

DAY 1 – *A Living Sacrifice*

SCRIPTURE TO READ:

Romans 12:1 (NKJV) “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.”

(Optional Additional Reading: Luke 9:23; Romans 5:8)

THINK IT THROUGH:

Paul urges us to “present” our bodies—not as something God takes by force, but as something we freely place before Him. This is worship in action. Just as the sacrifices in the Old Testament were fully laid on the altar, we are called to place our whole selves in God’s hands—our time, our decisions, our relationships, our priorities. We don’t surrender to earn His favor; we surrender because of His mercies, already given to us in Christ.

PUT IT INTO PRACTICE:

Before starting your to-do list today, take three minutes to present yourself to God. Out loud, commit your body, your thoughts, your plans, and your emotions to Him. Don’t just think it—say it as an intentional act of worship.

A SIMPLE WAY TO BEGIN:

“Lord, I give You my hands to serve, my mouth to speak truth, my mind to think on what is pure, my feet to go where You send me, and my heart to love as You love.”

PRAYER FOR TODAY:

Lord, my life is Yours today. I place every part of me into Your care and under Your authority. Teach me to live as a living sacrifice for Your glory. Amen.

GO FURTHER

Here’s an optional way to go further: Write “Romans 12:1” on a card or in your phone and look at it at least twice today. Let it remind you to renew your surrender throughout the day.



East Auburn Baptist Church

