

DAY 6 – *Reflection & Preparation*

SCRIPTURE ANCHOR:

Romans 12:1; 1 Corinthians 6:19–20; 1 Corinthians 10:31

THINK IT THROUGH:

- What has God shown me about how I view and treat my body?
- Where have I realized that my health affects my readiness to serve?
- Which area of my physical life—sacrifice, surrender, strength, stewardship, or showcase—still needs work?
- How can I encourage others in the body of Christ to live surrendered physically as well as spiritually?

PRAYER PROMPTS:

- Thank God for the strength and energy He provides daily.
- Confess areas of neglect or control that have kept your body from being fully surrendered.
- Ask the Holy Spirit to fill you with balance, joy, and self-discipline.
- Pray for your church to be an example of health—spiritually, emotionally, and physically.

GO FURTHER

Take a walk or sit outside for ten minutes today, thanking God for the body He's given you and asking Him to use it for His purposes.



East Auburn Baptist Church

