



Realizing Our Purpose

By Sis. Zarella M.

I recently found myself sitting in a nail salon eagerly waiting my turn to receive my mani-pedi. I looked down at my fingernails and in an odd moment of mindfulness, I began to meditate on my fingernails!

What an odd thing to give importance to... As I sat there staring, I mostly thought about the purpose of my nails. Why did God choose to place this tough protective protein (named keratin) at the tips of our fingers? I knew it wasn't just so that I could adorn them once in a while to match my outfit. The true realization came when I began to wonder what my fingers would look like if I did not have my nails.

I imagined rough, cut, bruised and battered fingertips. My fingernails did serve a purpose! They take quite a beating sometimes and I never realized it because my nails are tough enough to absorb the impacts they receive on a daily basis, which ultimately protect my softer, delicate fingers.

However small, everything God creates is beautiful and serves a greater purpose. We, as part of the body of Christ, all serve such a purpose on a larger scale. I was unable to internalize this topic until I met a brother from another branch whose testimony of God's relentless love towards him was shone even while he was not in the church.

Our brother in Christ lost his hand and wrist in a terrible workplace accident, and had to immediately get used to doing everyday tasks with just one hand. In this, he

felt frustrated and debilitated. The normal worry-filled questions rolled in his mind: "How will I provide for my family?", "What am I capable of doing now?" and also "What can the Lord use me for now with only one hand?".

Our brother had recently returned to church after years of being away. The loss of his hand made him realize that when one of us is away from the church, the body of Christ is truly hurting. Whether we are a hand,



a wrist, a leg, or even a fingernail; we each serve a **HUGE** purpose.

Perhaps we are currently making the transition from teenager to emerging adulthood and we are still trying to 'figure things out' so we become hesitant when it comes to doing your part in church. Maybe fear to step up into an office or take on any roles in your branch paralyzes you and keeps you from moving forward. But what greater way to make a transition in life than by keeping your focus on our Lord who teaches us that faith is fearless?

We as young people can do a lot in the church environment. We can help teach a Sunday school class for the young or old, plan an outreach event, help the branch during a fundraising event, uplift a brother or sister and even help clean the church building.

Trust me when I say that your work is definitely needed in the body of Christ. It may seem

small like a fingernail, but it can make an enormous difference that we may have never realized before.

Take a moment to reflect on 1 Corinthians 12:27 (NLT): "*All of you together are Christ's body, and each one of you is a separate and necessary part of it*" and Ephesians 2:10: "*For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*"

Every single one of you has a tremendous value. Instead of stressing over discovering what role we play within the body of Christ (which I tend to do all too well), we should be stepping out on faith and move our feet. A popular contemporary Christian song says "I say I'm waiting on you,/maybe you're waiting on me./I'm asking for you to move,/but I'm not moving my feet." If this sounds like a familiar prayer in your life then stop wondering and **MOVE YOUR FEET!**



What Part Am I In the Body of Christ?

When people talk about the diversity of the body of Christ, many of us get stressed out because we don't know what specific part of the body we actually are.

But it's important to understand that maybe one day you're serving the role of a hand and the next you're a red blood cell.

The body in and of itself is a constantly changing organism, and because of that, so are we. The body of Christ is a constantly changing organism and within that, we are constantly doing things within and outside of our individual comfort zones, and that's good!

A huge part of the "diversity of the body" is being adaptable and being able to do different things. So what does this mean? This means that maybe one month you're helping to teach the preschool Sunday school class and the next month you're cutting the grass at the church. Either way, each role is equally important and useful in the body.