

**Arms, hands and feet**

Karl Holz

(Ephesians 1:22-23  
 22 And he put all things under his feet and gave him as head over all things to the church,  
 23 which is his body, the fullness of him who fills all in all.

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Acts 2:42 - 47  
 42 And they devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.  
 43 And awe came upon every soul, and many wonders and signs were being done through the apostles.  
 44 And all who believed were together and had all things in common.

Acts 2:42 - 47  
 45 And they were selling their possessions and belongings and distributing the proceeds to all, as any had need.  
 46 And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts,  
 47 praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.

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Romans 12:4-5  
 4 For as in one body we have many members, and the members do not all have the same function,  
 5 so we, though many, are one body in Christ, and individually members one of another

1 Corinthians 12:14-20  
 14 For the body does not consist of one member but of many.  
 15 If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body.  
 16 And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body.  
 17 If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell?  
 18 But as it is, God arranged the members in the body, each one of them, as he chose.  
 19 If all were a single member, where would the body be?  
 20 As it is, there are many parts, yet one body.

Ephesians 4:7-16  
 7 But grace was given to each one of us according to the measure of Christ's gift.  
 8 Therefore it says, "When he ascended on high he led a host of captives, and he gave gifts to men."  
 9 (In saying, "He ascended," what does it mean but that he had also descended into the lower parts of the earth?  
 10 He who descended is the one who also ascended far above all the heavens, that he might fill all things.)  
 11 And he gave the apostles, the prophets, the evangelists, the pastors and teachers,  
 12 to equip the saints for the work of ministry, for building up the body of Christ,

Ephesians 4:7-16  
 13 until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ,  
 14 so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.  
 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ,  
 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.