

= If We Are the Body =

" If We Are the Body " is a song recorded by Christian rock band Casting Crowns . Written by Mark Hall and produced by Mark A. Miller and Steven Curtis Chapman , it was released as the lead single from the band 's 2003 self @-@ titled debut album through Beach Street Records on July 26 , 2003 . The song , originally written by Hall as a " teaching tool " for his youth group , is a CCM and acoustic rock song . It incorporates the violin , mandolin , and accordion in its arrangement and questions why the Christian church does not minister impartially .

" If We Are the Body " received positive reviews from music critics , who praised its lyrics and arrangement , and it was nominated for the awards for Song of the Year and Pop / Contemporary Recorded Song of the Year at the 35th GMA Dove Awards . The song spent three weeks at number one on the Radio & Records Christian AC and Christian CHR charts and peaked at number three on the Billboard Hot Christian Songs and Hot Christian AC charts .

= = Background and recording = =

According to lead singer Mark Hall , " If We Are the Body " was originally written for use as a " teaching tool " in his youth group . Hall , a youth pastor , said that " [the youth group had] forgotten what the body of Christ looked like " and commented that " The world is well aware of what the church is against , but they aren ' t always aware of what it ' s for . Everybody in the body of Christ is given gifts to minister with ; and when Christians aren ' t using these gifts , the body suffers " . Hall 's inspiration for writing the song came from the second chapter of the book of James , where the writer " admonishes " readers to " steer clear of giving preferential treatment to any one particular group over another , such as favoring the rich over the poor " .

" If We Are the Body " was produced by Mark A. Miller and Steven Curtis Chapman . It was recorded at Glow In The Dark Studio in Decatur , Georgia and Zoo Studio in Franklin , Tennessee . The song was engineered by Matt Goldman and Sam Hewitt .

= = Composition = =

" If We Are the Body " is a song with a length of three minutes and 58 seconds . It is set in common time in the key of F ? minor and has a tempo of 126 beats per minute . Mark Hall 's vocal range in the song spans from the low note of B1 to the high note of A2 . A CCM song , it has an acoustic rock sound and incorporates the violin , mandolin , and accordion in its arrangement . Featuring " energetic instrumental spurts and tight melodies " , the song " admonishes the church for giving preferential treatment to any one particular group over another " and questions why the church does not minister impartially . The song 's chorus , which references the Christian concept of the body of Christ , asks " If we are the body , why aren ' t his arms reaching ? / Why aren ' t his hands healing ? / Why aren ' t his words teaching ? / And if we are the body ? / Why aren ' t his feet going ? / Why is his love not showing them there is a way ? " " If We Are the Body " challenges the church to welcome outsiders and to " get more visibly involved in changing this world " .

= = Critical reception and accolades = =

" If We Are the Body " received positive reviews from music critics . Kim Jones of About.com noted it as a " highlight " from Casting Crowns . Andy Argyrakis of CCM Magazine said that the song " commands attention " of lead singer Mark Hall . Belinda S. Ayers of Christian Broadcasting Network described it as " powerful " and " catchy " . Steve Best of Cross Rhythms felt it was an example of Casting Crowns being " more ... than rock bluster " . Russ Breimeier of The Fish felt " If We Are the Body " evokes " Michael Card and Keith Green " in its lyrical message . At the 35th GMA Dove Awards , " If We Are the Body " was nominated for the awards for Song of the Year and Pop / Contemporary Recorded Song of the Year .

== Chart performance ==

" If We Are the Body " was released to Christian AC and Christian CHR radio on July 26 , 2003 as the lead single from Casting Crowns ' eponymous debut album . It debuted at number 37 on the Billboard Hot Christian Songs chart for the chart week of August 23 , 2003 and dropped off the chart the following week . The song re @-@ entered at number 37 for the chart week of September 6 , 2003 , In its seventh chart week , " If We Are the Body " advanced to number 24 and in its 10th chart week , it advanced to number seven . In its twelfth chart week , " If We Are the Body " reached its peak position of number three on the Hot Christian Songs chart . It also peaked at number three on the Billboard Hot Christian AC chart and spent three weeks atop both the Radio & Records Christian AC and Christian CHR charts .

== Live performances ==

Casting Crowns has performed " If We Are the Body " live in concert . At a concert on April 1 , 2005 at Giant Center in Hershey , Pennsylvania , the band opened up their set list with the song . At a concert on November 12 , 2005 at the Stabler Arena in Bethlehem , Pennsylvania , they performed it as the third song on their set list . They performed the song at a concert held on March 22 , 2008 at Jacksonville Veterans Memorial Arena in Jacksonville , Florida . Casting Crowns performed " If We Are the Body " as the second song on their set list at their February 4 , 2010 concert at Sprint Center in Kansas City , Missouri . The band performed it at their February 16 , 2012 concert at Van Andel Arena in Grand Rapids , Michigan .

== Credits and personnel ==

Credits taken from Allmusic .

== Charts ==

== Release and radio history ==