

## The Body Growth Series Respiratory – Serving

### Review

#### **Nervous System/Discipleship**

The nervous system is the master controlling and communicating system of the body. Every thought, action, and emotion reflects its activity. Discipleship is the most critical system in the spiritual body. Every, thought, action, and emotion we have hinges on discipleship or lack of it.

#### **Digestive System/Infilling of the Holy Spirit**

The Digestive System transforms food we eat into energy and nourishes our cells. The Holy Spirit gives us the power to live a victorious life while guiding, teaching, helping, regenerating, strengthening, and freeing us.

#### **Skeletal System/Fellowship**

The Skeletal System provides the shape and form for our bodies in addition to supporting, protecting, producing blood and storing minerals. Fellowship shapes and forms our spiritual lives while supporting, protecting, and producing happy, healthy relationships.

#### **Respiratory**

The primary function of the respiratory system is to supply the blood with oxygen in order for the blood to deliver oxygen to all parts of the body. The respiratory system does this through breathing. When we breathe, we inhale oxygen and exhale carbon dioxide. This exchange of gases is the respiratory system's means of getting oxygen to the blood.

#### **Two functions of the Respiratory System**

1. Inhale
2. Exhale

### **Process of Serving**

1. **Inhale – Filling Yourself up with** \_\_\_\_\_
  - a. Discipleship
  - b. Infilling of the Holy Spirit
  - c. Fellowship
  
2. **Exhale – Emptying Yourself out into** \_\_\_\_\_
  - A. **Go** – Get \_\_\_\_\_ your motives and ways  
*Romans 15:2-3*  
2 We should help others do what is right and build them up in the Lord. 3 For even Christ didn't live to please himself. As the Scriptures say, "The insults of those who insult you, O God, have fallen on me."
  - B. **Make** – Make \_\_\_\_\_ with others  
*1 Corinthians 9:22*  
I have become all things to all men, that I might by all means save some
  - C. **Baptize** – Introduce them to \_\_\_\_\_
  - D. **Teaching** – Teach them how \_\_\_\_\_ is supposed to be  
*1 Corinthians 11:1*  
Imitate me, just as I also imitate Christ.

#### **Benefits from being Emptied**

1. \_\_\_\_\_ other Lives
2. \_\_\_\_\_ the Heavenly Father
2. You have \_\_\_\_\_ Peace and Happiness

### **3. The Promise**

*What we do for ourselves dies with us. What we do for others and the world remains and is immortal*  
*Robert Pine*