However, when we isolate ourselves from fellow believers we limit our ability to see and correctly understand the things we face which can result in errors of judgment.*
- *Third, we must recognize that God has given each of us gifts, talents, and resources—not just for ourselves but to meet the needs of those around us.*

1 Corinthians 14:12, NKJV

¹² Even so you, since you are zealous for spiritual gifts, let it be for the edification of the church that you seek to excel.

- *The reason Apostle Paul exhorts believers to be zealous and seek spiritual gifts is so the Church will be edified, built up, and strengthened.*
- *Our hearts should yearn to receive spiritual gifts because of our love for others and our desire for God to use us to meet the needs of others and see them flourish.*
- *Some believers fail to understand the true purpose for which God gives spiritual gifts and natural talents. It is not for our sake but for the sake of those around us. When a believer fails to understand the true purpose of their gifting and talents they begin to seek the spiritual gifts because they want the thrill of experiencing something supernatural and because they want to be seen as important by others.*
- *This wrong motivation can produce a lust for the supernatural where we seek an experience rather than seeking God Himself and the welfare of others.*

1 Corinthians 14:26, NKJV

²⁶ How is it then, brethren? Whenever you come together, each of you has a psalm, has a teaching, has a tongue, has a revelation, has an interpretation. Let all things be done for edification.

- *When believers gather together in fellowship around Christ it is an opportunity to share what God has given us, whether a song, a teaching, or a revelation. Everyone has something to contribute.*
- *“Let all things be done for edification.” — The purpose is not to elevate ourselves, but to edify one another.*
- *“Whenever you come together” — Not everyone will have an opportunity to share during a general church meeting but God provides home groups, prayer meetings, and other types of small group ministries where each believer has an opportunity to minister to others and receive ministry.*

2 Corinthians 8:13-15, NKJV

¹³ For I do not mean that others should be eased and you burdened;

¹⁴ but by an equality, that now at this time your abundance may supply their lack, that their abundance also may supply your lack—that there may be equality.

¹⁵ As it is written, "He who gathered much had nothing left over, and he who gathered little had no lack."

- *“He who gathered much had nothing left over, and he who gathered little had no lack.” — In Body Ministry when each of us is willing to exercise the gifts and talents God has given us as we serve one another, we will find a beautiful harmony in the*

Body of Christ. There will be no lack and there will be no excess because God's grace is able to flow freely through each person.

- *Some Christians are unwilling to serve others and only want to sit back and receive. This mentality will lead to dissatisfaction and a great lack in their spiritual lives.*
- *“Each of you should use whatever gift you have received to serve others.” (1 Peter 4:10, NIV). God created us to be in relationships and gave us gifts to serve one another.*
- *Some Christians are willing to serve but find it difficult to reach out to others when they are struggling or are in need of help. Such reluctance can lead to lack because God wanted to meet their need through Body Ministry.*
- *If we do not seek opportunities to serve and minister to others and be willing to receive help and ministry for ourselves, we will find church gatherings unfulfilling. They will become mundane and purposeless because of our lack of involvement.*
- *An example of this wonderful balance of receiving ministry and ministering to those around us is seen in two bodies of water found in Israel—The Dead Sea and the Sea of Galilee.*
- *The Dead Sea, the lowest place on the surface of the earth, receives water but nothing flows out of it. The result is a large body of water that is so salty it is impossible to sustain any form of life.*
- *When we only seek to receive but fail to serve and pour out our lives for others, then soon our spiritual lives will become barren and totally unfulfilling.*
- *The Sea of Galilee on the other hand has water flowing into it and out of it. It is teeming with life and provides life-giving water for all of Israel.*
- *One important point about the Sea of Galilee is that it not only has water flowing from it but it also receives water from the Jordan River. If the Sea of Galilee did not receive water but only had water flowing out from it, soon it would become dry and barren. Likewise, as Christians we must not only be willing to serve but to make our needs known so others can minister to us and refresh us.*
- *To receive ministry from others means to humble ourselves and let go of any pretence so our needs and struggles can be met by those who God has placed in our lives.*

Ephesians 4:16, NASB

¹⁶ from whom the whole body, being fitted and held together by what every joint supplies, according to the proper working of each individual part, causes the growth of the body for the building up of itself in love.

- “from whom the whole body, being fitted and held together” — *This shows the interconnectedness of the Body of Christ. “Fitted and held together” speaks about something that is fitly framed and joined together and that is knit so closely together that it becomes one unit.*
- “by what every joint supplies” — *It is important to note that it does not say, “by what every member supplies” but “every joint supplies.” A joint is where different members connect with one another in order to promote growth in the body of Christ. Only when we come together in fellowship and experience Body Ministry are the different gifts and talents which God has imparted to each believer able to function so that “the growth of the body for the building up of itself in love.”*

Hebrews 10:24-25, NKJV

²⁴ And let us consider one another in order to stir up love and good works,

²⁵ not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

- “And let us consider one another in order to stir up love and good works” — *Body Ministry is where we are conscious of the needs and spiritual condition of others in order to stir them up to become more fruitful.*
- “not forsaking the assembling of ourselves together, as is the manner of some” — *Unfortunately, it can be very easy to drift away from being active in fellowshiping with one another. Drifting away from fellowshiping can begin while someone still attends Christian gatherings but fails to develop or maintain vibrant relationships.*
- “exhorting one another, and so much the more as you see the Day approaching.” — *We need each other so we do not lose sight of the eternal perspective—that Day—the Day when we will stand before the Judgment Seat of Christ to give an account of how we conducted our lives.*
- *Without being actively involved in Body Ministry by both serving and receiving it is very easy for us to drift towards complacency.*
- *Living the Christian life is not meant to be a spectator sport. It requires our active participation where we use our gifts to serve the Body of Christ, bring glory to God, and function as witnesses to unbelievers.*

Acts 20:24, NKJV

²⁴ But none of these things move me; nor do I count my life dear to myself, so that I may finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God.

- *Apostle Paul compared his life to a race. His desire was to “finish my race with joy, and the ministry which I received from the Lord Jesus, to testify to the gospel of the grace of God.”*

1 Corinthians 9:24-27, NKJV

²⁴ Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.

²⁵ And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

²⁶ Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air.

²⁷ But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

- “Do you not know that those who run in a race all run, but one receives the prize?” — *Paul compared our Christian lives to a race. He drives home the fact that just because we are running a race does not mean we will win the race and receive the prize.*
- “Run in such a way that you may obtain it.” — *It is important that we run according to the rules in order to win. The rule for this race is to learn to walk in the Spirit and not in the flesh.* — “I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.” (*Galatians 5:16*).
- “And everyone who competes for the prize is temperate in all things.” — *To run this race we must exercise self-control so every area of our life is subject to the Spirit.*
- “Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.” (*1 Corinthians 9:26b-27*). — *In this race we are not competing against other runners, we are competing against our own flesh in order to subjugate our fleshly impulses.*
- *Each believer’s spiritual race is different from other’s spiritual race because we all face different obstacles in our race. In sports races we compete against other people and try to get ahead of them to be the winner. The goal of our spiritual race is to become the person God created us to be.*

2 Timothy 4:7-8, NKJV

⁷ I have fought the good fight, I have finished the race, I have kept the faith.

⁸ Finally, there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will give to me on that Day, and not to me only but also to all who have loved His appearing.

- *As Paul was preparing to be martyred, he looked back at his life with a thankful heart to God and with great satisfaction and concluded: “I have fought the good fight, I have finished the race, I have kept the faith.” (Verse 7).*
- *Paul also looked forward to standing before the Judgment Seat of Christ and hearing the words, “Well done good and faithful servant” and receiving the crown of*

righteousness. — “Finally, there is laid up for me the crown of righteousness.”
(Verse 8).

“For what is our hope, or joy, or crown of rejoicing? Is it not even you in the presence of our Lord Jesus Christ at His coming? For you are our glory and joy.” (1 Thessalonians 2:19-20).

- *Paul considered those he led to Christ or disciplined his “glory and joy.” Paul looked forward to receiving the crown of rejoicing which is given to soul-winners who play a part in leading others to Christ. He rejoiced that one day the entire Body of Christ would be together at His coming.*

Philippians 4:1, NKJV

¹ Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.

- *Apostle Paul reiterated numerous times that part of the crown he was looking forward to receiving was due to the fruitfulness of those he had disciplined and encouraged.*
- *As believers, if we try to win this race alone we have lost the race!*
- *Many Christians are trying to run the race alone not realizing that God has called us to come alongside others and help them win their race.*
- *Our Christian walk is not about just us and God, but us and God and those around us.*

Philippians 2:17, NKJV

¹⁷ Yes, and if I am being poured out as a drink offering on the sacrifice and service of your faith, I am glad and rejoice with you all.

- *Paul saw his life and ministry as a drink offering to be poured out before the Lord so those around him could grow and live overcoming lives in Christ.*

Philippians 2:19-21, NKJV

¹⁹ But I trust in the Lord Jesus to send Timothy to you shortly, that I also may be encouraged when I know your state.

²⁰ For I have no one like-minded, who will sincerely care for your state.

²¹ For all seek their own, not the things which are of Christ Jesus.

- *Paul used Timothy as an example of the mind-set of a Christian who understood Body Ministry and that his calling was not for his benefit but for the benefit of others. — “For I have no one like-minded, who will sincerely care for your state. For all seek their own, not the things which are of Christ Jesus.” (Verses 20-21).*

- *Many Christians misunderstand the purpose of ministry and see it as a hierarchy to achieve self-importance instead of what it truly is, which is to simply serve those around us.*
- *We see from the Bible how important Body Ministry is so we can live victorious lives and see the will of God fulfilled in our lives and the lives of others.*
- *If it is so clear from God's Word that His will is for believers to function in harmony and unity as a Body, then why do so many not only neglect having vibrant relationships in the Church, but isolate themselves?*
- *Sadly, Church history is marked by divisions and sectarianism.*
- *It is not uncommon among Christians to stop going to church or simply fail to have meaningful relationships where they can minister to others and receive ministry.*
- *What is the source of divisions and conflicts among fellow believers?*
- *Of the three root sins described in 1 John 2:16, the one most closely linked to divisions and conflicts is the pride of life.*
- *Pride can be very subtle. When it comes to bringing discord in the Body of Christ, pride can take two main forms: insecurity and superiority.*
- *Insecurity is actually a form of pride because it is the result of one being self-conscious of one's perceived lack and other's perceived abundance. In the Body of Christ, insecurity manifests itself as envy which causes discord.*
- *When people are envious they never admit they are envious. Instead, they become critical and judgmental of the person they envy. They become fault finders and through gossip and slander try to tear down the person they are envious of.*

James 3:14, NKJV

¹⁴ But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth.

- *One of the attributes of pride is that the person is motivated by selfishness and selfish ambition.*
- *Feeling superior is also a form of pride where we look down on, ignore, or belittle those around us. We esteem ourselves as more important, gifted, or valuable than others.*
- *An attitude of superiority leads to divisions, elitism, and sectarianism where we separate ourselves from other believers or groups which we deem as inferior to us or to our ministry.*

Philippians 2:3 NKJV

³ Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.

Philippians 2:3 NASBS

³ Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves;

- *One of the best ways to defeat pride in our own lives is by simply esteeming or regarding others better and more important than ourselves.*
- *In Luke 9:46, just after Jesus told His disciples about the great sacrifice and suffering He was about to endure, they began to argue about which of them was the greatest. — “An argument started among them as to which of them might be the greatest.” (Verse 46). Jesus’ disciples were so consumed with their own pride and self-importance that they were totally oblivious to the anguish and the sacrifice Jesus was about to suffer.*
- *This conflict among the disciples about who would be greatest was not a one-time occurrence; it is recorded multiple times in the Gospels.*
- *Not only were the disciples self-absorbed by their perceived self-importance but they had already developed a sectarian attitude. — “John answered and said, “Master, we saw someone casting out demons in Your name; and we tried to prevent him because he does not follow along with us.”” (Luke 9:49). Jesus responded by showing them that ministry is not about people following us but co-labouring with one another to accomplish God’s purposes. — “But Jesus said to him, “Do not hinder him; for he who is not against you is for you.” (Luke 9:50).*
- *The destructive nature of pride is revealed in how easily the disciples were offended and were moved with self-righteous indignation when a village in Samaria refused to receive them. — “But they did not receive Him, because He was traveling toward Jerusalem. When His disciples James and John saw this, they said, “Lord, do You want us to command fire to come down from heaven and consume them?”” (Luke 9:53-54).*
- *Jesus rebuked them for their impulsive and vindictive reaction. — “But He turned and rebuked them, and said, “You do not know what kind of spirit you are of; for the Son of Man did not come to destroy men’s lives, but to save them.” And they went on to another village.” (Luke 9:55-56).*
- *We are called to bring life to people and never condemnation or to act vindictively no matter how badly they behave or treat us. Some ministries have been destroyed because those in ministry reacted in the flesh when confronted by malicious people.*

- *Our service and ministry is never to be about ourselves but to meet the needs of others. A good test to see if our motivation to serve others is mixed with pride and desire to be acknowledged is when the very ones we serve either fail to appreciate our service to them or outwardly reject us. If our motivation is pure then we will not grow upset or discouraged. However, if we feel slighted and depreciated then we know our motivation was not as pure as we may have believed.*
- *When observing Jesus' disciples and how they were self-centred and their motivation to be with Jesus was a mixture of desiring to serve God and a desire for self-promotion we may become dismayed. However, I find this very encouraging for two reasons.*
- *First, everyone who comes to Jesus has struggles and character flaws.*
- *Second, God was able to take this misfit band of Jesus' followers who had conflicts with one another and transform them into people who fully loved God, loved others, and were willing to live totally self-sacrificial lives. These same disciples were used by God to transform the course of history.*
- *If God could transform them He can and will do the same for us—if we are willing.*
- *We find victory when we allow the Holy Spirit to transform us to operate as one unified body, the Body of Christ.*

Galatians 6:1-5, NKJV

¹ Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.

² Bear one another's burdens, and so fulfill the law of Christ.

³ For if anyone thinks himself to be something, when he is nothing, he deceives himself.

⁴ But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

⁵ For each one shall bear his own load.

- *These verses in Galatians, Chapter 6, give us an outline of how harmony in Body Ministry is to operate.*

“Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted.” (Verse 1).

- *When we see a Christian brother struggling we are to come alongside to support, restore, and encourage him. We are not to gossip or look down on him, but with a humble and gentle spirit we are to pray and support him knowing we too can easily fall into temptation.*

Romans 12:18, NKJV

¹⁸ If it is possible, as much as depends on you, live peaceably with all men.

- *Even if a brother or sister in Christ is in rebellion we are not to despise them but value them and pray for their restoration. Sometimes our relationship may have to be at a distance because of some of their choices or actions, but we should never look down on them or give up on them.*
- *“Bear one another's burdens, and so fulfill the law of Christ.” (Verse 2). — We are to come alongside our fellow Christians when we see their burdens are too heavy for them to carry alone. Through prayer and encouragement we walk together sharing the burden.*
- *“For each one shall bear his own load.” (Verse 5). — Each believer needs to take responsibility for their own lives and personally seek God daily.*
- *As the Body of Christ, we are to be interdependent—not co-dependent.*
- *This wonderful balance between bearing one another’s burdens and letting each one bear his own burden provides one of the secrets to a fruitful life and ministry.*
- *When I prepare a sermon my goal is not to produce the best sermon that I can write, but to produce the best sermon. I do this with the help of others.*
- *Some preachers think they need to do sermon preparation independent of the help of others. However, if we engage others in dialogue as we prepare a sermon it will be much deeper and richer.*

“Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.” (1 Peter 3:7).

- *Having a fruitful ministry and life is dependent on having right relationships with others in the Body of Christ beginning in our own home. — “Husbands, likewise, dwell with them with understanding, giving honor to the wife.”*
- *Otherwise, we will find God’s grace lacking in our lives. — “that your prayers may not be hindered.”*

1 Corinthians 12:20-22, NKJV

²⁰ **But now indeed there are many members, yet one body.**

²¹ **And the eye cannot say to the hand, "I have no need of you"; nor again the head to the feet, "I have no need of you."**

²² **No, much rather, those members of the body which seem to be weaker are necessary.**

- *Each member of the Body of Christ is unique and is essential for the Body of Christ to function fully.*

1 Corinthians 12:23-25

²³ And those members of the body which we think to be less honorable, on these we bestow greater honor; and our unrepresentable parts have greater modesty,

²⁴ but our presentable parts have no need. But God composed the body, having given greater honor to that part which lacks it,

²⁵ that there should be no schism in the body, but that the members should have the same care for one another.

- *Harmony through Body Ministry takes place as we give equal honour to each member. — “but that the members should have the same care for one another.” (Verse 25b).*
- *We need to take special care to honour and acknowledge those members whose ministries are less visible. — “And those members of the body which we think to be less honorable, on these we bestow greater honor; and our unrepresentable parts have greater modesty.” (Verse 23). Just because a ministry isn’t visible doesn’t mean it’s unimportant.*
- *We must learn not to look down on one another because of the different callings and gifts that God has given us but to acknowledge and honour each other and their gifts.*

Philippians 4:2 NASB

² I urge Euodia and I urge Syntyche to live in harmony in the Lord.

- *Paul exhorted two Christian women in ministry to learn to live in harmony.*
- *The name Euodia means “to grant a prosperous and expeditious journey.”*
- *The name Syntuche means “an accident.”*
- *One name may imply that life is filled with relative ease while the other name may imply a life that encounters hardships and trials.*
- *Euodia shouldn’t say to Syntuche, “If you are not prospering then you must not be walking in faith.”*
- *Nor should Syntuche say to Euodia, “You must be living a life of compromise because the Bible says, ‘all who desire to live godly in Christ Jesus will suffer persecution.’”*

Exodus 17:9-13

⁹ And Moses said to Joshua, "Choose us some men and go out, fight with Amalek. Tomorrow I will stand on the top of the hill with the rod of God in my hand."

¹⁰ So Joshua did as Moses said to him, and fought with Amalek. And Moses, Aaron, and Hur went up to the top of the hill.

¹¹ And so it was, when Moses held up his hand, that Israel prevailed; and when he let down his hand, Amalek prevailed.

¹² But Moses' hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun.

¹³ So Joshua defeated Amalek and his people with the edge of the sword.

- *In this story found in Exodus, Chapter 17, we find a wonderful example how through harmony in Body Ministry, Israel was able to defeat the Amalekites.*
- *Joshua led the army to fight the Amalekites.*
- *Moses had to continue to keep his hands holding the rod of God raised to the heavens so Joshua would prevail. However, Moses' hands became fatigued and every time he lowered his hands the battle went against Israel.*
- *The solution was that Aaron and his son, Hur, sat Moses on a stone and Aaron and Hur stood on either side of Moses and held up his hands.*
- *Joshua led the battle, Moses raised his hands, and Aaron and Hur supported Moses's hands so they did not drop. — "Therefore strengthen the hands which hang down, and the feeble knees." (Hebrews 12:12).*
- *The Amalekites can represent the flesh. It is only through body ministry we will be able to fully defeat the flesh and walk in victory.*

John 13:34-35, NKJV

³⁴ A new commandment I give to you, that you love one another; as I have loved you, that you also love one another.

³⁵ By this all will know that you are My disciples, if you have love for one another."

- *One of the most effective ways for the light of Christ to shine through us into this dark world is when we as the Body of Christ are in unity and express love for one another.*