

Let us look around for a moment and see who is part of today's body of Christ.

So we all are making up the body of Christ ... keep on looking around and meet and look at –so to speak your neighboring organs and limbs and let's wonder for a moment, who of us might be the hand? Or the foot? Or the heart or gallbladder? For that matter, what part do you think yourself to be in the body of Christ?

When I don't feel so good about myself, the appendix comes to mind, and I am so glad to have heard recently that the appendix isn't as unimportant as we all thought for such a long time.

So what is it we think about our importance in the body of Christ? Let's be honest... what comes to mind? Brain, heart, lungs, toes, legs, arms?

That is all fine I think as long as we understand that we are indeed part of a body.

We live in a day and age where it often doesn't occur to us anymore that we are important ... very important... in the concert of the body of Christ; in the workings of the body of Christ.

What would happen if the heart decided:" I don't think I am so important .. I stay home today a body without a heart doesn't survive long .. if the foot might say that, we still can limp .. but it is a difficult loss.

Christ is a body, a harmonious interaction between all parts of the body.

The moment when this becomes abundantly clear to us is when something in our bodies doesn't work anymore properly, when parts of our body get damaged or give up or are injured in other ways. Those are the times when we realize how important the well being of all our body parts are.

The same with the body of ChristIf one of us is not doing well...it will affect sooner or later the whole.

If one thinks him or herself unimportant .. it will sooner or later affect the whole.

The same is the other way around.

If some think themselves too important ... sooner or later it will affect the whole.

We together are the body of Christ! And when we individuals come together and become the body ... that is when the Spirit of God is upon us ...

That is when we are anointed to bring the good news to the poor. That is when we can proclaim release to the captives and recovery of sight to the

blind, when we can let the oppressed go free and proclaim the year of the Lord's favor.

We cannot do those things when we do not pay attention to our so to speak 'neighboring body parts'.

Sitting here, in this sacred space, we have up to four direct neighbors, so look who is sitting to your right and who is to your left? Who is sitting in front of you and who is sitting behind you?

I acknowledge that the big toe doesn't need to know much about the appendix? – But we might want to get a familiarity going .

So take this week to get to know one of your neighbors a bit better....

Do you know his or her name? Do you know where she lives or what work he does? Since when is he coming to church? What does she like in Church?

We can start slowly here and don't need to go straight to: What is ailing her? Or what is hurting him? But if we get this attitude going which is called LOVE ... we will get to the important stuff and learn to love one another as Christ loves us!

Every Sunday when we come together we become one body of Christ. It doesn't matter how many we are or what we are lacking ... because it is the Holy Spirit that will always complete the body of Christ as long as we allow ourselves to become part of it!

Almighty God teach us that we are all important in your Body and your Body is all important for us.